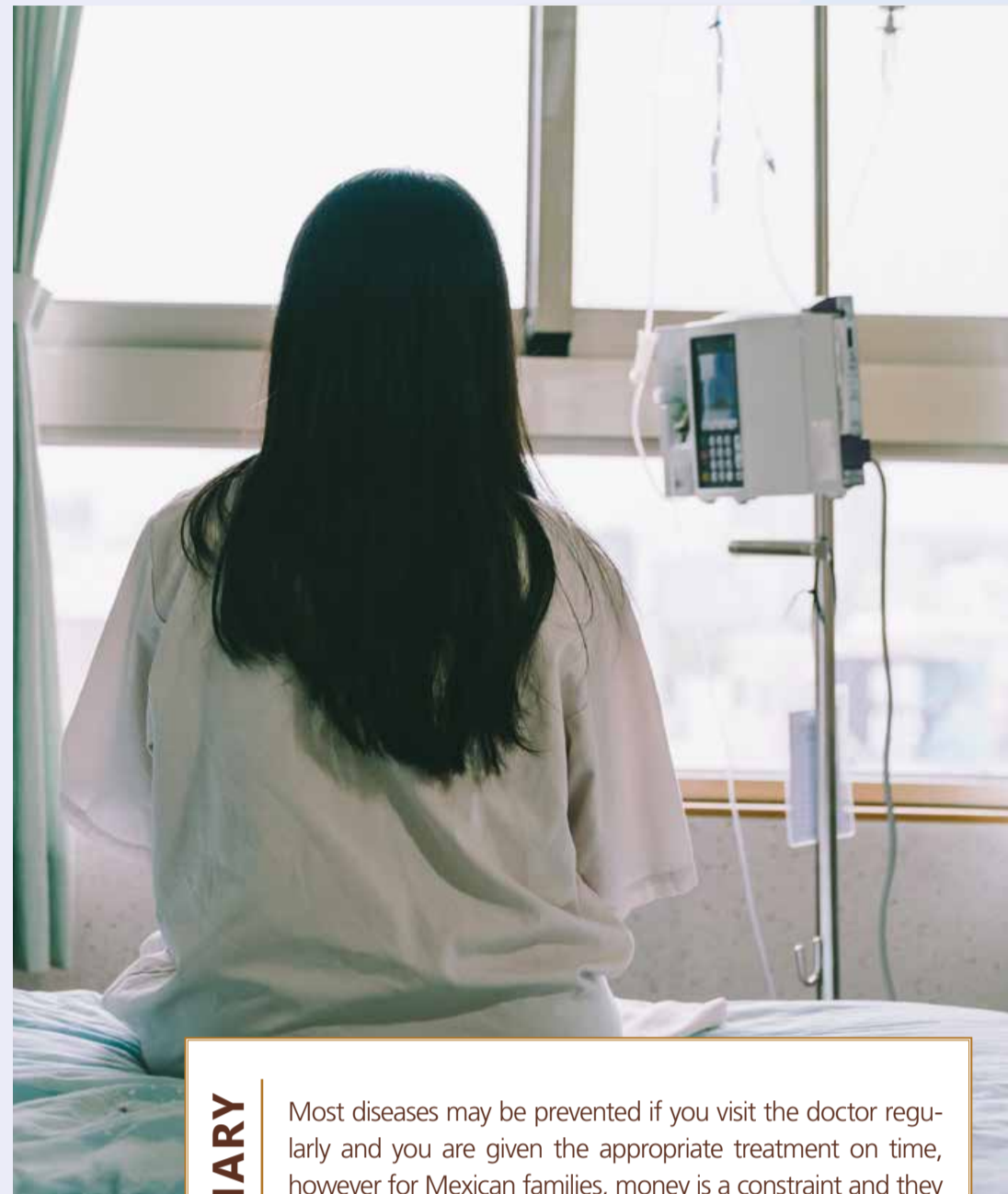


Heart diseases, COVID-19 and diabetes; the main causes of death in Mexico

Five diseases have been the main causes of death of more than half a million people last year in Mexico: diabetes, malignant tumors, COVID-19, heart diseases, and pneumonia.



SUMMARY

Most diseases may be prevented if you visit the doctor regularly and you are given the appropriate treatment on time, however for Mexican families, money is a constraint and they cannot afford it. Due to that, CMT develops social programs to benefit the most vulnerable ones all over the country.

In 2020, the main causes of death for Mexican people were



Heart diseases



COVID-19



Diabetes



Malignant tumors



Influenza and pneumonia

CMT successful case



CMT donated one peso for each peso in the public investment in order to buy equipment for hospitals in charge of offering medical attention in that area during the pandemic, in the municipality of San Pedro Pochutla, Oaxaca.

The virus can spread from the mouth or nose of infected people through small liquid particles coughed up by infected people when they cough, sneeze, speak, sing, or breathe. For that reason, the World Health Organization suggests the mandatory use of masks, washing hands constantly, and social distancing.

Diabetes

This disease is the third cause of death in Mexico. It is a metabolic complaint produced by a deficient secretion of insulin, which increases the glucose levels in blood. In the country we can find more than 10 million people who suffer from this disease, according to the National Survey on Health and Nutrition.

All those diseases may be prevented, and it is possible to find medical treatments to avoid severe consequences on the future of people who suffer from those complaints. However, one of the constraints for Mexican families is the economic factor, and the access to health services.

Support for the vulnerable sector

Congregación Mariana Trinitaria (CMT), is committed to help vulnerable people, and also to assist the patients who were infected by the SARS-CoV-2 virus, which causes COVID-19. In the municipality of San Pedro Pochutla, in Oaxaca; we donated one peso for each peso in the public investment in order to buy equipment for hospitals in charge of offering medical attention in that area during the pandemic.

This support is extremely important for families in Pochutla because they may feel safer after actions like these. CMT will continue making big efforts in different municipalities in the country until the moment they all may have equal access to support and benefits.

Regarding the gender of people who passed away, we find that 401 thousand 766 of them were men, which means 58.7 percent; the total number of deceased women was 41.1 percent, that is to say, 280 thousand 873.

It is important to mention that we consider heart diseases the following diseases: high blood pressure, cardiorespiratory failures, and congenital heart diseases (people who have this complaint suffer from abnormalities in their hearts since they are in the mother's womb); while coronary diseases are related to failures in the blood vessels of the heart.

“In the country we need to take urgent measures to get suitable diagnosis, treatment, and control of cholesterol to prevent atherosclerotic cardiovascular diseases, as only two thirds of the population who suffer from this complaint are able to get medical attention”, declared an expert of the Cardio-renal-metabolic area in Novartis Mexico.

Pandemic

Since last year, people have started getting infected by the COVID-19 virus. That disease has killed 277 thousand 507 people, and 3 million 664 thousand 223 have been infected until September 30, 2021; according to data provided by the Federal Health Department.