

PHYSICAL HEALTH AWARENESS

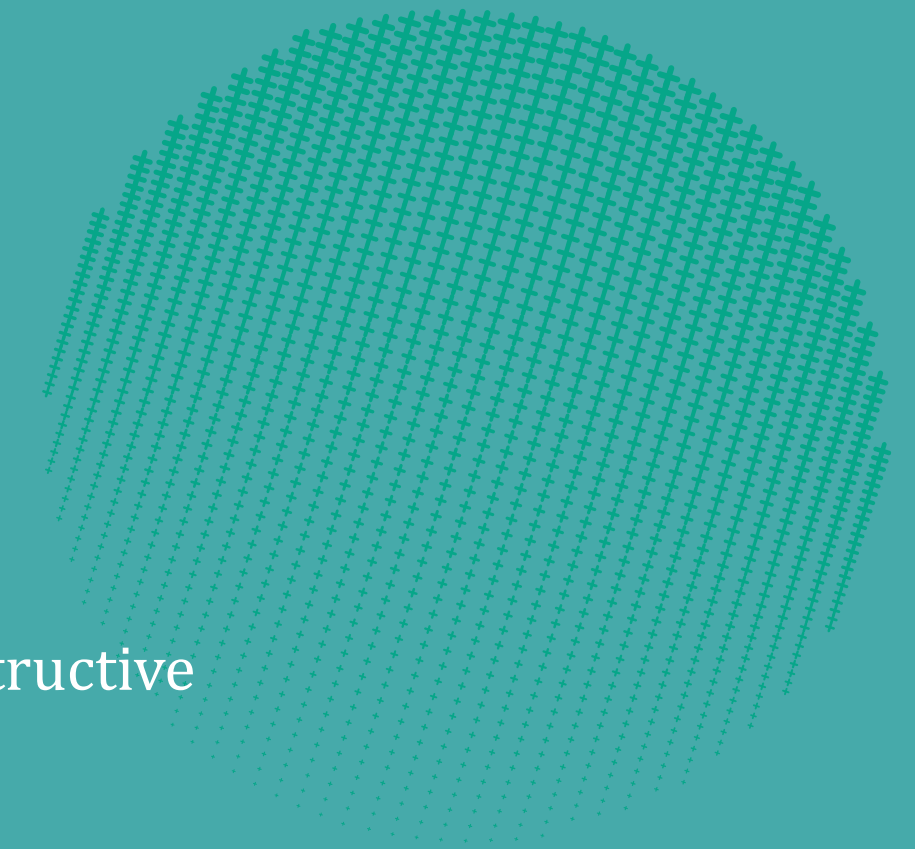
*By: Dr BEAVERLY ANNE
General Practitioner*

This presentation focuses on Non-Communicable Diseases commonly found in our communities.



Table of Contents

1	Definition	6	COPD (Chronic Obstructive Pulmonary Disease)
2	Diabetes	7	Final message
3	Cancer		
4	Arthritis		
5	Asthma		



Definition: What are Non – Communicable diseases(NCD)?

NCDs are medical conditions or diseases that are not caused by infectious agents and cannot spread from person to person

They develop slowly, are chronic (long-lasting), and are a result from a combination of genetic, environmental and lifestyle factors

Common examples that we will discuss in this bulletin include:-
Diabetes, Cancer, Chronic respiratory diseases and Arthritis

DIABETES



This is a condition where the body has trouble regulating blood sugar (glucose) leading to high levels of glucose in the body

DIABETES

Type 1 Diabetes

Autoimmune- Often diagnosed in childhood, but you can get it at any age.

It cannot be prevented.

Requires insulin

Type 2 Diabetes

More common, Often linked to lifestyle, obesity, poor diet, inactivity

It can sometimes be prevented or stopped with lifestyle changes and treatment.

Gestational Diabetes

Occurs during pregnancy.

You can reduce your risk with lifestyle changes. Gestational diabetes usually goes away after you've given birth.

