

Preventive Medicine is Essential for Both Culture and Healthcare

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Preventive medicine [1] is, in theory, the polar opposite of curative or reparative medicine. "Prevention is the safest medicine," is the guiding principle of preventive medicine. Anyone who believes that preventive medicine is synonymous with preventive treatment in general is mistaken. Because preventive medicine is capable of and capable of accomplishing so much more. The assessment of risk factors, which focuses on people as individuals, is a key indicator here. As a result, questions like:

- Is there a hereditary predisposition to such diseases or a family history of them
- Is it possible that a certain way of life causes certain ailments
- Is it possible that such living environments are harmful to one's health

The risk factors [2] are meticulously studied, resulting in a clear picture of how you should respond in order to prevent these health problems as much as possible. All of this is based on the philosophy that "prevention is better than cure." The latter belongs in the realm of proven, curative medicine. When an illness or health disorder has already arisen, this process begins. Preventive medicine, on the other hand, focuses on the primary purpose of preventing such problems from arising in the first place. High blood pressure, being overweight, diabetes, stroke, and heart disease are the most common diseases that lead to severe impairments such as being bedridden, losing mobility, or needing treatment.

Modern diagnostics are an important component of preventive medicine because diseases can still arise even though precautions are taken. It is important that these are detected as soon as possible in order to maximize the chances of a full recovery. In a broad range of areas, preventive medicine provides diagnostic approaches [3] such as:

- sonography is the study of sound waves (ultrasound diagnostics)
- Diagnostic laboratory studies in radiology (magnetic resonance imaging, computed tomography, PET-CT)
- genetic research
- To assess nutritional status, body composition, and training status, use a skin cancer screening or an electrical impedance examination

Individual benefits of preventive medicine are self-evident. We all want to grow old, but we also want to age in a safe and comfortable way. Would you have guessed, though, that preventive medicine plays an important role in our society. In terms of demographics, this is increasingly changing.

Proportion of the population that is over the age of 65 is gradually growing. Since this population has a higher risk of such diseases, which are sometimes referred to as "widespread diseases," this demographic shift raises costs and challenges for society as a whole, especially for the health system. In terms of demographics, this is increasingly changing. For adults, the emphasis is on ensuring success at work and in daily life, as well as avoiding and identifying diseases that are common in this age group. For this, the most advanced preventive medicine diagnostic methods are available, some of which you have already heard about in this post. In the senior citizens party, the focus is on assisting them in achieving their goals.

References

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