

Non-communicable diseases

- These are diseases that are not passed on from one person to another.
• Some non-communicable diseases are night ~~blindness~~ blindness, beriberi, scurvy, ricket and anaemia.

- Night blindness is caused by the deficiency of vitamin A. Green leafy vegetables, mango, papaya, tomato, butter, milk, fish and egg yolk are rich sources of vitamin A. In night blindness, the patient cannot see in dim light.

- Goitre is caused by deficiency of iodine. In goitre, a gland in the neck region swells, goitre can be prevented by using iodized salt. Seafood is also rich in iodine.