Having it increases your future risk of developing Type 2 diabetes

Diabetes – Symptoms

Feeling thirsty all the
time

Feeling very tired

Peeing more than usual

Losing weight without
trying

Not everyone with
diabetes will have these
symptoms

Diabetes - Treatment

The treatment depends on the type of diabetes you have.

Type 1 diabetes treatment includes taking a medicine called insulin for the rest of your life and regularly checking your blood glucose (sugar) levels.

Type 2 diabetes treatment and gestational diabetes treatment includes lifestyle changes such as eating healthily, exercising and trying to lose weight, and sometimes medicines, such as metformin or insulin.



Diabetes -Prevention

This is done by adjusting lifestyle changes
eating a balanced diet
exercising regularly
maintaining a healthy weight



Cancer

Cancer is a condition in the body where cells grow abnormally and become uncontrolled

This can affect any organ

Different types of cancers will present differently

Common types of cancer – Breast, Cervical, Prostate, Colon, Lung, Pancrease

Symptoms

There are no confirmed symptoms.

Cancer may present as a persistent swelling, pain, or no specific symptoms like weight loss, fatigue, recurrent headaches, pain.

It's advisable to consult your doctor when you have concerns about cancer

If your symptoms are caused by cancer, finding it early may mean it's easier to treat.

Cancer – Risk factors

Anyone can get cancer and it's not always clear what causes it.

The following can increase your likelihood of getting certain types of cancers:-

Getting older

Having certain viruses – such as human papillomavirus (HPV) or hepatitis

Genetics - other people in your family having certain cancers

Having certain conditions – such as severe acid reflux

Your lifestyle – such as smoking, being overweight, exposure to too much sun and drinking too much alcohol

The environment where you work or live – such as exposure to asbestos or air pollution



ARTHRITIS

- Arthritis is a common condition that causes pain and inflammation in a joint.
- Arthritis affects people of all ages, including children.



Arthritis – Common Types

1. Osteoarthritis

- ✓ Caused by wear and tear of the cartilage part of the joint
- ✓ Commonly occurs in middle age or earlier
- ✓ Common in women and those with family history
- ✓ Common joints affected – Hands, spine, knees and hips

2. Rheumatoid Arthritis

- ✓ the body's immune system targets affected joints, which leads to pain and swelling.
- ✓ The outer covering (synovium) of the joint is the first place affected.
- ✓ People with rheumatoid arthritis can also develop problems with other tissues and organs in their body.

Lifestyle changes in Arthritis

- ✓ Weight control
- ✓ Regular low impact exercises
- ✓ Good posture when sitting, lifting weights
- ✓ Diet enriched with calcium, Vitamin D and anti - inflammatory foods





CHRONIC LUNG CONDITIONS

These are conditions that affect your breathing and are usually long-term
The common types we will discuss are:-

1. Asthma
2. COPD (Chronic Obstructive Pulmonary Disease)

Asthma -Treatment and Management

- ✓ Use of inhalers – Can be used to relieve symptoms or prevent symptoms
- ✓ Inhaler dosage may be increased to help manage symptoms
- ✓ Some tablets or injections can be given by the doctor

Considerations:-

- ✓ Always have your inhaler with you
- ✓ Use your inhalers as recommended by your doctor
- ✓ Try to avoid things that trigger your asthma symptoms, such as air pollution, smoke, pollen or animals
- ✓ Exercise regularly – get advice from your doctor or nurse about exercising safely if exercise triggers your asthma symptoms
- ✓ Keep to a healthy weight
- ✓ Have vaccinations such as the flu vaccine



FINAL MESSAGE

- ✓ Non – Communicable Diseases are preventable and manageable.
- ✓ Early detection and regular follow-up are key.
- ✓ Healthy lifestyle = better quality of life.
- ✓ Small changes can make a big difference!

THANK YOU

CONTACTS



Phone No:
+254724468728



Website

<https://www.flourishcounsellingservices.co.ke/>



Email
info@flourishcounsellingservices.co.ke