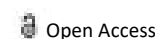




PERSPECTIVE



## Study on Preventive Healthcare

Zsuzsa Bencze\*

Department of Preventive Medicine, Faculty of Public Health, University of Debrecen, H-4002 Debrecen, Hungary

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### Introduction

Preventive healthcare refers to actions used to avoid sickness. Disease and disability are dynamic processes that begin before individuals realize they are affected, and are influenced by environmental variables, genetic predisposition, disease agents and lifestyle choices. Prophylaxis is another term for preventive healthcare.

### About the study

Cardiovascular disease, chronic respiratory disease, unintentional accidents, diabetes and certain viral diseases are all disorders that require preventative measures as according to WHO estimates, nearly 55 million people died worldwide in 2011, with two-thirds of this group dying from non-communicable diseases such as the diseases mentioned above. Preventing disease can be done in a number of ways. One of them is raising awareness of the harms of smoking among youngsters. Adults and children should aim to see their doctor for regular check-ups to perform disease screening, identify disease risk factors and discuss tips for a healthy and balanced lifestyle and to maintain a good relationship with a healthcare provider, even if they feel healthy. Disease prevention is based on countermeasures that can be classified as primal, primary, secondary, and tertiary prevention levels.

1. Primal preventions: New research in molecular biology, particularly epigenetic, suggests that the emotional and physical environment during fetal and new born life may have a significant impact on adult health. This method of health promotion focuses on giving future parents with relevant, unbiased information about primal health and assisting them during their child's primal phase of development. The concept of primal prevention was developed much more recently, in response to recent advances in molecular biology and, in particular, epigenetic, which highlight the critical importance of physical and emotional conditions on the organism during its fetal and new born lives, or the so-called primal period of life.

2. Primary prevention: Prevention strategies such as health education and lifestyle medicine, as well as current, non-clinical lifestyle choices such as eating nutritious meals and exercising on a daily basis, are all part of health promotion activities that help to prevent lifestyle-related medical conditions, enhance the quality of life, and create a sense of overall well-being. Preventing sickness and promoting overall well-being extends life expectancy. Health-promotional activities do not focus on a single disease or condition, but rather promote overall health and well-being. Single protection, on the other hand, is directed towards a specific disease or set of diseases and supports the goals of promotion of health.

3. Secondary prevention: Secondary prevention seeks to delay asymptomatic conditions from becoming symptomatic by focusing on latent disorders. Primary and secondary diseases can be distinguished. This varies on how an illness is defined, but in general, primary prevention attempts to address the core cause of a disease or damage, and secondary prevention strives to diagnose and cure a problem as quickly as feasible. Early diagnosis and treatment to contain the disease and prevent it from spreading to others, as well as disability limitation to prevent future complications and impairments from the disease, are examples of secondary prevention.

4. Tertiary prevention: Tertiary prevention focuses on mental, physical and social rehabilitation in order to decrease the effects of symptomatic disease. Unlike secondary prevention, which attempts to prevent disability, tertiary prevention aims to maximize an already impaired patient's remaining capabilities and functions. Preventing pain and damage, stopping disease development and consequences and regaining the health and functions of those afflicted by disease are all goals of tertiary prevention. Rehabilitation for chronic patients includes steps to prevent complete disability from the disease, such as establishing work-place changes for the blind and paralyzed or offering counseling to help patients, regain their usual daily functions as much as possible.