

Adolescence	
Terms - Ages	Adolescent : 10-19 year old Youth : 15-24 Young people : 10-24
In Jordan	-half the population (52%) < 20 year old -25% are adolescents (10-19)
Why do we care	They are the demographic , economic forces & the future health -their problems are multi dimensional (not only physical rather social, cognitive, biological, emotional mental ..)
Health problems include: 1-Life Style and risk tailing behavior that include 1-5:	
1-smoking	One of the greatest health Hazards of modern times ” as well as “ <u>the major cause</u> of avoidable death 22% of adolescent girls and boys smoke or have tried smoking and 14 % used tranquillizers at least once. Studies of Jordanian college students reported a smoking prevalence of 28.6 % , and some respondents (17 %) also reported smoking before the age of 15 years
2-use of drugs	The problem exists in ALL societies Multidrug is becoming more common
3-use of alcohols	Accessibility plays a major role in the use of alcohol by adolescents increase in quantity and frequency, decline in the age
4-accidents	Major death cause worldwide
5-suicide	<u>Underreported</u> in many nations of the EMR Prevalent more in males .
6- nutrition related Under or over	<ul style="list-style-type: none"> ✓ Boys double their body weight between 10 -16 years of age ✓ Malnutrition and Anemia constitutes a particular risk factor for pregnancy in a adolescents ✓ <u>Depression, acne and obesity</u> were the <i>most common</i> problems reported in Jordan.
2-Adolescence Vulnerable or High Risk Groups include those who are not in their homes because of their parents disability or chronic mental illness as well as social ,economic ... problems	
3-Chronic And Disabling Condition include physical / intellectual handicaps /chronic diseases /learning disorders/mental retardation	
Reproductive health	Is more accessible among married compared to un.. Teen pregnancy is limited in Jordan ** 31% of adolescent girls and boys give a confusing answer on sexually transmitted diseases

NON communicable	
<p>Not infectious include: بالترتيب كاهم الاسباب عالميا WHO 2012 + these 4 result in 52% deaths globally</p>	<p><u>cardiovascular diseases, cancers, chronic respiratory ,diabetes type 2, hypertension, depression ,Chronic Obstructive Pulmonary Disease , Accidents in its different types & injuries</u> ** (CVD) the leading cause of death in Jordan **In EMR, cancer is the 4 th ranked cause of</p>
	<p><u>Non communicable & accidents injuries account for 2/3 deaths worldwide</u></p>
<p>Screening</p>	<p>Is the best way to prevent by providing early detection Overall its about EDUCATION in many aspects</p>
<p>Chronic Illnesses are classified into</p>	<p>Non Communicable. Degenerative.</p>
	<p>Usually we can control and prevent non communicable diseases by avoiding the risk factors and delaying the onset of diseases but we cant treat them.</p>
<p>characteristics</p>	<p>Uncertain etiology. ♣ multiple risk factors. ♣ long latency period . ♣ Prolonged course of illness. ♣ non- contagious origin. ♣ functional disability and sometimes incurability .</p>
<p>Risk Factors</p>	<p>Tobacco use , unhealthy diet (less fibers more salts) , physical inactivity ,obesity ,<u>high b.p</u>, and harmful use of alcohol , abnormal blood lipids , Low Socioeconomic Status , <u>Depression</u>, Psychosocial Stress. *The most important among these risk factor is Tobacco use especially in COPD</p> <p>Above are modifiable risk factors ,those which we can control, alongside <u>DIABETES</u>.</p> <p>Non modifiable ,those which we cant change, include genetics , age, ethnicity ,race , gender.</p>
<p>To prevent chronic diseases we consider</p>	
<p>1-primordial</p>	<p>avoidance of risk factors from the start / disease isn't developed yet. Examples :immunization (like in hepatitis) good</p>

	<p>nutrition (like in diabetes and heart diseases), health education, counseling , environmental sanitation, purification of water , protection against accidents at work place and seat belts.</p>
2-primary	<p>That is by early detection , screening we discover the disease in its early stages thus we underline its established risk factors in order to modify or reduce them ,altering the course of disease with or without the use of interventions</p>
3-secondry	<p>Modifying the risk factors in the presence of the manifested disease by changes in lifestyle and/or use of drugs.</p>
4-tertiary	<p>Prevent disease complications alleviation تخفيف and limitation of improvement of quality of life , Rehabilitation and follow up</p>
***	<p>*Communicable (infectious) diseases are prevented by vaccination (Hep B) and good nutrition (diabetes)</p>
**	<p>In ENR the burden of diseases are likely to rise to 60%</p>

Cont	
Remember :	<p>More developed countries have higher percentage of NCD prevalence → because life expectancy is higher & communicable are less obvious.</p>
Non communicable in Jordan	<ul style="list-style-type: none"> ➤ The 4 main (in order) : (globally also) 1)CVD 2) Cancer 3) Respiratory 4) Diabetes ➤ The burden of Noncommunicable diseases is responsible for 75.6% of all deaths ➤ 20% of adults between the ages of 30 and 70 years are expected to die from one of the four main Noncommunicable diseases. ➤ Ministry of Health (2002 Behavioral Risk Factor Survey , Shehab) indicate smoking, obesity & physical inactivity as modifiable factors in chronic diseases development.

