

# Chronic diseases

## What is a chronic disease?

According to the World Health Organization, chronic diseases are non-communicative diseases, which means that it cannot be transmitted between people. Chronic diseases are normally long lasting and slow progressing they can be life long illnesses.

## Diabetes

Diabetes is a disease, which makes your body unable to use the sugar in food for energy. Normally the cells in your body are able to process and break down the sugar in your food. In order for your cells to do this they need insulin, a hormone that is produced by your pancreas. Diabetics have a problem with their insulin production or absorption.

### Type I Diabetes

This is when the body does not produce any insulin **at all**. Type 1 diabetes is usually developed in early childhood. It is usually inherited genetically. It is considered to be the more severe form of diabetes, as you cannot be cured from it. One can improve their symptoms through the use of Insulin injections, which compensate for the body not being able to produce it.

### Type II Diabetes

This is when the body **does not respond** to the insulin. Type II diabetes is usually the result of poor diet and lack of exercise. It is normally developed in adulthood. It can be treated or prevented through bettering one's habits and lifestyle.

Photo by: Telegraph.co.uk

## Respiratory diseases

Chronic respiratory disease is an umbrella term for long lasting illnesses that affect the respiratory system including; asthma, allergies, chronic obstructive pulmonary disease (COPD).

According to WHO, 300 million people have asthma; 210 million people have COPD while millions have allergic rhinitis and other often-under diagnosed chronic respiratory diseases.



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