

5. The silent majority: Targeting the undiagnosed and the unaware will reduce the prevalence of chronic diseases

Chronic diseases in low-income and middle-income countries are still on the rise. The most common chronic pathologies are cardiovascular diseases, which account for less than 20% of deaths in the region. These diseases, on the other hand, are the principal causes of death for women in the advanced stages of their reproductive lives, and for men in their reproductive years, and in their old age. Other causes in the region are respiratory diseases, which are showing the fastest increase.

These non-communicable diseases (NCDs) pose a huge burden on healthcare systems in the region and represent a significant challenge for the region. This is particularly true when considering rapid age groups and the health inequalities that exist. With a growing burden on the health system and other factors, exploring the strategies available will become a priority.

Given the nature of chronic diseases, primary care services are well positioned to play a key role. The role of surveillance and public health systems is also important to ensure that most primary care organizations are prepared. Primary care policies and strategies need to be adapted to the need to strengthen their primary care teams.

Prevention and surveillance are the main strategies to control chronic diseases, and primary public health systems have been working towards an early diagnosis to improve outcomes in hospitalized patients. Primary diagnosis in the form of acute events and recurrent symptoms often has been neglected. The idea of prevention has to change to a an emphasis on the role of prevention in the region, which means that a challenge for the international public health community will be to ensure the best population-based chronic disease and non-communicable disease surveillance. This region is the first to be implementing primary care or "whole population" NCD surveillance.

Agreement programs between a wide effective way to get started with chronic population and need the appropriate treatment of chronic disease management. The key to their success is expanding their surveillance and ensuring their methods for chronic population by focusing the most at-risk individuals within the health system. Specific design efforts can potentially increase the number of individuals in surveillance systems and significantly improve early health opportunities. According to the evidence, countries that are in the top 100 nations primary care systems in the world, **are not outperformed**. The Population Unit

will have following: WHO will release the 2014 data on the burden of diseases due to hypertension throughout the Americas, as the burden of the heart in America. From these, we will show only 5% of people with hypertension are aware of their status.¹ (Source: <http://www.who.int/mediacentre/factsheets/fs204/en/>)

"The rapid progressive strokes and deaths of young and infectious diseases and more recently cancers have been replaced by vastly increased survival rates from such diseases and a consistent shift from acute to chronic illness, with long years of survival that are often accompanied by a reduced quality of life resulting from end-stage chronic care."

World Health Organization (2014)

2014 Update

For the chronic diseases in low-income countries are growing a concern. How do changing epidemiological patterns and diagnostic progress, **transforming surveillance and control strategies** to take a broader view, **improve** and the expansion of health care systems? (Source: <http://www.who.int/mediacentre/factsheets/fs204/en/>)

Expansion in the surveillance of chronic diseases, for non-communicable diseases, are **essential** **through** **enhancing** **chronic** **disease** **prevalence** **and** **control** **systems** **in** **the** **world** **of** **today** **and** **tomorrow**.

Without the data of surveillance, the planning and monitoring quality of the health system, the effective use of the resources that were necessary to improve the health of the population.

