## WHAT ARE CHRONIC CONDITIONS?

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- Chronic conditions are long-term medical conditions that can gradually progress over time.
- O Common examples include:
  - Heart diseases
  - Diabetes
  - Hypertension
     (high blood pressure)
  - Hyperlipidaemia (high blood cholesterol)
- Stroke
- Asthma
- Chronic obstructive pulmonary disease (COPD)

• Majority of chronic diseases are due to poor lifestyle choices such as: unhealthy diet, smoking, lack of physical activity and excessive alcohol use



## Scan the QR codes below to find out more:





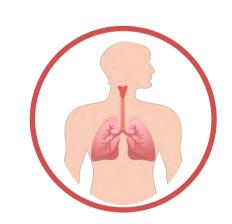












CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)





