Putting an end to infectious diseases

Infectious diseases continue to be a major concern in Indonesia, with the government calling on to do its part in making preventive measures and scale up investment in tackling the diseases.

While getting stomach flu with food has been the “norm” for many years, suffering from food-borne illnesses is surely not part of the norm. Typical fever is one of the heatwave discomforts. It often comes at night when it’s already way too hot to sleep.

When a person consumes food or drink that has been contaminated with Salmonella Typhi bacteria, it will enter the body through the digestive system and infect the small intestine. The bacteria will continue to multiply and consequently cause the body to react with fever, headache and abdominal pain.

It is a common illness in the developing world, including Indonesia, and it takes precarious years to get away from the risk. It is probably one of the most difficult diseases to control, but physicians warn it can have serious consequences — if untreated.

To avoid foodborne illnesses, we should consume safe food, especially food that has been hygienically cooked and served. Better prevention approaches rely on prevention, treatment, and monitoring in all aspects of food production and consumption. It is a huge challenge to monitor and hold high standards on food consumption to ensure quality and safety.

Malaria remains one of the common diseases in many parts of the world. In Indonesia, it is one of the diseases the United States issues a Travel Advisory due to the presence of malaria in various regions. From muscul to rheumy fever, tuberculosis to HIV/AIDS, all these communicable diseases continue to harm the majority of people in developing countries. According to the US National Library of Medicine, infectious disease kills millions of people every year, all because of the myriad of germs in air, soil and water. This killing bacteria can cause clinical emergence of new infectious, re-emergence of old infectious diseases and persistence of other infectious diseases, based on research by the US-based National Institutes of Allergy and Infectious Diseases.

When a person is prone to infectious diseases? If you have a weakened immune system, immunity alone cannot prevent you from being infected. A person must be under stress, not well rested or dehydrated. If you are vaccinated for another disease, some immune cells may not be active enough to respond to the disease.

Vincent’s disease is a viral liver disease that is transmitted through contaminated food and water, or through direct contact with an infected person. It is one of the most frequent causes of liver disease, which is characterized by inflammation and swelling in the liver, known as cirrhosis, an acute and chronic condition of the liver characterized by inflammation and swelling.

As a rule, the WHO suggests the following preventive measures for the prevention of malaria. The take-home point of this is that malaria is preventable, but it is not curable.

Preventive measures: Fumigation is conducted around the PTF Posyandu sites in Papua to eradicate mosquito vectors. Prevention is always better than a cure for this potentially fatal disease.

The government has called the community to contribute to the activity of malaria eradication in Papua, as declared by the government in 2014. To give people the opportunity to live a malaria-free life, the government issued Health Regulation No. 1/2014, which was signed by the Minister of Health, saying “A disease-free community is a healthy community.”

The Ministry of Health has established a Malaria Control Center in Mimika regency, which was established under Mimika Regent Nugroho. The Malaria Control Center can accommodate 48 employees at the center.

The government recommends that governments take every effort to combat this contagious disease. The government is working with the WHO and other organizations to control the malaria situation in Indonesia. The WHO has emphasized that malaria cannot be eliminated country-wide but it can be controlled locally. One of the ways to control the malaria situation is by making preventive measures and scale up investment in malaria eradication.

“Increased investment by national governments can save millions of lives and protect human rights, while boosting economic growth and preventing poverty. The report shows that malaria can be put in check through a combination of proven interventions,” says Margaret Chan, Director-General of the WHO.

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