



An Analysis of the Causes of Death. Measures to tackle the problems.

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Causes of Death data can be procured from Death Statistical Records of MRDs (Medical Records Departments) of Medical Colleges , Hospital Records. Post Mortem (Autopsy) Records and the Records of Registrar of births and deaths.

The author had carried out a Research study in 2008 For a period of 10 years in Goa Medical College. He is continuing this Research Study.

The various Causes of Death is a Health Atlas which depicts the Disease burden and the disease scenario. It enables the Health Administration to take prevention and Health education programs and campaigns as screening schemes. The public will be enlightened to take corrective and preventive measures for oneself. One's family, friends, well wishers and the community at large.

This changing disease burden is due to many factors like control of infections. very powerfully antibiotics , good hygiene , cleanliness, better Health care, better diagnostic modalities ,advanced imaging. Genomic and Molecular diagnosis , treatment. Personalised medicine. Targeted therapy. Integrated diagnosis. Newer molecules , advanced technology, IT, Automation, Robotics , AI and newer Vaccines.

However the only thing in life that is constant is Death.

But by all these powerful tools and measures the Longevity can be prolonged and death delayed.

The various Causes of Death help us to understand the priorities and the variables.

The Causes of Death in the authors study in Goa Medical College :

- 1 Heart diseases and Cardiovascular diseases Myocardial infarction. Hypertension, cardiac failure , cardiac arrhythmias, Stroke,
- 2 Emerging infections like TB ,Viral ,Fungal HIV ,sepsis ,leptospirosis. Malaria, dengue ,rabies
- 3 Alcoholic liver disease and cirrhosis
- 4 Diabetes and it's complications that can affect any part of the body from the Head to toe .
- 5 Cancers and their complications Respiratory diseases and Pulmonary diseases
- 6 Road Accidents and Head injuries and polytrauma

- 7 Narcotics , Alcoholism , Substance abuse, Pan
- 8 Drowning
- 9 Snake bites
- 10 Burns
- 11 Fires
- 12 Stampedes
- 13 Wars
- 14 Earthquakes
- 15 Murders
- 16 Suicides
- 17 Pollution, Pulmonary and Respiratory diseases
- 18 Old age
- 19 Floods
- 20 Famines
- 21 Congenital anomalies
- 22 genetic diseases
- 23 Plane crashes
- 24 Metabolic and electrolyte abnormalities.
- 25 Alzheimer's and other Neurological conditions

In the majority it is the lifestyle associated, hormonal. Environmental coupled with genetic and familial influences.

Life style changes with proper diet , vegetables, fruits , nuts ,seeds , lentils , micronutrients, Vitamins, Minerals, proteins. From fish and chicken . Dal , fibre , Plenty of water ,hydration , walking , exercise , adequate sleep, 7 to 8 hours per night , meditation, calm mind , social interactions with thr spouse. family ,friends , well wishers.

Processed foods, Fast foods , cream , refined foods , aerated and sugary drinks and Red meats to be avoided. Limit the oils. Healthy oil is olive oil , The Mediterranean diet is the best. Similar to the people living in the Blue Zones. Sitting for long periods is very bad, it is the new smoking. After every hour of sitting it is advisable to walk. drink water and exposure to the sunlight Happiness is of paramount importance. Do the things that you like and like the things that you do. It is important to visit and spend time with nature. Greenery , beaches. hills , rivers and ponds. Screen time must be limited. It is important to have period Medical check-ups , blood tests , Imaging , ECGs, Tumor Markers evaluation. Pap smears and breast screening and pelvic evaluation for ladies and PSA evaluation for men.

If there is a family history of Cancer the screens and evaluation must be started at an earlier age.

Stool for occult blood and colonoscopy are also to be done periodically based on the doctor's advice.

Checking of Blood pressure , blood tests done periodically is important.

The Medical reports and Records must be kept safely like people keep their passports , PAN Cards and Aadhaar cards.

The new risk factors for life style diseases are Loneliness. Global warming. Pollution microplastics mobiles and excess screen viewing

Post COVID 19 a lot of immunological alterations have occurred due to the disease , Vaccines and medication and interventions. Infections , immunity. Coagulation changes ,thrombosis , and other findings were seen. Long COVID effect must be kept in mind.

Besides these Respiratory diseases, Asthma, chronic bronchitis, Chronic Obstructive Pulmonary Disease., and Interstitial Lung diseases are on the risk .

Infections have to tackled with Vaccination and appropriate therapy , etc

The other calamities like burns, drowning , fires, stampedes , road accidents need multiple approaches involving multiple agencies like the Government , Administrators, Society, NGO and all of us.

Besides healthy life styles Discipline, Honesty, Sincerity , implementation of law rules and regulations is important and the need of the day.

For a society to be happy the people must be happy , healthy , fit .

The youth must be patient. limit screen time be calm and follow good habits, hobbies. and consume healthy and nutritious diet and keep away from bad habits like Smoking, Alcohol, Narcotics etc. They must also walk or play games on the field, sleep well , drink plenty of water and relax. The world is moving too fast and transforming too fast. Stress is common among the youth.

Stress is bad because it releases the hormone cortisol. The youth must learn to obey and respect their parents , elders , teachers and they must be given education in ethics, morality, Good conduct and all measures that lead to good health.

Then only will the Longevity increase like the people of the blue zones.

We must be positive, go forward and look forward. Keep away toxic people and bad environment.

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