

Vodeći zdravstveni problem u porastu širom svijeta: depresija

The screenshot shows a news article from the American Herald Tribune. The main headline is "The Leading Health Problem Worldwide on the Rise: Depression" by Harun Yahya, dated June 01, 2017. The article discusses the global prevalence of depression, citing a WHO report from 2017 that states 322 million people worldwide suffer from depression, a 4.4% increase from the previous year. It also mentions that depression is the most common disease in the world. A sidebar on the right contains several recommended articles, including "ALERT: Know These 3 Signs You'll Get Demerol", "Moral Authorities Ban Wearing of Full Veil, Burqa in Public", "Bahrain - Paying the Price for Trump's Saudi Sales", "The West's Ultimatum: Terrorism Vs. Development", "Manchester Bombing: The Libyan Connection", "Bahrain's Ayatollah Conundrum", "Iraqi Forces Expand Control to Borders with Syria, Pushing to Enter Syria after Defeating...", and "Mass Grave of Relics of 60 Civilians including 23 Female Lawyers Found in Western...".

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JUNE 01, 2017 BY HARUN YAHYA

The Leading Health Problem Worldwide on the Rise: Depression

Depression is a widespread disease in today's societies and is called the "plague of our age" due to its destructive power. Damaging the spiritual and physical health of the person, disturbing one's work life, social and familial relations, it is a problem that makes it extraordinarily difficult for people to function in daily life. It is a disturbance that negatively affects every aspect of one's life from thoughts to emotions and behaviors, nutrition to sleeping habits, and from work to relationships. It is a state of psychological collapse affecting everyone without distinguishing between rich or poor, ignorant or enlightened, young or old, men or women.

SPECIAL: KNOW THESE SIGNS OF A 'SILENT' HEART ATTACK

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Depression can turn the life of a well-educated, good-humored, optimistic, kind and a beautiful woman who is a mother of two, respected by her family and those around her, who values art, avoids unrest, and who has everything she needs out of life, into a nightmare.

Or it can take the life of a young businessman who is intelligent, successful, rich, hardworking, ambitious, career-savvy, open-minded, strong in social relations, multi-faceted, and who regularly exercises, and turn it upside down.

Most people may think that it is impossible for individuals with such favorable attributes to suffer from such a psychological disorder. In reality, it is entirely possible to come across such people among those who suffer from depression and tell their stories about their experiences with the disorder.

According to a recent World Health Organization (WHO) report from 2017, 322 million people worldwide suffer from depression, in other words, 4.4 percent of the world population. This figure is so significant that it means depression is the most common disease of our world. That's why the WHO designated April 7 as World Health Day with depression being the theme of this year, to draw attention to the seriousness of the issue.

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Again, some statistical data on the report is important in terms of understanding the magnitude of the issue. Depression seems to be a rising trend around the whole world, including the most modern societies and developed countries of our age. So much so that the rate of increase between 2005 and 2015 is 18.4%, which is a significant jump. Depression is more common among women (5.1%) than men (3.6%). Women are affected more by the negative consequences of this disease. Additionally, the incidence rate of this disease is higher in the elderly than in young people; the most affected people are between 55-74 age range. Again, according to the report, among the non-fatal diseases, the group of diseases causing the greatest loss of health is the depressive disorders.

In addition to this, another alarming development is the record increase in the use of antidepressants and the rising trend to consume these medicines as if they are a part of one's daily diet. According to a study conducted by the US National Center for Health Statistics (NCHS), when the periods between 1988-1994 and 2005-2008 are compared, the rate of increase in antidepressant usage in all age groups in the US is approximately 400%. Among the most commonly used prescription drugs in the US, antidepressants are at the top.

Depression is often accompanied by feelings of sadness, grief, discomfort, exhaustion, indifference, restlessness, desperation, hopelessness, nervousness, tension, emptiness, worthlessness and guilt, along with excessive worry, anxiety and also various physical disturbances. The most dangerous among these is, indeed, the thought of suicide, which begins to occupy the patient's mind at later stages of the disease. The gravity of the situation can be understood more clearly especially if we consider the fact that millions of people try to commit suicide every year, about 800,000 of them lose their lives as a result, and according to the WHO report, depression is the main driver of suicidal thoughts.

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Depresija je rasprostranjena bolest u današnjim društvima i naziva se "kuga našeg doba" zbog svoje destruktivne moći. Oštećujući duhovno i fizičko zdravlje osobe, uznemiravajući radni život, društvene i porodične odnose, javlja se kao problem koji ljudima čini izuzetno teškim funkcionisanje u svakodnevnom životu. To je poremećaj koji negativno utiče na svaki aspekt života, od misli, emocija i ponašanja, preko ishrane i navika spavanja, pa do posla i veza. To je stanje psihološkog kolapsa koji utiče na sve, bez razlike između bogatih ili siromašnih, neukih ili prosvjetljenih, mladih ili starih, muškaraca ili žena.

Depresija može pretvoriti život dobro obrazovane, dobrodušne, optimistične, ljubazne i prelijepe žene koja je majka dvoje djece, poštovana od svoje porodice i onih oko nje, koja cijeni umjetnost, izbjegava nesuglasice i koja ima sve što joj je u životu potrebno - u noćnu moru.

Također, može oteti život mladom biznismenu koji je inteligentan, uspješan, bogat, vrijedan, ambiciozan, profesionalan, otvoren, snažan u društvenim odnosima,

višestruko i redovno vježba, i izvrnuti ga naopako.