	<ul style="list-style-type: none"> ➤ The prevalence of insufficient <i>physical activity</i> in adolescents is 85.2% & over 60% of those having CVD are physically inactive. ➤ <i>Obesity</i> affects 30% of the population (<u>females more with 36.4%</u> than men 24%). ➤ overweight and obesity Prevalence in Jordan is 34.3% (5th in global rank) ➤ Adult per capita consumption of <i>alcohol</i> is 0.7 liters of pure alcohol. ➤ the average life expectancy in 2016 was 73.5 years, and chronic diseases are becoming increasingly prevalent.
	<p>Regarding SMOKING</p> <ul style="list-style-type: none"> ➤ 29% Prevalance + highest in Middle east ➤ 25.2% of youth (boys more than girls) have ever smoked cigarettes. ➤ More than half (53.6%) of youth have been affected by passive smoking . ➤ Tobacco is a risk factor for 6 out of 8 death leading causes and u cont to smoke !!! These 2 which aren't related to tobacco is HIV & diarrhoel diseases where TB is related. Be careful.
	<p>Regarding Cardiovascular system</p> <ul style="list-style-type: none"> ➤ Raised <i>blood pressure</i> affects 18.9% of adults above 18 years. ➤ Heart Diseases are a leading Cause of Death in Jordan with 41% deaths last year. ➤ The prevalence of cardiovascular disease in Jordan is mostly due to: 1-Smoking 2- Diet 3- Pollution and physical inactivity noting that over 60% of Jordanians suffering from heart conditions do not participate in physical exercises.
<p>In the EMR (Eastren Mediatrian region)</p>	<p>Risk factors are in this order : 1) Physical inactivity 2)Overweight obesity 3)Dyslipidemia 4)Smoking 5) Hypertension 6)Diabetes</p>
<p>Diabetes</p>	
<p>Remember : It is</p>	<ul style="list-style-type: none"> ➤ Modifiable risk factor especially type 2 (we cant treat but we can control)

	<ul style="list-style-type: none"> ➤ The prevalence of diabetes is higher in men than women, but there are more women with diabetes than men as there are more women than men. ➤ Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use can prevent or delay the onset of type 2 diabetes.
Type 1	<p>Less prevalent 5-10 % Insulin dependent / juvenile(children)-onset diabetes Genetic associated risk factor ,also linked to some viral infections</p>
Type 2	<p>More prevalent 90- 95 % Insulin independent / adult-onset Major modifiable: unhealthy diet, physical inactivity ,<u>obesity</u> ,high b.p, high cholesterol OBESITY is MAJOR / more contributing risk factor. Other modifiable : Low Socioeconomic Status , Psychosocial Stress, heavy alcohol consumptions . <u>Non modifiable</u> :along previously mentioned, Low birth weight, Presence of auto antibodies.</p>
Gestational	<p>20- 50% who ‘ve it may develop later on type 2 And 5 -10% develop it as immediate the pregnancy end.</p>
Globally	<ul style="list-style-type: none"> ➤ 347 million people worldwide have diabetes ➤ Diabetes accounts for more than 5% of the global deaths, which are mostly due to CVD. ➤ More than 80% of diabetes deaths occur in low- and middle-income countries. ➤ Diabetes is responsible for over 1/3 of end-stage renal disease requiring <u>dialysis</u>. ➤ <u>Amputations</u> are at least 10 times more common in people with diabetes. ➤ A leading cause of <u>blindness</u> and visual impairment. Diabetics are 20 times more likely to develop blindness than nondiabetics.
In Jordan	<p>Diabetes is 4th cause of death in Jordan and 7th cause of death world wide.</p>

IN EMR	Also increasing . Not the urbanization & economic growth is the sufficient cause.
IN Jordan generally speaking Most common death causes are = proportional mortality	<ol style="list-style-type: none"> 1) Cardiovascular 35% 2) Other non communicable 16% 3) Cancer 15% 4) Communicable , maternal, perinatal, nutritional 13% 5) Injuries 11% 6) Diabetes 7% 7) Respiratory 3%

