



Understanding and Confronting Chronic Diseases: A Comprehensive Exploration

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Abstract

This comprehensive exploration delves into the multifaceted landscape of chronic diseases, unveiling their

Prevalence; Nongenetic; Chronic diseases; Diabetes

1. Introduction

Chronic diseases, also known as non-communicable diseases (NCD), have emerged as a global health crisis, accounting for a significant portion of the world's population. Unlike acute illnesses, chronic diseases are long-term health challenges that often require ongoing medical attention, lifestyle modifications, and management. Common examples include cardiovascular diseases, diabetes, cancer, and certain types of chronic infections. These conditions can significantly impact quality of life and are a leading cause of disability and premature death.

The prevalence of chronic diseases has increased globally, posing a significant burden on healthcare systems and economies. According to the World Health Organization (WHO), NCDs account for approximately 71% of all global deaths, with cardiovascular diseases, cancer, and diabetes being the leading contributors. This prevalence is a result of

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Cancer, characterized by uncontrolled cell growth, encompasses a diverse group of diseases affecting various organs. Risk factors include genetic predisposition, exposure to carcinogens, and lifestyle choices. Advances in cancer care have led to improved diagnostic and treatment options, including surgery, chemotherapy, and radiation.