



# Awareness Of Communicable And Non Communicable Diseases.

SAMIMA YASMIN

Bsc zoology honours

The university of burdwan

**Abstract:**

**List of Communicable and Non communicable Diseases: -**

Communicable Disease ::::

- 1)common cold.
- 2) Dengue
- 3) Malaria
- 4) Typhoid
- 5) Leprosy
- 6) chikungunya
- 7) Tuberculosis (T.B.)
- 8) Rabies.
- 9) Scabies
- 10) Filariasis
- 11) Diarrhoea,

12) Scrub thyphus

13) Pheumoniae

14) Chicken Pox.

15) AIDS.

16) Hepatitis (A,B,C,D)

17) COVID-19

**List non communicable disease are::**

1) Diabetes

2) Hypertension

3) Cancer

4) Asthma

5) heart attack

6) heart failure

7) hemorrhagic Brain stocks

8) dislipidemia

9) pancreatitis

**Key word:**

**Few diseases from communicable and non communicable are Preventable by Vaccination.**

### **Communicable Disease**

Diseases are the illness caused by microorganisms (Bacteria, virus, Fungi, Parasites) that spreads from Person to Person or animal to Person.or via insert and food.

List of Most common Communicable Disease

common cold.

**Pneumonia**

**Dengue**

**Malaria.**

**Typhoid**

**T-B.**

**Rabies**

**Diarrhoea.**

## COMMON COLD

A common cold is a contagious viral infection of upper Respiratory Tract (Nose, Throat, sinus).

Sighs and symptoms→

Runny Nose

Shizzing

Sore Throat (Neck Pain)

cough.Fever.

Mode of Transmission

It spreads through the air borne. If an infected person is not using a hand or Hanker-Chief while coughing it can spread.

Diagnosis→

Most of Patients are diagnosed Clinically and do not need any Blood Test.

Treatment

There is no Particular treatment for

common cold. Patients need Symptomatic treatment such as Levocetizine. warm water, Paracetamol

## **PNEUMONIA**

Pneumonia is a Lower Respiratory Tract Infection (LRTI) due to Bacteria or virus.

Vital Infection.

signs and symptoms→

wet cough ,Fever , shortness of

Breath, weakness.

First Breathing

Mode of Transmission

It spreads through air borne and contaminated surfaces.

Diagnosis→

Some patients are diagnosed clinically, and some patients need chest X-Ray, sputum culture, and blood tests.

Treatment

According to severity of infection , Doctor will provide antibiotics, Broncho Dilators, Paracetamols.

Far Old age Patients (> 60%) should take Pneumococcal vaccine for Prevention of Streptococcus pneumonia infection,

Early treatment gives a good prognosis.

## **DIARRHOEA**

Diarrhoea is a medical condition characterized by the frequent Passage of Loose or watery stools. It is caused by either Bacteria or virus. or Parasites.

signs and symptoms

>=6 Loose stool/Day, Dehydration, Abdominal Cramp, Nausea±, Fever +\_

Mode of Transmission→

contaminated foods, Food intolerance, Fecal-Oral-Route.

## Diagnosis

Most of Patients are diagnosed Clinically. Severe conditions may need blood, fecal tests.

## Treatment

we have to Prevent dehydration by replenishing fluid and electrolytes .

Infant and children 1-2 L Over a period of 24 hours. (ORS)+

Adult 3-4 L over a period of 24 hours (ORS). Patients can also take normal water.

If Stool frequency does not decrease over 24 hours. then go to Hospital

The hospital will decide whether you need admission or Just OPD based treatment.

## **RABIES**

Rabies is a Zoonotic viral disease that causes acute and severe encephalitis in humans and other mammals. It is also called Hydrophobia.

### Signs and symptoms

Fever, Hydrophobia, Salivation, Nausea, vomiting.

Once Signs and symptoms appear Death be Rabies can not be prevented.

### Diagnosis

Diagnosed clinically.

### Treatment

Once Sigh and Symptoms are seen Rabies Can't be cured. It is 100% Fatal.

### Prevention

Rabies can be prevented by immediate vaccination.

Time of vaccination Day-1, Day-3, Day-7, Day-14,

Day-28

condition Pet Dog or stray dog bites.

Opet dog or Straydog scratch.

A pet dog or stray dog Licks open skin wounds. (Ex. you have a cut on your finger. and feeding a dog. If that dog licks the wound then you have to take a vaccine.).

## TUBERCULOSIS (T B)

Tuberculosis is a serious contagious bacterial infection caused by Mycobacterium Tuberculosis. It can attack any organ of the body. Most commonly attacks in Lung.

Mode of Transmission

It spreads through Person to Person. Ex. cough, Sheeze, contamination

Sighs and symptoms

cough that lasts  $\geq 2$  weeks.