NCD 2	
PSYCHOSOMATIC	psychological symptoms by which the body expresses itself in a physical way.
Neurosis:	<ul style="list-style-type: none"> -The diseases by which the patient knows that he's ill and suffers. -Some common examples: Anxiety and Obsessive-compulsive disorder(OCD). -OCD-IS VERY SERIOUS AND MAY END UP WITH SUICIDE IF NOIT TREATED AND CONTROLLED.
•Psychosis:	<ul style="list-style-type: none"> -The patient doesn't know that he's ill and isn't aware about the disease. -Example: Schizophrenia, a serious problem, by which the patients experience hallucinations and aren't aware about their disease. Fortunately, it's being controlled nowadays. -Neurosis is more common than psychosis

	<p>-Some types of depression can be classified as neurotic, others are psychotic</p>
<p>Statistics</p>	<p>60%-70% OF ELDERLIES HAVE PROBLEMS IN THEIR EYES RELATED TO CATARACT</p>
	<p>After cardiovascular disorders, mental illness is the second leading cause of disability and premature mortality. The burden of mental disorders is more than 15%of the overall burdenof disease from all causes and is even greater than the burden associated with all forms of cancer.</p> <ul style="list-style-type: none"> •Burden= Many disabilities are related to it
	<p>Integrating mental health services into primary care is the most viable way of closing the treatment gap and ensuring that people get the mental health care they need.</p> <ul style="list-style-type: none"> •Primary care for mental health is affordable, and investments can bring important benefits. (WHO) and the World Organization of Family Doctors (Wonca))

	<p>➤ Family physicians (Primary health care) diagnose 60%-70% of depression cases, whereas psychiatrists deal with severe cases that may end up with suicide attempts. *The patient is usually more satisfied with the family physician.</p> <p>People with 1) GI complaints 2)fatigue 3) migraine headache are more likely to seek health care when they have psychological distress or a DSM disorder</p>
<p>More Statistics</p>	<p>➤ 1 in 4 people seeking primary health care services have a significant mental health condition. (25%)</p> <p>➤ >50% of people treated for depression receive all treatment in primary care.</p> <p>➤ Only 41%with mental health conditions receive any treatment. (in the developed world, but in our countries the number of treated cases is even lower)</p>
<p>Why primary care is best for detection of mental health problems</p>	<p>•Primary care setting is convenient for psychiatric consultation for many reasons:</p> <ul style="list-style-type: none"> -Usually primary care physicians are well known to patients . -No stigmatization . -Proximity of the primary care centers .

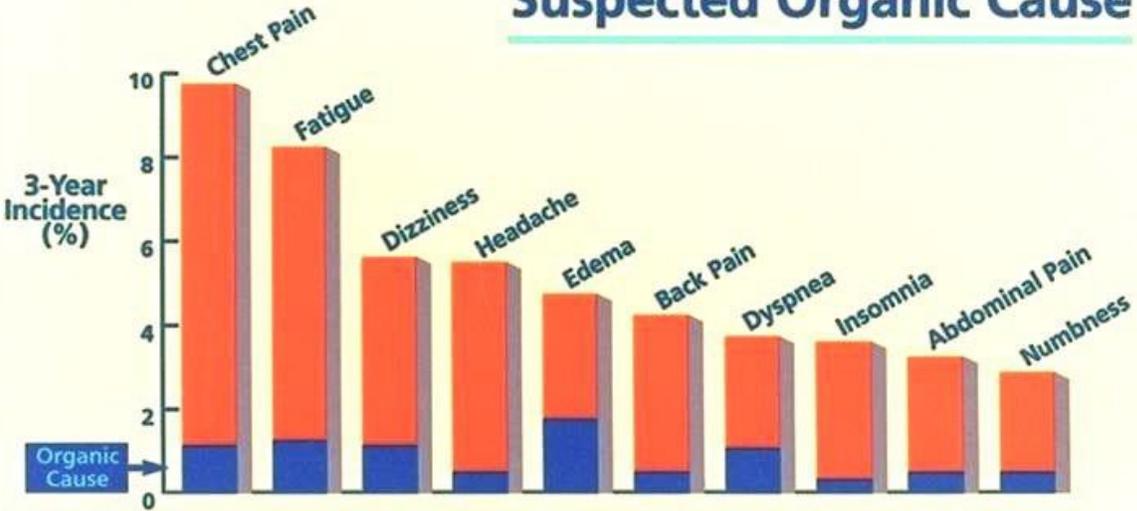
	<p>-Physical symptoms are common in psych. disorders specially, anxiety & depression.</p>
<p>Depression</p>	
	<ul style="list-style-type: none"> ➤ Almost 75% of pts. Who seek help for depression do so in primary care . ➤ one of the most commonly encountered chronic conditions in PCS. ➤ women are 2 to 3 times more likely than men to suffer from depression. ➤ younger generations are experiencing depression at an earlier age than did previous generations. (reasons include changes in family structure, urbanization, and reduced cultural and religious influences) ➤ depression is a disease of youth ,usually begins during a person's 20s or 30s. ➤ By the year 2020, the World Health Organization (WHO) estimates that depression will be the number 2 cause of "lost years of healthy life" worldwide
<p>Clinically</p>	<ul style="list-style-type: none"> ➤ PHQ9 questioner for screening ➤ The Hamilton Depression Rating Scale (HAM-D) has proven useful for many years as a way of determining a patient’s level of depression before, during, and after treatment.

