

HEALTH

Living Longer, but with Disabilities

Modern life takes toll in chronic illnesses

(AP) — Nearly everywhere around the world, people are living longer and fewer children are dying. But increasingly, people are grappling with the diseases and disabilities of modern life, according to the most expansive global look so far at life expectancy and the biggest health threats.

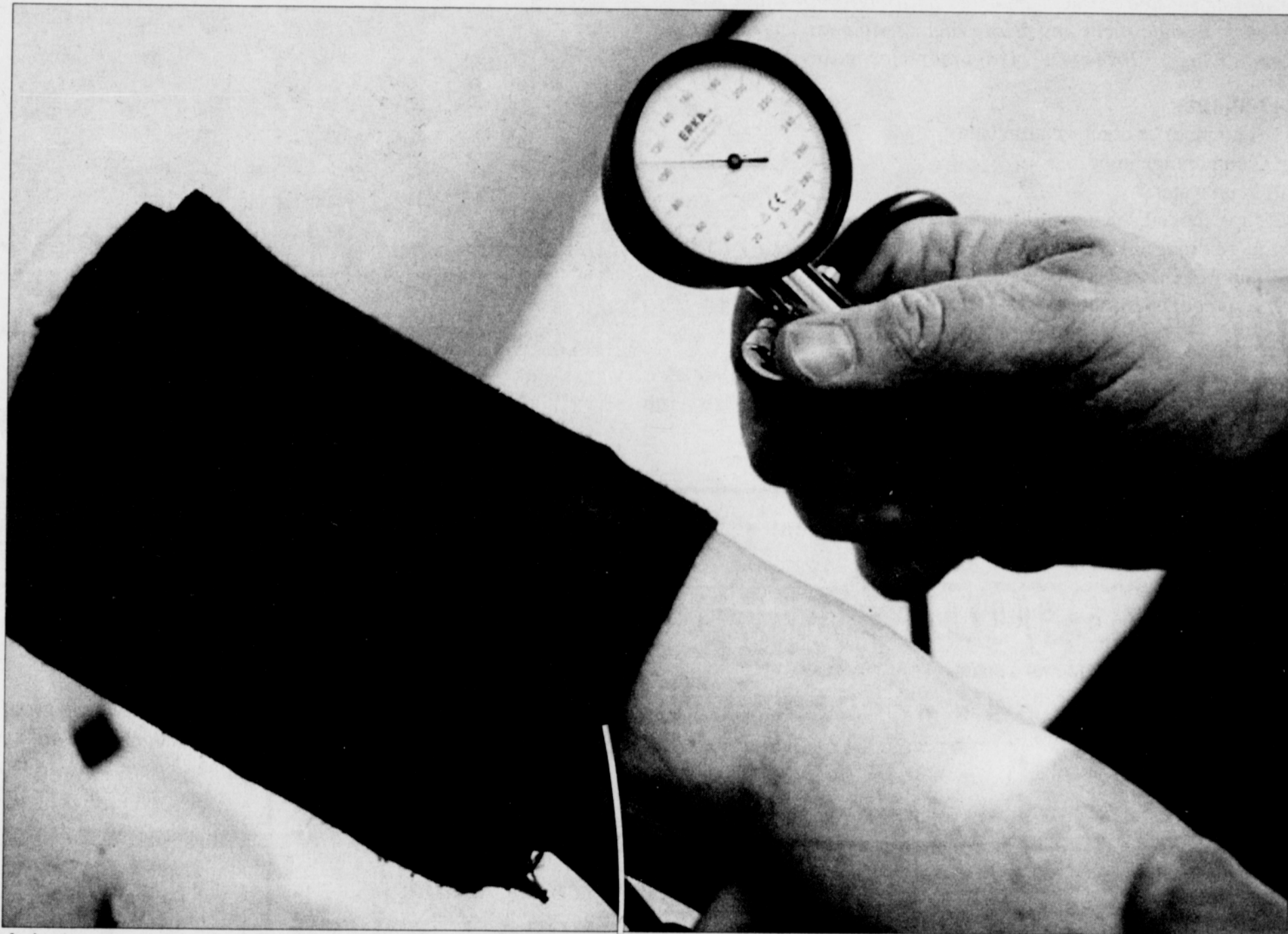
The last comprehensive study was in 1990 and the top health problem then was the death of children under 5 — more than 10 million each year. Since then, campaigns to vaccinate kids against diseases like polio and measles have reduced the number of children dying to about 7 million.

Malnutrition was once the main health threat for children. Now, everywhere except Africa, they are much more likely to overeat than to starve.

With more children surviving, chronic illnesses and disabilities that strike later in life are taking a bigger toll, the research said. High blood pressure has become the leading health risk worldwide, followed by smoking and alcohol.

"The biggest contributor to the global health burden isn't premature (deaths), but chronic diseases, injuries, mental health conditions and all the bone and joint diseases," said one of the study leaders, Christopher Murray, director of the Institute of Health Metrics and Evaluation at the University of Washington.

