

# Non-communicable Disease Epidemics in Asia

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In today's world, our health is increasingly at risk not just from communicable diseases but also from other health threats including global warming and life-style- related non- communicable diseases such as diabetes, and cancer which is the topic of the conference.

Both in high income countries as well as in developing countries, non communicable diseases are on the rise. According to WHO, in lower middle income countries, 37 % of all deaths is attributable to cardiovascular diseases and 16% for cancer.

Common cancers for men are cancers of stomach, lung, liver, esophagus and colorectal, while for women, breast, stomach, lung, colorectal, liver and uterine cervical are the most common.

By the year 2030, the number of death and cases of cancer will approximately double.

We have to remind ourselves that about 30 % of cancer death can be prevented.

Risk factors for cancer include

- 1: tobacco se
- 2; alcohol use
- 3: dietary factors including low fruit and vegetable intake
- 4: Physical inactivity
- 5: overweight and obesity
- 6: exposure to physical, biological and chemical carcinogens

To address ever-increasing tend of cancer, two pronged approaches are needed.

The one is to promote the integrated approach for prevention and control of NCD, because of common risk factors with other NCDs

The other is to develop “cancer specific” national cancer control programs

More specifically, such measures have to be implemented as

- 1: improvement of Hepatitis B vaccination coverage
- 2: introduction of HPV vaccination
- 3: early detection
- 4: support for cancer registration
- 5: strengthening of cancer management including pain relief , palliative care and rehabilitation in order to improve quality of life.

If time permits, some salient points of novel influenza pandemic will be shared