

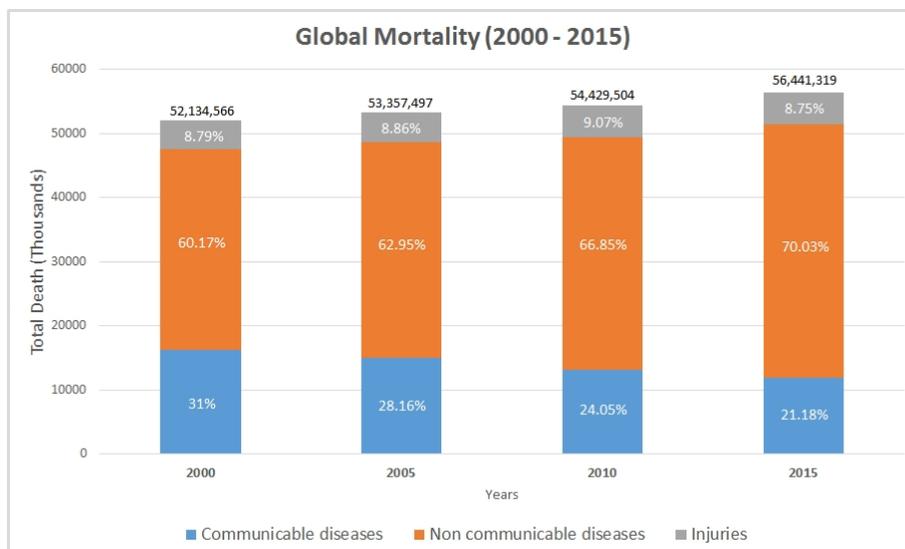
THE MEDICAL FRATERNITY'S APPROACH IN COMBATING NCD

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Introduction

Increase in life expectancy and improving the quality of life of its citizens is a common goal pursued by all countries. Countries all over the world are facing challenges in reducing the disease burden, premature mortality and economic impact of Non-communicable Diseases (NCD), which are the global leading cause of mortality. Cardiovascular diseases account for most NCD deaths (17.5 million people annually), followed by cancers (8.2 million), respiratory diseases (4 million), and diabetes (1.5 million).[1] Overall, NCDs kill 38 million people every year; 28 million of which occur in low-and middle- income countries,[1] confirming that these are no longer considered diseases of the affluent. Further, of the 38 million who die, 14.2 million die prematurely before they reach the age of 70 years.[1] 82% of these premature deaths occur in low and middle income countries[1] adversely affecting productivity and socio-economic development.

Global projections (2004 to 2030) indicate that NCDs, notably Cardiovascular Diseases and Cancers, are likely to rise in the coming years unless drastic measures are taken to prevent and effectively manage NCDs and their risk factors (tobacco and alcohol use, physical inactivity, unhealthy diet rich in salt, sugar and saturated/trans-fats, air pollution).



Source : WHO Global Health Estimate 2000 - 2015

NCD - Malaysia

Malaysia is an upper middle-income country with a health system and health status commensurate with its level of development. The Eleventh Malaysia Plan 2016–2020 articulates the development goals of Malaysia over the five-year period, and health is identified as a key component of the plan's major thrust – Improving well-being for all.

The main disease burden has shifted in recent years to noncommunicable diseases (NCDs), now accounting for 73% of all deaths. For NCD risk factors in 2015, the prevalence for adults of hypertension was 30.3%, hypercholesterolaemia 47.7%, diabetes 17.5%, overweight and obesity 47.7%, tobacco use in men 43% and physical inactivity 33.5%. Mental health problems are also increasingly prevalent (29.2%). An increasingly wide range of complex environmental health issues is an ongoing challenge.

Malaysia now has significant internal technical capacity in many areas and receives minimal development aid. WHO primarily provides technical and policy advice, advocacy, and capacity-building in specialized areas.

An Alternative approach – Exercise Medicine

The challenges set forth upon combating NCD has been a tough process and mortality rate are increasing over the past decades globally. Over the years with the medical fraternity prescription to NCD has been conventional. The Health Ministry of Malaysia has taken steps towards prevention apart from the existing cases of NCDs. Lifestyle has been identified as the major contributing factors of NCDs and WHO has one of its policies to reduce physical inactivity.

With over 30% of Malaysian who are inactive, steps must be taken to convert this proportions of Malaysian to be more physically active. We are well aware of the physical activities organised by various ministries and the rise in mortality has not been contained.

This scientific program has marked a great opportunity to organised physical activity to be more effective. Just as in medicine, history taking, diagnosis, types and classes of drugs and its dosages has treated and managed many diseases effectively. Exercise medicine has been formulated and this conference is the mark of its official launch of a new frontier in curative medicine.

Proven its effectiveness in preventing and containing NCDs with exercises, each patient should be approached individually and not in masses. Patients diagnosed with NCDs should be treated on a one to one basis and their dosage of exercises should be in the protocol of individualism. Referrals from medical doctors and review of patients after a period of exercises should be referred back to medical doctors for monitoring on its conditions.

With the inception of exercise clinics, new exercises equipment of medical grade, norms of our populations and proper documentations and monitoring, exercise medicine can be a very potent antidote to NCDs in terms of prevention and treatment. The perturbation from exercises with the right dosage can cause many positive physiological changes to the human body ie.

- Stronger and healthier heart
- Stronger bones
- More flexible joints and
- A healthier hormonal system

With this assembly of all the experts globally today and the next few days, I hope that more prescription of exercise can be formulated and that this will save mankind from dying.