

Heart diseases in the philippines essay



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The data we gathered shows that the average morbidity level during 2000-2004 almost did not change in 2005. However, the level of mortality is alarmingly increasing.

This means that more people die from heart diseases than before. Since we are comparing average of 5 years with another succeeding year, we expected that the data won't have significant differences just like in our data about mortality. This means that if we see big difference, it is really a big issue. 80. 234M is the estimated average population of the Philippines for years 2000 - 2004.

If we compare it to the estimated population for 2005 which is 85. 61M, we would notice a huge difference. We can say that there's a positive relationship between the number of population and the number of incidence of heart disease assuming other variables are constant. Also, there have not been many medical advances to prevent heart diseases during these years. 2010 was the year for scientific and medical advances in relation to heart disease and its treatments (Sahacrash, 2011). We associate the increase in mortality rate with other possible independent variables such as changes in lifestyle, eating habits, health consciousness, environment, intake of cholesterol, etc. In short, we have a growing trend of unhealthy lifestyle. Tobacco companies are among the top ten advertisers here in our country (World Health Organization, 2002).

Risk factors such as blood pressure, smoking, serum cholesterol and blood glucose have been increasing in the population of the Philippines (Tuomilehto, Morelos, Yason, Guzman & Geizerova, 1984). Diabetes, another

factor, also is increasing that doctors are alarmed blaming it on the lifestyle changes (Pazzibugan, 2009). As these factors increase, risk of dying of people with heart diseases also goes up. The Philippines is considered as one with modernized countries in Asia. In fact, a number of our major institutions have very advanced facilities and skills for treatment of heart disease. However, the ratio of a doctor to the population is extremely low; 1 doctor per 6, 000 people (Janus, Postiglione, Singh & Lewis, 1996) Treatments and medicines for heart diseases are quite high. Heart disease treatment costs are the top 2 most expensive in the United States next to mental illness costs.

Filipinos who don't have money for these expensive treatments will just die at the diseases' worst. Poverty incidence among families from 2003-2006 increased (National Statistical Coordination Board, 2009). Moreover, for the last 50 years we have stopped finding for curative drugs. So, people resort to maintenance drugs which they will take for the rest of their lives.

In summary, the constant regular growth of morbidity rate can be attributed to the growth of the population and lack of medical and scientific advances on heart diseases and its treatments. On the other hand, the sudden increase in mortality rate can be attributed to the unhealthy lifestyle trend, low patient to doctor ratio, expensive treatments and medicines and the increasing poverty here in the Philippines. References: Janus, E. , Postiglione, A. , Singh, R. , & Lewis, . B (1996).

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