Low Fever.

weight loss

Fatigue

Night sweat

Loss of Appetite

Diagnosis

Doctor will advice far Sputum Test, X-Ray Chest, CB-NAAT Test

Treatment

Early diagnosis and Treatment give good Prognosis

Patient need to use Mast Mask

Antibiotics should be continued for 6 months. Not a single day should be missed.

High Protein Diet.



## TYPHAID

→

Typhaid is a serious bacterial infection caused by Salmonella Typhi. It is also known as Enteric Fever.

Mode of Transmission→

contaminated Food or water

Signs and symptoms

Step-Ladder Fever, Diarrhoea or constipation, Abdominal Pain, loss of appetite.

Diagnosis→

The doctor may advise for Blood culture Test & OR widal Test or Stool culture test.

Treatment

The patient needs antibiotics, Paracetamol, ORS for 10-14 Days. S

Typhoid vaccines are also available.

## DENGUE

Dengue Fever is a mosquito-borne viral disease caused by the Aedes Aegypti mosquito.

Mode of transmission>

Aedes Mosquitoes are Primary Vectors for Dengue Fever.

Signs and symptoms

High grade Fever, Joint Pain, Headache, Eye Pain, Abdominal Pain, Nausea, Dehydration.. Vomiting.

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Diagnosis→

Doctor will ask for Dengue NS-1 OR Dengue IgM OR CBC, Platelet, Hematocrit as Per duration of fever.

Treatment→

Once Dengue is diagnosed, treatment is symptomatic like ORS, Paracetamol.

Severe cases: Patients may need to be admitted to a hospital.

When to be admitted to a hospital?

→

Despite of taking Home care and medicine if Patient develops

Again Fever

Any kind of bleeding from the mouth or Anus.

vomiting 2 times. Fatigue

Abdominal Pain.

Prevention

→

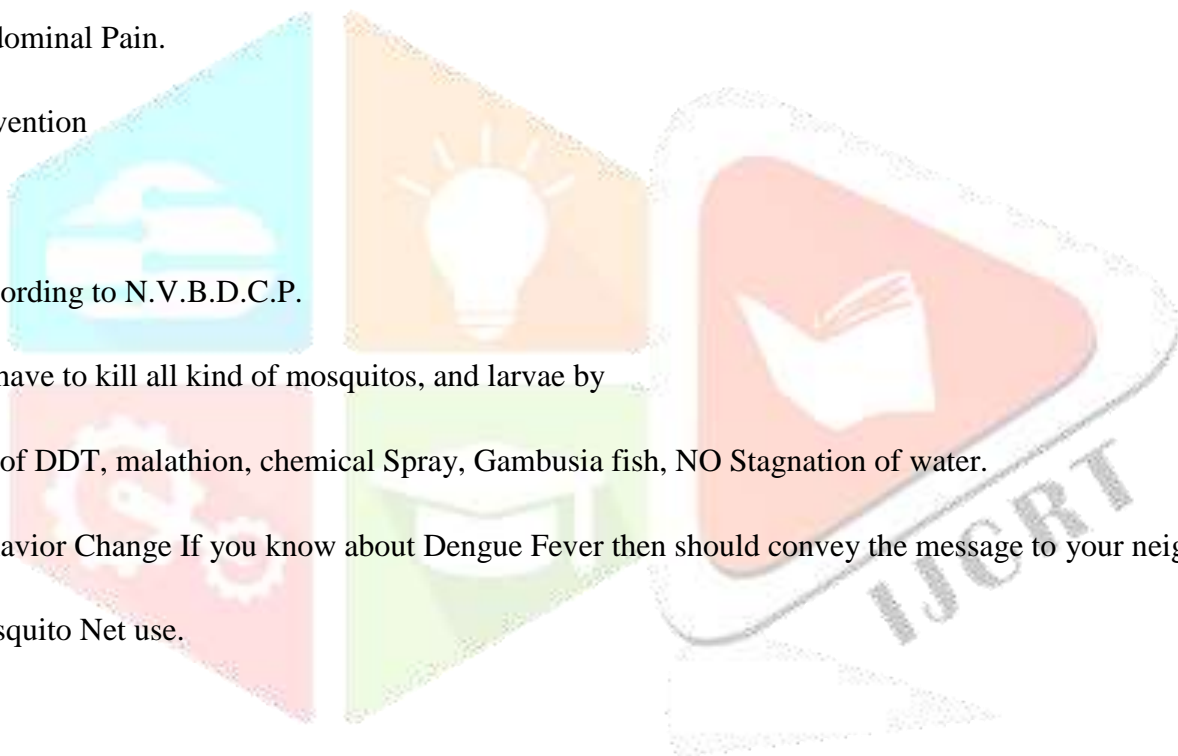
According to N.V.B.D.C.P.

we have to kill all kind of mosquitos, and larvae by

use of DDT, malathion, chemical Spray, Gambusia fish, NO Stagnation of water.

