Chronic disease concepts Epidemiology Cheat Sheet

by gvm89025 via cheatography.com/215858/cs/47054/

Chronic Disease Epidemiology

Definition: The study of the distribution and determinants of chronic diseases and conditions in human populations, as well as the application of this knowledge to their prevention and control.

Latency Period: The time between exposure to a risk factor and the clinical development of a chronic illness. Chronic diseases, in contrast to infectious diseases, have a long latent phase that can last years or even decades.

Multifactorial Etiology: Multifactorial etiology refers to diseases or ailments that are caused by a collection of variables rather than a single one. Instead of a straightforward cause-and-effect link, these situations result from a complex combination of genetic, environmental, and behavioral variables.

Risk Factor : Is a behaviour , environmental exposure that increases the chance of a person developing an adverse health outcome. Ex Smoking is a risk factor for chronic conditions such as heart disease, stroke, and several cancers. Risk factors for chronic diseases are characterized as physical, chemical, and biological environments.

Latency periods for chronic diseases

The time from exposure to disease for non communicable diseases ranges from minutes to years. Ex latency period for cancer, which is the time in which the pathology can occur, can be years. Lung cancer death associated with cigarette smoking is 20 - 25 years latency period.

The Environment and Chronic Health Problems

Physical Stress and Health, Chemicals and Health, Toxicokinetics, Biologic agents and health, The social environment and health

Behaviour and Chronic Health Problems

Smoking and Chronic Disease, Diet and Chronic Disease, Body Weight and Chronic Disease, Sexual Practices and Chronic Disease, Behaviour Changes for Better Health, Health Belief Model

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Heredity and Chronic Health Problems

Disability

Impairment is a problem with a person's physical function or structure. For example, a lost leg or a damaged optic nerve might cause blindness.

Activity Limitation: Difficulty completing an action or task owing to a disability. For example, a person with a limb impairment may be limited in their ability to walk.

Participation Restriction: A difficulty that arises when a person participates in real situations. For example, a person with a mobility limitation may be unable to participate in a career or education due to inaccessible structures.

Priorities in Disease Prevention & Control

The major goal of epidemiology is the prevention and control of diseases, disorders, injuries, impairments, and death.

Changes in the lifestyle to prevent and control the chronic diseases.

References

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Single-Gene Disorders: These are rare disorders produced solely by a single gene mutation, such as Huntington's disease.	Polygenic Disorders: Multiple genes impact the development of most chronic diseases, including heart disease, diabetes, and many malignancies. Although inherited genes provide a propensity, disease development occurs only when other factors, such as food or smoking, are present. This is referred to as a gene–environment interaction.	Epigenetics is the study of how actions and the environment can alter gene function, which can then be handed down. For example, a person's lifestyle choices can influence how their genes are expressed, increasing their likelihood of developing a chronic disease.	Idiopathic means "of unknown cause" and refers to a condition that develops spontaneously without a known environmental or genetic trigger. Some kinds of scoliosis and pulmonary fibrosis, for example, are classified as idiopathic since there is no apparent cause for their occurrence	Cryptogenic implies "of hidden or obscure origin." It is commonly used when a problem is suspected of having an underlying cause that has yet to be identified. For example, cryptogenic epilepsy implies that there is a reason, such as a modest anatomical brain defect, that is not evident with present diagnostic methods.