In developed countries, such conditions now account for more than half of the health problems, fueled by an aging population. While life expectancy is climbing nearly everywhere, so too are the number of years people will live with things like vision or hearing loss and mental health issues like depression.



A doctor measures the blood pressure of a patient. Nearly everywhere around the world, more people are living longer and fewer children are dying. But more and more the world is grappling with the diseases and disabilities of modern life, according to a new report. (AP photo)

The research appears in seven papers published online Thursday by the journal *Lancet*. More than 480 researchers in 50 countries gathered data up to 2010 from surveys, censuses and past studies. They used statistical modeling to fill in the gaps for countries with little information. The series was mainly paid for by the Bill & Melinda Gates Foundation.

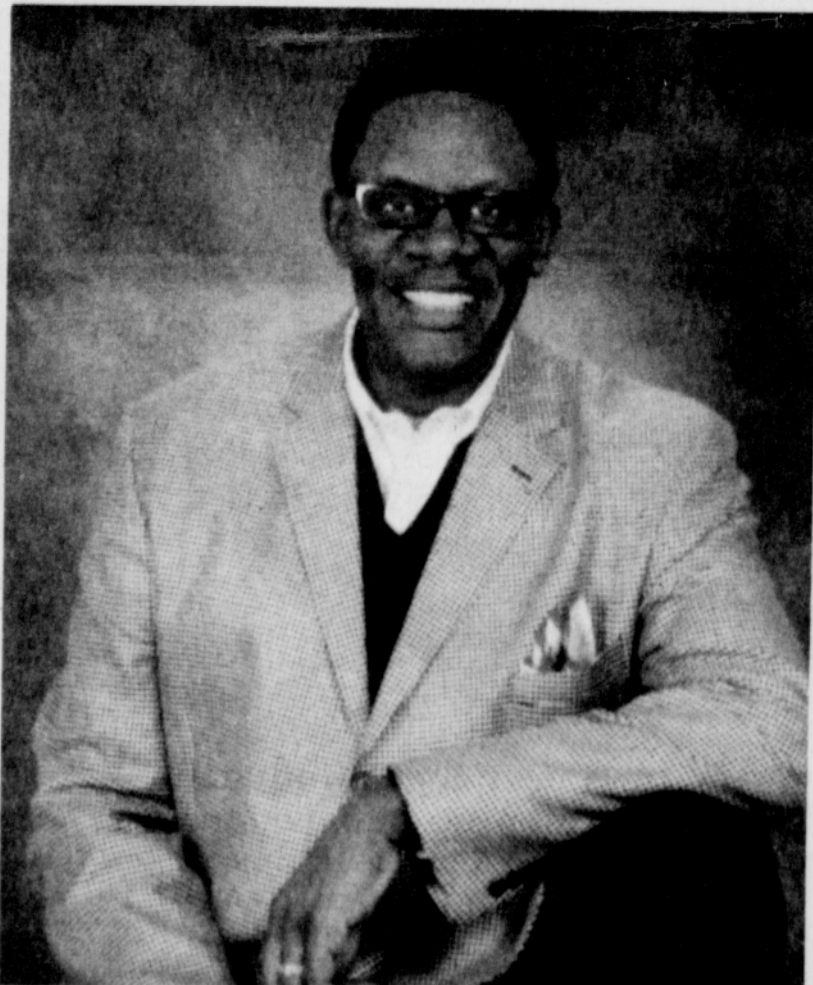
As in 1990, Japan topped the life expect-

ancy list in 2010, with 79 for men and 86 for women. In the U.S. that year, life expectancy for men was 76 and for women, 81.

The research found wide variations in what's killing people around the world. Some of the most striking findings highlighted by the researchers: — Homicide is the No. 3 killer of men in Latin America; it ranks 20th worldwide. In the U.S., it is the 21st cause of death in men, and in Western

Europe, 57th.

Globally, heart disease and stroke remain the top killers. Reflecting an older population, lung cancer moved to the 5th cause of death globally, while other cancers including those of the liver, stomach and colon are also in the top 20. AIDS jumped from the 35th cause of death in 1990 to the sixth leading cause two decades later.



Dr. Billy R. Flowers

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Thank you: A Happy and healthy New Year to our great patients.

Now is the season to reflect on the events of the past year and look ahead to all the New Year has to offer. This past year has certainly been a happy one for all of us. We've had so many kind and wonderful patients.

To all of you, "thank you." We appreciate your courtesy and your zeal to share with friends how Chiropractic's natural healing has helped you. It is really exciting to have more and more people aware of the

healing power of nature. Only nature creates and only nature can truly heal.

We look forward to continue serving those of you who've made the natural selection: Chiropractic. The only major health science whose only side effects are improved health and greater sense of

well-being. If you ever have any questions about your health or about any of our many services, we'll always be happy to help.

Again, we wish you a Happy Holiday and continued health through-out the coming New Year.

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