

D. Leading Causes of Mortality and Morbidity

Mortality refers to death of a person while mortality rate refers to the number of deaths per 100,000 population. The leading causes are the following:

1. **Acute Myocardial Infarction** – medical name for heart attack which occur when the flow of blood to the heart becomes blocked causing tissue damage and can be life threatening. High blood pressure, high cholesterol and diabetes may increase the risk for heart attack;
2. **Stroke** – occurs when blood flow is interrupted to part from the brain hampering the supply of oxygen and nutrient to remove the waste products causing brain cells to die. It is sometimes called brain attack or cerebro vascular accident;
3. **Chronic Renal Failure** – more commonly classified as chronic kidney disease and is listed as stages based on the patient's level of glomerular filtration rate (GFR) which is a measure of filtering capacity of the kidneys;
4. **Chronic Obstructive Pulmonary Disease** – characterize by long term poor airflow and caused by smoking. The main symptoms are shortness of breath and cough with sputum production;
5. **Unspecified Diabetes Mellitus** – chronic lifelong condition that affects the body's ability to use the energy found in food. The body doesn't make enough insulin or cannot use the insulin which is a hormone that enables glucose to be used for the body's energy;
6. **Essential (primary) hypertension** – high blood pressure that doesn't have a known secondary cause. Also referred to as primary hypertension. Most cases of high blood are classified as essential hypertension which is caused by stress, poor diet and being overweight;
7. **Multiple Organ Failure** – an altered organ function in an acutely ill patient requiring medical intervention to achieve homeostasis (regulation of the body temperature);
8. **Cardio Respiratory Arrest** – permanent brain damage and death can occur unless the flow of blood to the brain is restored within five minutes.

Acute Myocardial Infarction or heart attack was the number one cause of death in 2015 with the rate of 51.93%. It was also the leading cause from 2012 to 2014 with an average rate of 46.82%. In 2011, on the other hand, cancer in all forms was identified the leading cause. Pneumonia and other chronic obstructive pulmonary diseases were identified as the second leading cause of mortality from 2012, 2014 and 2015. Mortality by leading causes reveals the most prevalent life-threatening disease and helps detect the population's vulnerability to certain illnesses. Compared to the previous years (2011–2014) data, the prevalence of myocardial infarction in both middle age and adults had the highest rate in 2015 which was 51.93%.

Most heart attacks are the result of coronary artery disease also known as atherosclerosis or hardening of the arteries. This condition clogs coronary arteries with fatty, calcified plaques overtime. Heart attack is often triggered by a blood clot that blocks the flow of blood through a coronary artery. It may also be caused by coronary artery spasm wherein a heart artery is temporarily blocked and constricted.