

## OP-12. Trends in Respiratory Diseases in Sri Lanka: A Review

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### Research Question:

The annual health statistics of Sri Lanka indicate that respiratory diseases are becoming increasingly common among the Sri Lankan population. Respiratory diseases have become the fourth leading cause of hospital deaths and the third leading cause of hospitalization. Thus, it is important to look into the underlying causes of this upward trend. Therefore, a systematic review was carried out to identify the trends in morbidity and mortality patterns of respiratory diseases in Sri Lanka, to compare these patterns among male and female groups and different age groups and to identify the factors influencing these trends.

### Background:

The data on morbidity (cases per 100,000 population) & mortality (cases per 100,000 population) of respiratory diseases, tuberculosis, pneumonia, other diseases of upper respiratory tract (DURT) and diseases of respiratory system (DRS) were extracted from Annual Health Bulletins published by the Medical Statistics Unit, Ministry of Health, Sri Lanka from 2009-2015 and were systematically analyzed. The analysis showed that there is an increase of morbidity of 118.6 cases per 100,000 population (4%) and an increase in mortality of 13.4 cases per 100,000 population (38%) from respiratory diseases from 2009-2015. During this period, an increase is shown in total cases of tuberculosis by 713 (8%) & deaths by 27 (8%), total cases of pneumonia by 3738 (14%) & deaths by 1438 (44%) and total cases of DRS by 46293 (10%) & deaths by 1484 (37%). Over 50% of the affected patients are males in all disease categories throughout the years. Males are more affected with tuberculosis compared to females with an approximate ratio of 7:3. Age is not a risk factor except for tuberculosis which is mainly seen among young and middle aged (17-49 years and 50-69 years).

### Questions to Discuss:

In conclusion, there is an emerging need to investigate the potential causes for increasing trends in mortality due to respiratory diseases. Male predilection for respiratory diseases needs more concern as Sri Lanka is reported to have lower tobacco use than other Asian countries. Effects of indoor and outdoor air pollution and occupational exposures to air pollutants need appropriate attention and investigation.

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