	<ul style="list-style-type: none"> ➤ Treatment with antidepressants should continue for at least 6 months in the beginning. Other patients may need it for the whole life. ➤ Psychotherapy / Electroconvulsive therapy (ECT) / aerobic exercise / dietary modifications <p>Two thirds of people suffering from depression do not seek necessary treatment</p> <p>Symptoms include : <i>A) Appetite and Sleep Changes B) Changes in Energy Level C) Poor Self-Esteem</i></p>
<p>2 types: Major & Minor</p>	<p>Major = severe / exaggerated sadness Impair person ability to function Minor : from name less severe **reactive depression is a normal response</p>
<p>postpartum depression</p>	<p>mild postpartum blues (affecting about 80% of women), postpartum depression or psychosis (life threatening) More than two-thirds of women recover within a year Prognosis for recovery is excellent but about 50% of women will suffer a relapse with subsequent deliveries affects less than 1% of women , .5 % (ve mental illness)</p>
<p>Globally</p>	<ul style="list-style-type: none"> ➤ one of the most common mental illnesses. At least 8% to 17% of adults in the United States experience serious depression at some point during their lives.

	<ul style="list-style-type: none"> ➤ Of the 17.5 million Americans who are affected by some form of depression, 9.2 million have major or clinical depression ➤ Prevalence differ widely 1.5 percent of people in Taiwan to 19 percent of people in Lebanon maybe because of different data collection methods.
In Arab	depression ranging from 13% to 32%. Highest rate 32% was recorded in Lebanese women after the civil war. Urban population in Dubai and Cairo showed lower rates 12% and 16% respectively.
In Jordan	37% scored positively on a study published last year, done on women reviewing PHC centers.
It is	Biological + psychological + environmental interactions
Twins note (genetics)	<ul style="list-style-type: none"> ➤ Genetically identical twins raised in the same environment are 3 times more likely to have depression in common than fraternal twins, who have only about half of their genes in common. ➤ identical twins are 5 times more likely to have bipolar disorder in common.
depressed 've	Lower norepinephrine, dopamine, and serotonin // B6 , B12, Folic acid Higher hydrocortisone (cortisol)

	Hyper or hypo thyroidism may also lead to D
Mental constultion	25%of consultations can be regarded as attributable to psychiatric morbidity . Psychiatric disorders are more common in women than in men .

3-Year Incidence of 10 Common Symptoms and Proportion of Symptoms with a Suspected Organic Cause



Kroenke K, Mangelsdorff AD. Common symptoms in ambulatory care: incidence, evaluation, therapy, and outcome. *Am J Med.* 1989;86:262-266.

How common are physical symptoms in the general population?	<ul style="list-style-type: none"> •85-95% of community respondents experience a new symptom every 1-2 weeks •Health maintenance organization (HMO) enrollees using a diary report a new symptom every 5-7 days •Patients with anxiety/depression present a new symptom nearly every day
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	(CDC) suicide was the 9 th leading cause of death in the United States in 1996
Demntia	
	<ul style="list-style-type: none"> ➤ Alzheimer's accounts for most cases of dementia. <ul style="list-style-type: none"> •10-20% cases are attributed to vascular (multi-infarct) dementia •Other causes-alcoholism, Parkinson, vit B12 deficiency, hypothyroidism, CNS infections, intracranial lesions
	roughly doubling every 5 years and increase gradually with age
ALZD	<ul style="list-style-type: none"> ➤ the most common form of dementia. It represents a worldwide medical challenge affecting more than 18 million people ➤ over 1.5 million cases in the Arab world ➤ Risk factor Apolipoprotein E epsilon 4 genotype predisposes to development of ALZD
Research budgets are for	Cancer / AIDS / Alzheimer