



Original Article

## CHRONIC DISEASES AND THEIR CARE

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### ABSTRACT

**Background & Objectives:** In everyday work we deal with chronic diseases and for chronic patients is very important medical therapy, but an imperative role in their health is also diet habit. As the chronic diseases have increased in recent years.

**Methods:** We examined patients over 18 years old registered in the policlinic no 5 Tirana and we find their prevalence percentages. Also we did a study for these patient we suggested full interruption of tobacco consumption, diet with fruits and vegetables, increasing activity, limiting alcohol consumption hypertension.

**Results:** Prevalence in Policlinic Nr 5 in Tirana for chronic diseases are cardiac system 58% ,Debate Mellitus29%, Reomatizmal disease 6%Broncial asthma 4.3%,renal insuficiencyo.1% hereditary .

**Interpretation & Conclusion:** More affected by these diseases are age 40-65 years. in these patient It was noted that the way of nutrition is closely related to health performance also hypertension, dyslipidemia, diabetes, metabolic syndrome and obesity. are very important.

**Keywords:** *chronic disease, dyslipidemia, hypertension, diabetes mellitus*

### 1. Introduction

Chronic non-infectious chronic diseases, such as heart disease, stroke, diabetes and cancer are increasing and are causing the deaths of many people in countries with low economic level or average, says a new report by the World Health Organization[12]. Report of the World Health Organization says the deadly disease in 2008, more than 63 percent of those who die worldwide, more than 36

million people, noninfectious diseases. The report says that 80 percent of these deaths were reported in developing countries. [2]

Chronic disease has increased in recent years, noticed this not only with sedentary life, but also the general practitioner visits and description of his recipes. Based on data from the Institute of Health Insurance, increasing chronic disease in 2011, with about 14,000 cases more compared to 2010. [4]

The data show that in 2011, there were a total of 276,740 - chronic cases, from 263,213 cases in 2010. But chronic diseases has also increased compared to 5 years ago. Thus, reference data, in 2009 recorded 226,818 chronic cases in 2008 were 200,261 such and in 2007, 171,088 chronic cases. [7]

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Chronic Disease is a long-lasting condition that can be controlled but not cured. Chronic illness affects the population worldwide. As described by the central for disease control chronic disease is the leading cause of death and disability in the United States. It accounts for 70% of all deaths in the U.S., which is 1.7 million each year. Data from the World Health Organization show that chronic disease is also the major cause of premature death around the world even in places where infectious disease are rampant. [6-9] Although chronic diseases are among the most

common and costly health problems, they are also among the most preventable and most can be effectively controlled.

## 2. Methods

Chronic disease has increased in recent years, noticed this not only with sedentary life, but also the general practitioner visits and description of his recipes. Based on data from the Institute of Health Insurance, increasing chronic disease in 2011, with about 14,000 cases more compared to 2010. The data show that in 2011, there were a total of 276,740 - chronic cases, from 263,213 cases in 2010. But chronic diseases has also increased compared to 5 years ago. Thus, reference data, in 2009 recorded 226,818 chronic cases in 2008 were 200,261 such and in 2007, 171,088 chronic cases. [10] Chronic disease in recent years has been increasing. Diagnoses and treatment of health problems are the most frequent cardiac problems (arterial hypertension, arterial fibrillation, ischemic heart disease , dyslipidemia , anemia , diabetes mellitus, Rheumatism diseases, bronchial asthma)

From these diseases more affected are adults and elderly patients.

## 3. Results

We studied patient in Polyclinic No. 5 Tirana with a number of registered population of 26,572 men

and woman over the age of 18 with medical card and 3648 diagnosed as chronic patient.

Order of the chronically ill under frequency

- 1 Cardiac Systems 58%
- 2 Diabetes mellitus 29%
- 3 Rheumatism diseases 6%
- 4 Bronchial asthma 4 3%
- 5 Renal insufficiency 0.1%
- 6 Other chronic diseases occupy 3.99%

According to data in the majority of cases, morbidity in this population is determined by three major risk factors: " not healthy Nutrition, high blood pressure and consumption of tobacco and alcohol products" . [12] Also many other factors that have related to lifestyle sedentary life and family hereditary . More affected by these diseases are age 40-65 years. It was noted in these patient is that the way of nutrition is closely related to health performance and significantly reduces the risk factors for chronic cardiovascular morbidity, hypertension, dyslipidemia, diabetes, metabolic syndrome and obesity.

## Conclusion

Patients with HTA we recommended:

- 1 Full interruption of tobacco consumption.
- 2 Diet to take about 5 portions a day of fruit and vegetable, fish ,chicken and minimizing the intake of cooking salt.

3 Increasing physical activity (aerobic exercise or activity for about 30 min per day)

4 Limiting alcohol consumption if consumed. (Maximum 30 ml or 150 ml wine alcohol per day)

During the first year it was observed that 53% of the patient that failed to diet had worsen health situation being associated with dyslipidemia and increased of treatment, 4 cases with surgical intervention Bypass and 7 PTCA (the stand)

In 47% of cases that were referred to strictly followed the advice only 3% had dyslipidemia and 1 case with PTCA stands and did not need additional treatment.

When designs for patient education, service delivery, and payment systems all focus on supporting patients' efforts and building the capacity of individuals and families to manage disease effectively, disease control increases, health care costs go down, and family well-being improves.

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