

# THIRD MILLENNIUM AND NEW DISEASES

The industrial society of the third millennium, is constantly evolving in the technology field due to the presence of new means of communication such as: iPhone, iPad, iPod, a form of well-being that leads us to an unbridled consumption, an advertisement that hammers us with models which are not always educational. But in the food field we find ourselves in a world filled with new diseases that are destroying a large part of the future generations.

Today, anorexia, bulimia, obesity, alcoholism, diabetes and cancer, represent a danger that is inextricably linked to an inadequate nutrition, a threat that must be defeated.

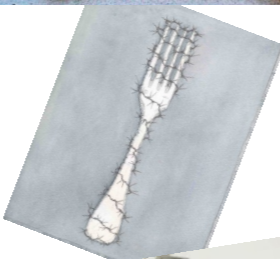
According to the statistics drawn from a recent survey of ABA, more than 90% suffer from disorders such as anorexia, bulimia, obesity, and in particular women. In fact, the statistics show that women affected are the 95.9%, while men just 4.1%.

Anorexia is a problem that has spread more and more in the West. One of the main causes in addition to psychological factors, are the wrong models that the media offer us, like the skinny models or various advertisements of slimming products.

It starts with a simple diet to improve own appearance but you end up calculating obsessively the calories to lose and the weight is continuously monitored. This also involves the use of drugs and laxatives to lose weight faster. The refusal to eat also leads to an irrational fear of that weight back.

All this can also worsen when the anorexia becomes "anorexia nervosa" or when meals are completely abolished and this makes the body thin and undernourished. The picture we get, is a canvas on which to paint a pain that words can not express. Diseases can cause serious damage to health: renal failure or loss of hair and teeth. Anorexic people in Italy are about at: 0.5-1.0% of the population, however, people with bulimia are about at 1.0-3.0%.

The difference between anorexia and bulimia is thin. A bulimic person consumes huge amounts of food without stopping to eat. The two problems are encountered when the bulimic person to undo the enormous amount of food ingested vomit or abuse of laxatives and drugs. Often bulimia can turn into obesity, which is a social disease, typical of well-being. According to ISTAT statistics about the 9.3% of Italians between 18 and 75 years old are obese, as well as the 34.1% of children between 6 and 9 years.



Obesity is also caused by psychological factors and the consequences can be fatigue of the heart, slowness of movement, strokes, heart attacks and even cancer. This is one of the most widespread diseases in the world. It can be present in different parts of the body such as breast, brain and lungs. Approximately 45% of cancers are curable and easy to remove depending on the type, It affects more people to the habit of cigarette smoking, stress, pollution but also to inadequate nutrition which can cause other serious diseases such as diabetes and alcoholism. Diabetes is a disease due to the very high sugar content in the blood, and in our country it affects the 4.9% of the general population. It is not easy to cure but can be prevented by having a healthy lifestyle and by not ingesting a huge amount of sugar. The intake of alcohol can lead to another phenomenon found mostly in young people: alcoholism. According to ISTAT statistics about the 75% of Italians consume alcoholic beverages: the first drink is consumed between 11-

12 years old and the 7% of young people said to get drunk at least three times a week. The problems linked to alcohol are: loneliness, depression, or just for fun. To reduce the spread and growth of disorders related to wrong eating behavior, you have to take care of the feeding with a Mediterranean diet, do not skip meals but eat a variety of foods in small quantities; practice more sports and avoid standing several hours at the computer. You must not be influenced by the models presented by the mass-media that can be harmful to the person. Well-being does not mean disease!



D'Amico Giorgia  
Nuccio Maria Grazia  
Fontana Andrea  
Alfieri Grazia