Behavior Change If you know about Dengue Fever then should convey the message to your neighbour.

Mosquito Net use.



## **MALARIA**

Malaria is a serious, life threatening Parasitic infection.

Mode of Transmission→

Spreads through the Bites of infected female Anopheles Mosquito.

Appearance of Mosquito →

white spots on black Body.

Sighs and symptoms

Intermittent er High grade fever, Chills, Body Pain, Nausea-Vomiting, Fatigue.

Diagnosis→

The doctor will give advice for a blood test of C.B.C, M.P. thick and thin smear, MPDA.

Treatment →

Once you have diagnosed malaria, the Doctor will start treatment with Chloroquine, Prima--quine, Artesunate, Stufpa sulphadoxine, and Pyrimethamine.

Symptomatic Treatment.

Prevention

Same As Dengue

### List of most common Non-Communicable Diseases

Diabetes

Hypertension

Brain stroke

Heart Attack.

**DIABETES**

Diabetes Mellitus is a chronic Metabolic disorder Characterized by High Blood sugar in blood.

Type Type-I. Diabetes Mellitus (Children)

Type-II Diabetes mellitus (Adult).

Mechanism

Type-I D.M. It is mainly due to lack of insulin. Why lack? May be due to body does not make enough insulin OR autoimmune condition where immune system destroys insulin Producing beta cells in the Pancreas

Type II D. M. It is mainly due to insulin

Resistance, excess weight gain, Lack of exercise, Dietary factor, family history,

## Signs and symptoms

Frequent Urination, Excessive Thirst, Slow rate in healing of sore, weight loss, weakness, Blurred vision, Dry skin.

Diagnosis→

Blood Test →

Fasting Blood sugar, Postprandial Blood Sugar, HbA1C, Random Blood Sugar, Urine Glucose test, Urine ketone test.

Treatment

Type-ID.M.

Patients need Lifelong insulin.

Type II D.M. 1st Patient heed lifestyle modification like healthy Diet, weight loss, daily exercise.

Despite Lifestyle modification, if blood sugar is high then the doctor will start medicine along with daily thorough exercise.

CAUTION If Patient does not take medicine

then it will be a disaster. High Blood Sugar will damage the vital organs like Eye, kidney, Heart, skin, Nerves Even death can occur in few years.

Check UP see your doctor every 3-6 months

Prevention

Eat healthy, Avoid excess weight gain, Daily Physical activity, Doth Do not smoke, & Less use of sugar.

## **HYPERTENSION**

Hypertension is a condition where the force of blood against the artery wall is consistently too high. If Blood Pressure > 130/80 is called High Blood Pressure. A.K. A Silent killer. Signs and symptoms→

If you have High Blood Pressure initially it will not show any symptoms until it has caused Significant damage to the body

Symptoms are Headache, Nose Bleed, Dizziness, blurred vision, Palpitation.

Diagnosis

Most of the patients are diagnosed clinically. Some Patients heed Blood Test like Blood cholesterol Test (Lipid Profile)

Treatment

Once you have diagnosed Hypertensive then do not stop medicine. Check up should be done every 3-6 months where the doctor will increase or decrease the duration of medicine. After complete follow up doctor may stop the Blood Pressure medicine.

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## **BRAIN STROKE**

Brain Stroke is a medical emergency occurring when blood flow to the brain is blocked or vessel bursts.

Signs and symptoms

Sudden weakness on the side of the body.

Difficulty in Speaking

Loss of Balance

Blurred vision.

Diagnosis →

CT-Scan., MRI,

Treatment→

Patients need to reach the hospital as early as possible.

Prevention→

Maintain a Healthy Diet, Regular Physical activity, Avoid Alcohol, Smoking, Control 2020

Blood cholesterol Level, Regular check up for blood Pressure, Control Blood sugar.

## **HEART ATTACK**

Heart Attack A-K.A Myocardial Infarction(MI). A heart attack occurs when blood flow to the heart is greatly reduced or blocked. It leads to heart muscle damage.

signs and symptoms→

Chest Pain ,Jaw-Neck OR Back Pain, Pain or discomfort in one or both side arms or Shoulders  
Shearhness of Breath.

Diagnosis

ECG, Blood Test.

Treatment

Reach Hospital as early as possible.

Prevention

Same as Brain stroke.

#### REFERENCE BOOK

Medicine (5TH Edition) by k. George Mathew and Praveen Aggarwal.

Practical Medicine by P.G-Raman.

