

Editorial

It is unfortunate that developing countries are fighting with both communicable and non-communicable diseases in large scales at the same time. Health problems are more complex as compared with the developed world. Poverty, population growth, lack of resources, low literacy rates, lack of trained manpower and basic health facilities at remote areas are making things more complicated. Still half of the total annual deaths in developing world are caused by communicable diseases. On the other hand, non-communicable diseases are rising at an alarming rate. Cardiovascular diseases are top killers among non-communicable diseases, Rheumatic heart disease is already considered the disease of the poor. Its incidence and prevalence rates have not decreased significantly despite economic development and improved health facilities in our part of the world. On the contrary, Incidence of diseases like coronary artery disease, Hypertension, Stroke, which were once considered to be the problem of only developed countries has increased sharply. Infarct recent dates are suggesting that there is an ongoing epidemic of coronary artery disease in the urban population of South Asia. This is mainly due to inappropriate life style, bad-eating habits, stressful and competitive life, increased tobacco consumption and genetic susceptibility.

We are fighting these problems under the leadership of developed countries. Their research, experience and guidelines are dictating us. But this will help to solve our problems only partly. Because our situation is different, social structure is different and we are genetically different. There is lack of resources. We can not afford expensive treatment modalities and technology. That's why we need to cooperate and work together to develop more suitable strategies to fight these diseases, both in the fields of prevention and cure.