

Detection of various non communicable diseases by multiphasic screening program

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Objective

With increasing incidence of non-communicable diseases in the society, we decided to study the frequency of diabetes mellitus, hyperthyroidism, cardiac disease, kidney and liver disease, lipid abnormality, prostate/ cervical cancer in subjects coming for routine health check up by use of multiphasic screening on age criteria. Method: Brief detail of participant's family and personal history was taken followed by complete physical examination and battery of test was conducted. Frequency of disorders was calculated and statically analyzed. Result: Out of 150 asymptomatic subjects, 104 were male and 46 female. The prevalence of non communicable disorders is highest among middle age group. Diabetes mellitus was the most common non communicable disorder found in the earlier asymptomatic participants (20%) with highest number of cases in middle age group. Hypothyroidism was next common disorder amongst the 8 non communicable

diseases taken. We found out that high level of SGOT, SGPT and Alkaline Phosphatase which are the main criteria for detecting the liver abnormality was on an average higher in the middle age group. The level of LDL and cholesterol was higher in male as compared to female and in middle age group as compared to other age group. The prevalence rate of disease was common in males than in females. The results were in accordance with the study done by Collen, Rubin and Davis in 1964 who reported the advantages of automation and computer analysis in screening with economy heading the list. With sedentary lifestyle and poor diet habits, there is a transition from death due to communicable disease to death from non communicable diseases in our country. The increasing stress and the workload contribute to the increasing number of cardiac disorders in the population. Our study concludes the benefit of multiphasic screening program in asymptomatic persons coming to hospital for routine health check up. Taking in the consideration, the parameters studied in the study, it would be of interest to further investigate the screening program of non communicable diseases to modify the natural course of disease and hence reduce the cost factor associated with treatment at later stage.