**Lifestyle disease**

Also sometimes called diseases of longevity or diseases of civilization interchangeably. They appear more frequently as countries become more industrialized and people live longer. They can include arthritis, atherosclerosis, asthma, cancer, Type 2 diabetes, cardiovascular conditions, metabolic syndrome, chronic renal failure, osteoporosis, stroke, depression and obesity.

**Osteoporosis**

Disease where decreased bone strength increases the risk of a fracture. It is the most common reason for a fracture among the elderly. Bones that commonly break include the back bones, the bones of the forearm, and the hip. Until a fracture occurs, there are typically no symptoms.

**Depression**

State of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and sense of well-being. People can feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, ashamed or restless. They may lose interest in activities that were once pleasurable, experience loss of appetite or overeating, have problems concentrating, remembering details or making decisions, and may contemplate, attempt or commit suicide.

**Obesity**

Medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. It is most commonly caused by a combination of excessive food intake, lack of physical activity, and genetic susceptibility. A few cases are caused primarily by genes, endocrine disorders, medications, or mental illness.

**Type II diabetes**

Long-term metabolic disorder that is characterized by high blood sugar, insulin resistance, or relative lack of insulin. Common symptoms include increased thirst, frequent urination, and unexplained weight loss. Symptoms may also include increased hunger, feeling tired, and sores that do not heal. Often symptoms come on slowly. Long-term complications from high blood sugar include heart disease, strokes, diabetic retinopathy which can result in blindness, kidney failure, and poor blood flow in the limbs.

**Stroke**

Poor blood flow to the brain results in cell death. There are two main types of this condition: ischemic, due to lack of blood flow, and haemorrhagic, due to bleeding. They result in part of the brain not functioning properly. Signs and symptoms may include an inability to move or feel on one side of the body, problems understanding or speaking, feeling like the world is spinning, or loss of vision to one side among others. Prompt treatment (up to two hours) is needed to prevent permanent damage to health.

**Alzheimer´s disease**

Accounts for 60% to 70% of cases of dementia. It is a chronic neurodegenerative disease that usually starts slowly and gets worse over time. The most common early symptom is difficulty in remembering recent events (short-term memory loss). As the disease advances, symptoms can include problems with language, disorientation (including easily getting lost), mood swings, loss of motivation, not managing self-care, and behavioural issues. As a person's condition declines, they often withdraw from family and society. Gradually, bodily functions are lost, ultimately leading to death.

**Atherosclerosis**

Hardening of the arteries, a condition in which plaque builds up inside the blood vessels. Plaque is made of cholesterol, fatty substances, cellular waste products, calcium and fibrin (a clotting material in the blood).

Plaque may partially or totally block the blood's flow through an artery in the heart, brain, pelvis, legs, arms or kidneys. If either of these occurs and blocks the artery, a heart attack or stroke may result.

**Asthma**

Common long-term inflammatory disease of the airways of the lungs. It is characterized by variable and recurring symptoms, reversible airflow obstruction, and bronchospasm. Symptoms include episodes of wheezing, coughing, chest tightness, and shortness of breath. These episodes may occur a few times a day or a few times per week. Depending on the person they may become worse at night or with exercise.

This condition is thought to be caused by a combination of genetic and environmental factors. Environmental factors include exposure to air pollution and allergens.

Lifestyle disease Osteoporosis

Depression Obesity

Type II diabetes Stroke

Alzheimer´s disease Atherosclerosis

Asthma

Lifestyle disease Osteoporosis

Depression Obesity

Type II diabetes Stroke

Alzheimer´s disease Atherosclerosis

Asthma

Lifestyle disease Osteoporosis

Depression Obesity

Type II diabetes Stroke

Alzheimer´s disease Atherosclerosis

Asthma