Većina ljudi možda misli da je nemoguće da pojedinci sa takvim povoljnim predispozicijama pate od takvog psihološkog poremećaja. U stvarnosti, sasvim je moguće naći takve ljude među onima koji pate od depresije i pričaju svoje priče o svojim iskustvima sa ovim poremećajem.

Prema nedavnom izvještaju Svjetske zdravstvene organizacije (WHO) iz 2017. godine, 322 miliona ljudi širom svijeta pati od depresije, drugim riječima, 4,4 % svjetske populacije. Ova brojka je toliko značajna da to znači da je depresija najčešća bolest našeg svijeta. Zato je WHO 7. aprila odredila dan Svjetskog zdravlja sa depresijom kao temom ove godine, da bi skrenula pažnju na ozbiljnost problema.

Opet, neki statistički podaci iz izvještaja su važni u pogledu razumijevanja veličine problema. Izgleda da depresija ima trend rasta širom svijeta, uključujući najsavremenija društva i razvijene zemlje našeg doba, toliko da stopa rasta između 2005. i 2015. godine iznosi 18,4%, što je značajan skok. Depresija je češća kod žena (5,1%) nego kod muškaraca (3,6%). Žene su više pogođene negativnim posljedicama ove bolesti. Osim toga, učestalost ovog oboljenja je veća kod starijih nego kod mladih; Najugroženiji ljudi su oni dobi između 55 i 74 godina starosti. Prema izvještaju, među nefatalnim bolestima, grupa bolesti koja izaziva najveći gubitak zdravlja su depresivni poremećaji.

Pri tome, još jedna alarmantna pojava jeste rekordan porast upotrebe antidepresiva i njihove konzumpcije kao da su ti lijekovi dio dnevne ishrane. Prema studiji koju je uradio američki Nacionalni centar za statistiku zdravstva (NCHS), kada se poredi period 1988-1994 i 2005-2008, stopa povećanja upotrebe antidepresiva u svim starosnim grupama u SAD je oko 400%. Među najčešće korištenim lijekovima na receptu u SAD, antidepresivi su na vrhu.

Depresija je često praćena tugom, žalošću, nelagodnom, iscrpljenošću, ravnodušnošću, nemirom, očajem, beznadežnosti, nervozom, napetosti, prazninom, bezvrijednošću i krivicom, uz pretjeranu zabrinutost, anksioznost i razne fizičke poremećaje. Ono najopasnije u ovome su, zapravo, suicidalne misli, koje počinju obuzimati pacijentov um u kasnijim stadijima bolesti. Ozbiljnost situacije se može razumjeti jasnije posebno ako uzmemo u obzir činjenicu da milioni ljudi pokušavaju da izvrše samoubistvo svake godine, oko 800.000 njih i izgubi život, a prema izvještaju SZO, depresija je glavni pokretač samoubilačkih misli.

U borbi protiv depresije, redovno vježbanje, zdrava ishrana, redovan san, pozitivne promjena načina života, upotreba antidepresiva pod nadzorom ljekara specijaliste i podrška u vidu psihološkog liječenja može biti od koristi. Ali kao definitivno rešenje, uslovi koji postavljaju osnovu za depresiju moraju biti eliminisani.

Danas su društva pod uticajem stroge, hladne i ljubavi lišene atmosfere. Većina ljudi ima ogromnu sklonost ka sebičnosti, neosjetljivosti, mržnji, netoleranciji, neljubaznosti i konkurenciji. Većina ljudi više voli da radi ono što odgovara njihovim interesima, a ne njihovoj savjesti. Takav trend egocentrizma donosi nemir, zamor i napetost.

Ova osjećanja nisu tip osjećanja koje ljudsko tijelo može izdržati. Imati raspoloženje kontradiktorno čovjekovoj prirodi uzrokuje poremećaje u zdravlju uma, duha i tijela. Drugim riječima, dok su ljudi lišeni ljubavi, moralnih i duhovnih vrijednosti, približavaju se depresivnim poremećajima i psihološkim problemima. Ljudska duša ima dispoziciju koja ostaje zadovoljna sve dok je u potrazi za dobrotom, ljepotom i ljubavlju.

Usrećiti dijete koje je u stanju potrebe, umjesto da ga ignorišemo ili pomaganje siromašnom umjesto da ostanemo ravnodušni, stvarni su izvori najljepše radosti i sreće. Ljudska duša mora stalno biti hranjena samopožrtvovanjem, ljubavlju, moralnom i duhovnom ljepotom. U svakom pogledu, kvalitetan život se može postići na ovaj način. Egocentričan život u kojem stalno dominira bijes i mržnja nije pravi način života. Činjenica da većina ljudi čini ovu grešku nikoga ne bi trebalo prevariti. Ljudi mogu lako omogućiti da ljubav i mir prevladaju u njihovim srcima. Konflikti i kontradiktornost materijalističkog svijeta neće donijeti vrhunski kvalitet života ljudima, već naprotiv, samopožrtvovanje koje ljudi učine. U društvu koje razumije da svijet nije mjesto borbe, već ljubavi, poremećaji kao što je depresija će nestati u potpunosti.

Članak Adnana Oktara u američkom Herald Tribune-u & Rijadskoj viziji:

<http://ahtribune.com/world/1691-depression.html>

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The leading health problem worldwide on the rise: depression



By : Harun Yahya

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