IMPACT OF MODERN LIFESTYLE ON IMMUNE SYSTEM:



METHODOLOGY:

The study focuses on the impact of the modern lifestyle on the immune system. The modern lifestyle has many benefits including simplifying people's lives and saving hundreds of people's new lives through medicine and vaccines. On the other hand, the alternative has negative effects on physical, mental, and social health (Baninot, 2020). The lack of understanding of the negative impact of modern lifestyle has opened the door to many diseases like obesity, food poisoning, cardiovascular disease, Liver disease, Diabetic Mellitus, Respiratory disease, and other many diseases (Rajendra, 2015). These nutritional habits reduce our reproductive capacity and promote various types of cancers (N Rajendra, 2015).

Millions of people are unhealthy lifestyles i.e. smoking, alcohol consumption, unhealthy diet pattern, malnutrition, drug abuse, stress, and late-night sleep

pattern. Now in the 20th century-century citizens face new challenges by the internet, informational technology, and virtual communication network, which threaten to impact their physical and mental health. The challenge is the extra use and misuse of all technology (D.farhud, 2015). So it is important to us that in the modern lifestyle we have to manage our health. An American institute addressed that we have to follow lifestyle medicine (Blanton, 2018). Lifestyle medicine is a branch of medicine dealing with research, prevention, and treatment of disorders caused by lifestyle factors, which is based on four pillars (Blanton, 2018) i.e.

- 1. Sleep and stress management
2. Physical activity
- 3. Relationships
- 4. Nutrition

This study is conducted in the health sector of the modern lifestyle of Pakistan, which affects our immune system. This is a quantitative type of data because it depends on facts and figures and I conducted this study from 2005 to 2020.

In Pakistan, our estimated population is about **170 million**, of which 25% of people are **overweight**, which is equal to **42 million**. (Jafar, 2006). On other sites, an estimated **50%** of people face **depression and anxiety** (Ahmed, 2016). This, in turn, impacts social relationships such as marriage, family, and performance at the workplace (Ahmed, 2016). Depression is found to be higher in females than in males (Ahmed, 2016).In Pakistan, the **hypertensive** patient ratio is 35.1% of the total population means **46 million** people (Shafi, 2017). The **Diabetic** patient ratio is 15.5% of the total population means **26 million** people (T.Shafi, 2017). **Chronic kidney disease** patient ratio is 49.4% of the total population means **83 million** people (T.Shafi, 2017).



This is secondary data, so I have adopted techniques from different articles and journals of the following researchers. (Ali Imran, 2020). (Ahmed, 2016). (Shafi, 2017).

Ahmed, b. (2016). impact of the modern lifestyle on the immune system. *International Journal of Neuroscience and Behavioral Science*, 1.

Ali Imran. (2020). impact of the modern lifestyle on the immune system. *diet and lifestyle modification for obesity management*, 1.

Shafi, s. t. (2017). impact of modern lifestyle on the immune system. *A survey of hypertension prevalence, awareness, treatment, and control in health screening camps*, 1.

My data collection tools are newspaper data, website articles, magazines, research journals, and university articles. The collection of data from here is easy to conduct and understand. These are the authentic tools for reporting and comparison with the old fact and figures. And easy to gather data and can make analyses accurately.

Cardiac Doctors conducted their research on 10,000 patients in NICVD in 2017, of which 437 are cardiac patients, of which 174 are male and 263 are female. The average age groups are 40 to 45 yrs. In this research hypertensive patients are

147, of which 49 are males and 98 are females. In the same research diabetic patient are 23people, of which 7 are males and 17 are females. Smoker's patients are 12 of which 6 are males and 6 are females. (Farooq, 2017). As mentioned below

Demographic gender distribution and risk factors of cardiac diseases.

	Total	Male	Female
Myocardial infarction	437	174	263
Hypertensive patient	147	49	98
Diabetic patients	23	7	17
Smokers patients	12	6	6

On the premise of collection of information from the above data, this is the first study in Pakistan that clarifies the impact of immune systems on modern lifestyle. This study provides important information and knowledge, on how many diseases weak our immunity.

RESULT:

In the end, clarifies the result that, Pakistan which a modern lifestyle pattern, people are addicted to using fast foods, smoking, alcohol, and other addiction. Late-night sleep habits, and excessive usage of laptops, android cell phones have a direct impact on mental health and increase the ratio of depression and anxiety (Stamler, 1991). These entire factors increase the ratio of hypertension, cardiovascular disease, diabetic Mellitus, kidney failure, stroke, obesity, psychiatric illness, and other several diseases, which are associated with the human lifestyle.

To avoid and prevent all these effects, humans have to change their lifestyle and follow lifestyle interventions and visit health care professionals, dietitians, and

exercise specialists for healthy lifestyle counseling (MrippeMD, 2003). Healthy lifestyle, factors include proper nutrition, increase regular physical activities, adequate night sleep, and a healthy diet as advised by experts (MrippeMD, 2003).

To analyze the final result that in Pakistan, 25% are overweight, 50% are facing depression and anxiety, 35% are hypertensive patients, 15.5% are diabetic patients, and 49.4% are chronic kidney disease, all of these factors make weak immunity (T.Shafi, 2017).

During the hypothesis, when doctors have researched 10,000 patients in cardio in 2007 they analyze that 5% are cardiac patients, in which some are diabetic and some are hypertensive patients (Farooq, 2017).