

Main causes of death in Czech Republic

- Inhabitants - 10 509 286
- Number of births - 108 576
- Number of deaths - 108 189

(year 2012)

Main causes of death

1. Cardiovascular diseases (150 people per day)
2. Cancer (72 people per day)
3. Accidents

Cardiovascular diseases

- In 1970, the Czech Republic had the highest SDR among the reference countries for cardiovascular diseases for males aged 0–64 years. The SDR remained constant during the following decade, but the decrease observed in the 1990s was one of the greatest among the reference countries improving the country's relative position.
- By 1999, the Czech SDR was the second lowest after Slovenia, still almost double the EU average. For females aged 0–64 years, the SDR was already one of the lowest among the reference countries in the 1970s.
- The decrease started earlier than for men – in the mid-1980s – and the Czech Republic had the second lowest SDR after Slovenia in 1999. However, also the Czech SDR for females is also double the EU average.

(SDR - Standardized death rate)

- The EU average SDR for ischaemic heart disease among the population aged 0–64 has been declining since the 1970s, but the decline started much later or the trend has even been increasing in the reference countries. In the Czech Republic, the decrease started in the early 1990s, since when it has decreased by 44%. However, it remains much higher than the EU rate. The SDR for cerebrovascular diseases in the age group 0–64 in the reference countries continues to exceed the average of the EU. This is also true for the Czech Republic, where the rate remained at the same level until 1984, since when it has more than halved. Though one of the lowest rates among the reference countries, it still is higher than the EU rate.

Cancer

- **Every third inhabitant of the Czech Republic during their lifetime will develop cancer and one in four die from it!!!**
- Annually have cancer in the Czech Republic more than 77 000 people
- Each year die in the Czech Republic to cancer over 27 000 people , which means that every day, this insidious disease in the Czech Republic, 74 people succumb

- Every 20 minutes thus dies in our country one person to cancer.
- The number of cancer patients occupy a leading position in Europe
- Every 8 minutes will be added to a new cancer patient .
- The number of newly diagnosed cancer patients between 1998 and 2008 increased by 28 %, the average annual increase was 2.5%.

Cancer

- **Female**

1. Breast cancer
2. Cervix cancer
3. Ovary cancer
4. Colorectal cancer
5. Lung cancer

- **Death**

1. Lung cancer
2. Breast cancer
3. Colorectal cancer
4. Leukemia
5. Pancreas cancer

- **Male**

1. Lung cancer
2. Colorectal cancer
3. Prostate cancer
4. Kidney cancer
5. Bladder cancer

- **Death**

1. Lung cancer
2. Colorectal cancer
3. Prostate cancer
4. Leukemia
5. Pancreas cancer

Prevention

- Good nutrition (5x meals per day, 5 portion of vegetable and fruit)
- Physical activity (10000 steps by day)
- No alcohol
- No cigarettes
- Psychological well-being (no stress)

- http://ec.europa.eu/health/ph_projects/1999/monitoring/czech_republic_en.pdf
- <http://www.lecba-rakoviny.cz/nejcastejsi-nadory>
- <http://www.linkos.cz/co-musite-vedet/ceska-republika-a-rakovina-v-cislech/>
- <http://tn.nova.cz/clanek/zpravy/domaci/jenas-vic-pocet-obyvatel-ceska-oproti-predchozimu-roku-stoupl.html>