

School of nursing

Course Code : BSCN 2004

Course Name : COMMUNIT HEALTH NURSING 1



Lifestyle Diseases



Name of the Faculty: PROF. Dr.ASHIA QURESHI

BSc nursing

Lifestyle Diseases

- *They are diseases that are caused partly by unhealthy behaviors and partly by other factors.*
- *Causes: a person's*
 - *Habits*
 - *Behaviors*
 - *Practices*



What is the difference between

Controllable factors

And

Uncontrollable Factors

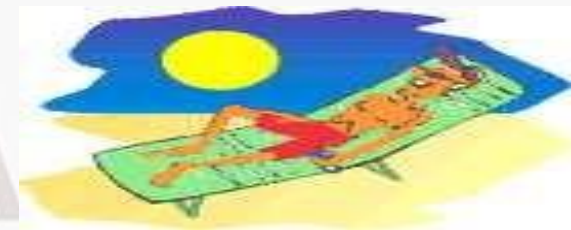
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Controllable Risk Factors



- *Your level of sun exposure*
- *Smoking and alcohol abuse*

- *Your diet and body weight*
- *Your daily activity*
- *levels of physical*



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Uncontrollable factors

- *Age*
- *Race*
- *Gender*
- *Heredity*



Types Of Lifestyle Diseases

- *Cardiovascular disease*
- *Diabetes*
- *Stroke*
- *Cancer*
- *Chronic obstructive Pulmonary disease*
- *Depression*
- *Musculoskeletal disorder*

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Cardiovascular Diseases

- *Cardiovascular diseases (CVD) are diseases or disorders that result from damage to the heart and blood vessels.*

Common Cardiovascular Diseases:-

- *High Blood Pressure*
- *Heart Attack*
- *Arteriosclerosis-fat deposition in blood vessels*



Prevention Of Cardiovascular Diseases



- *Trim your fat intake, eat healthy*
- *Cut down on salt*
- *Keep your weight healthy*
- *Don't smoke*
- *Don't take alcohol*
- *Do exercise*
- *Monitor your blood pressure and cholesterol*
- *Relax & cut down on stress*

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Diabetes

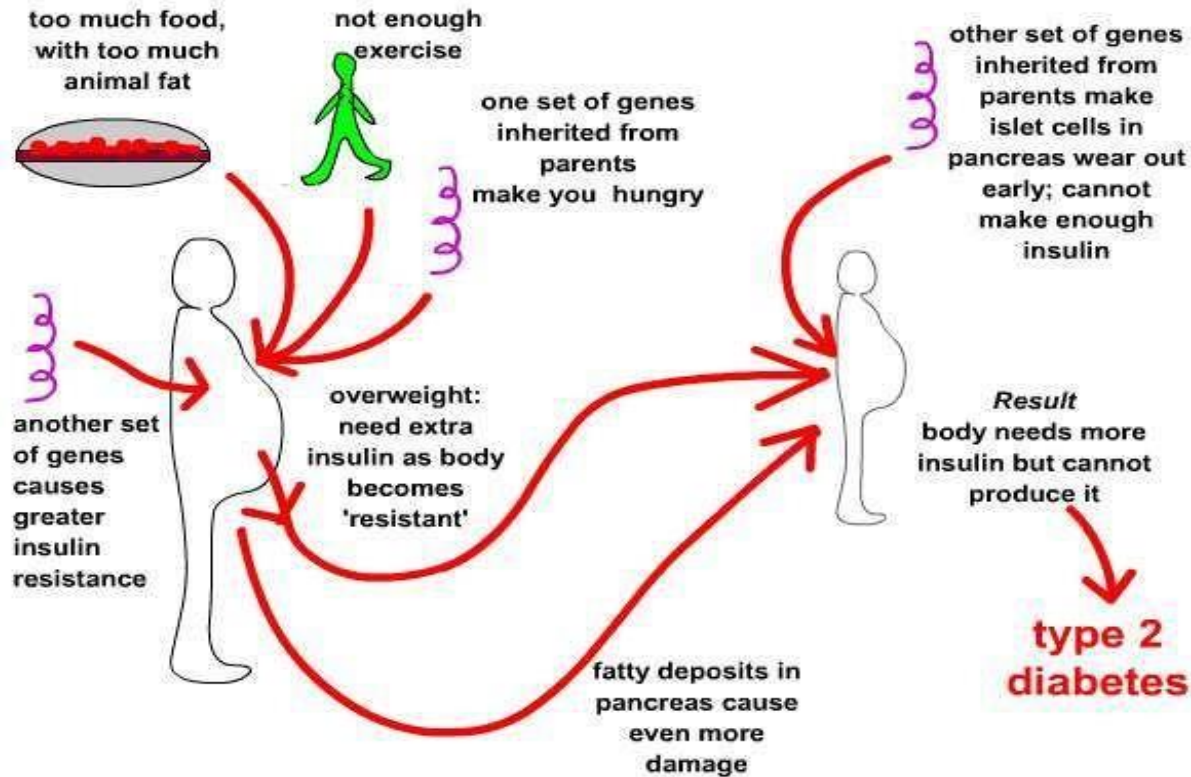
- *A disorder in which cells are unable to obtain glucose from the blood such that high blood-glucose levels result.*
- *Type 1- body's inability to produce insulin (born with)*
- *Type 2- body's inability to respond to insulin (develop)*



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Prevention of Diabetes



- *Type 2 Diabetes* can be prevented by
 - *Maintaining a healthy weight*
 - *Avoiding smoking*
 - *Reduction of Stress*
 - *Avoiding Sedentary life*
 - *Avoid Junk foods*
 - *Exercise-that reduce insulin requirements*

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LIFESTYLE OPTIONS

DON'T EXERCISE.
EAT ALL YOU WANT.
PROBABLY DIE EARLY.



SHOEBORBLOG.COM

EXERCISE DAILY.
COUNT CALORIES.
MERELY WISH YOU
WERE DEAD.



FACEBOOK.COM/SHOEBORBLOG

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REFERENCES

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