



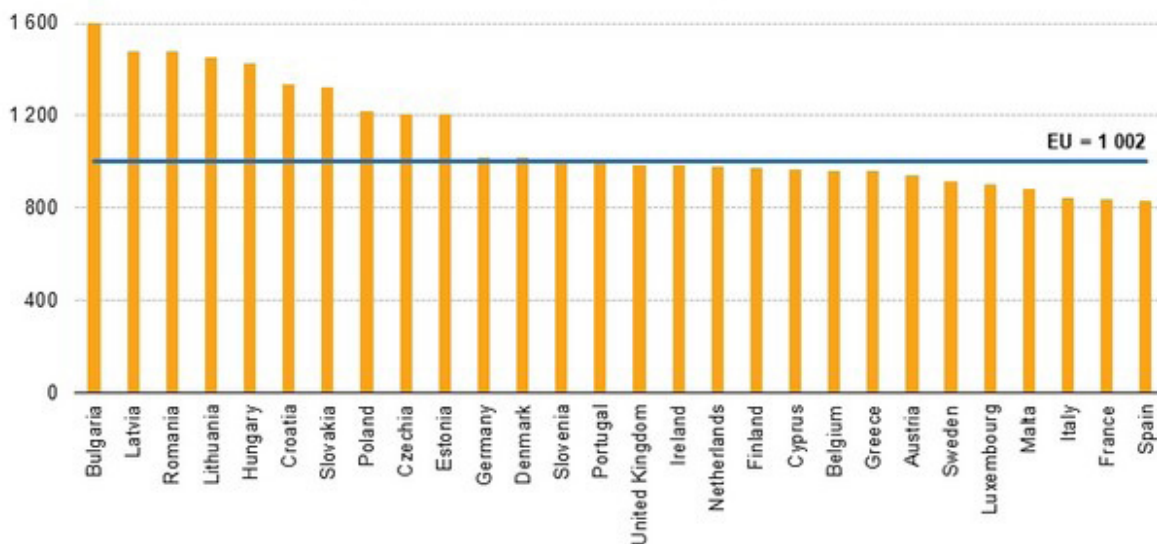
# APPEAL TO BULGARIAN POLITICIANS THE DEMOGRAPHIC TRAGEDY OF BULGARIA

In May 2012, world political leaders committed to reducing global mortality from noncommunicable diseases (NCD) by 25% by 2025. The complications of cardiometabolic diseases (CMD - atherosclerosis, hypertension, obesity, type 2 diabetes mellitus, and the metabolic syndrome) are accountable for nearly half of all NCD deaths making them the world's number one killer of humans, claiming 17.9 million lives each year. We have to educate people as well as politicians that by controlling risk factors, at least 80% of premature deaths from CMD could be avoided.

According to WHO data, we are among the world's leading countries in mortality from strokes and myocardial infarctions. According to Eurostat, Bulgaria is at first place in mortality among the countries in the European Union in 2016, as illustrated in the following graphic.

According to data from the Bulgarian National Statistical Institute, 108 526 Bulgarians - a big Bulgarian city - have died from these and other diseases in 2018. Of these, 70 546 were from strokes and myocardial infarctions, and 17 462 from malignant tumors. In the same year, only 62 197 children were born. The drop in the population is 46 329 per year in a country with less than 7 million population. By dividing 108 526 to 365, there are 297 - the saddest arithmetic in Europe, so many people die every day in Bulgaria! And only 170 children are born daily. Hence, in Bulgaria the song of the goat - tragedy (Greek, *tragoudia*; *tragos* - goat, *aedin* - sing) - is continuing. Attention, the Sword of Damocles is falling mainly on the heads of the Bulgarians - the ethnicity that gives the name of our country.

**Death rate in the EU Member States, 2016**  
(number of deaths per 100 000 inhabitants)



**Bulgarian politicians**, we have appealed many times (1-4), and now repeat (also see 5) that this is a truly urgent matter, which requires the development of an effective, long termed, science-based predictive and preventive medical and social strategy to overcome the demographic catastrophe (demostrophe). Otherwise, it would be Bulgaria without Bulgarians - the saddest folk song.

**Bulgarian politicians**, act now to tackle the pressure of obesity and its related cardiometabolic, oncological and neurodegenerative diseases. That will require a Herculean effort and financial support to overcome the demographic tragedy. Hercules needs to start work now! You do not have the luxury of delay or of waiting until the next election!

**Bulgarian politicians**, effective adipopolitics and adipoeconomics are urgently required, that is, the biggest and costly health problem - see 5, and data of the American Heart Association and the American Stroke Association:

In 2035, the number of Americans with cardiovascular diseases (CVD) is projected to rise to 131.2 million – 45 percent of the total USA population.

**This means additional increases of medical costs:**

High Blood Pressure	27.1 million
Coronary Heart Disease	7.2 million
Stroke	3.7 million
Congestive Heart Failure	3.0 million
Atrial Fibrillation	2.0 million

**Bulgarian politicians**, keep in mind-and-action the World Heart Federation's message: "We and our members believe in a world where heart health for everyone is a fundamental human right and a crucial element of global health justice."

We also believe that every heart beat and brain thought matter.

*On behalf of the Bulgarian Society for Cell Biology  
George N. Chaldakov, Chairman*

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