



- Multiple Sclerosis
- Epilepsy
- Amyotrophic lateral sclerosis (ALS)
- Autoimmune diseases
- Rheumatoid arthritis
- Systemic lupus erythematosus (SLE)
- Multiple sclerosis
- In ammatory bowel disease (Crohn's disease and ulcerative colitis)
- Psoriasis

**Kidney Diseases**

- Chronic kidney disease
- Polycystic kidney disease
- Glomerulonephritis

**Digestive System Diseases**

- Gastroesophageal re ux disease (GERD)
- Irritable bowel syndrome (IBS)
- Crohn's disease
- Ulcerative colitis
- Liver cirrhosis

**Mental Health Disorders**

- Depression
- Anxiety disorders
- Bipolar disorder
- Schizophrenia
- Osteoarthritis
- Degenerative joint disease
-

d. **Health inequalities:** Chronic diseases often disproportionately affect disadvantaged populations, exacerbating existing health inequities.

**Managing chronic diseases requires a comprehensive and multidisciplinary approach**

a. **Primary prevention:** Promoting healthy lifestyles, raising awareness about risk factors, and implementing population-level interventions to prevent chronic diseases.

b. **Early detection and screening:** Regular health check-ups, screening tests, and risk assessments can aid in early detection and timely intervention.

c. **Lifestyle modifications:** Encouraging individuals to adopt healthy behaviors such as balanced nutrition, regular physical activity, smoking cessation, and moderation in alcohol consumption.

d. **Medication and treatment:** Appropriate medications, therapies, and interventions are essential for disease management, symptom control, and preventing disease progression.

e. **Patient education and self-management:** Empowering individuals with chronic diseases to actively participate in their own care, manage their conditions, and make informed decisions regarding their health.

f. **Supportive care and rehabilitation:** Providing access to supportive services, rehabilitation programs, and pallmentoportioab vTf-0.02 Tb

- **Regular physical activity:** Promote regular exercise and physical activity, aiming for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week. Encourage activities that improve strength, flexibility, and endurance.

- **Maintain a healthy weight:** Encourage individuals to achieve and maintain a healthy body weight through a combination of healthy eating and regular physical activity.

- **Tobacco control**

Promote Tobacco-Free Environments: Implement and enforce policies to restrict smoking in public places, schools, and workplaces. Raise awareness about the health risks associated with tobacco use and provide support for smoking cessation.

- **Limit alcohol consumption**

- **Moderate drinking:** Promote responsible alcohol consumption by encouraging individuals to adhere to recommended guidelines. Men should limit their alcohol intake to a maximum of two standard drinks per day, and women to one standard drink per day.

### Screenings and early detection

- **Regular health check-ups:** Encourage individuals to undergo routine health check-ups to monitor their overall health and detect any potential risk factors or early signs of chronic diseases. This may include blood pressure measurements, cholesterol screenings, blood glucose tests, and cancer screenings.

- **Vaccinations immunization:** Promote vaccination programs to protect against infectious diseases, such as influenza, hepatitis, and human papillomavirus (HPV). Vaccines can prevent or reduce the severity of diseases that may lead to chronic conditions.

- **Health education and awareness**

- **Health promotion campaigns:** Conduct educational campaigns to raise awareness about healthy lifestyles, risk factors, and preventive measures for chronic diseases. Provide information on healthy eating, physical activity, tobacco cessation, and the importance of regular screenings.

- **Health literacy:** Improve health literacy by providing accessible and accurate information about chronic diseases, their causes, symptoms, and available resources for prevention and management.

for policy protection. Go ramp. Raise awareness. Do Drink Tdaim: Encourage (D/T), (to y) (siftvts) (T), (n) (C) (m d) (Connic diseases the u

FEEA Y ^i} •c^i} iRb iC G€ F i D K E ) k i } ä \* •c i ä e | h i ^ ç [ i ^ c i [ ] + k } h @ ^ æ | c @ h & æ ! ^ k @ ^ h ä æ c æ k ^ | h \* •k @ ^ h  
c i { ^ h @ æ • h & [ { ^ h ä U } i } ^ h i F X A F E G E

FFEA T æ ! • @ æ | h Ö Ö h ç F J i J D K E • • ^ i æ } & ^ h [ - h ^ æ | c ^ h ç i • i [ ] h & æ ! ^ h i } h æ | c ^ i } æ c i ç ^ h @ ^ æ | c @ h & æ ! ^ h  
ä ^ h ç ^ i ^ h • • c ^ { • E A R A C E { h U } c [ { A C E • • [ A i € W i G T E i H F E