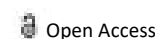




PERSPECTIVE



## Perspective on Preventive Methods

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### Introduction

Prophylaxis, or preventive healthcare, refers to actions taken to avoid illness. Disease and disability are dynamic processes impacted by environmental factors, genetic predisposition, disease agents, and lifestyle choices that begin before people recognize they are afflicted. Preventative methods can be characterised as primordial, primary, secondary, or tertiary. An environmental factor, ecological factor, or eco factor is any abiotic or biotic component that has an effect on living beings. Abiotic factors include ambient temperature, sunlight, and the pH of the water soil in which an organism lives. The presence of biological specificity, competitors, predators, and parasites, as well as the availability of food organisms, are all biotic variables.

### Obesity

Obesity is a condition in which a person's body fat levels have accumulated to the point where they are potentially hazardous to their health. A loose connective tissue made up mostly of adipocytes, adipose tissue is often known as body fat or just fat. Apart from adipocytes, adipose tissue contains the Stromal Vascular Fraction (SVF), which contains preadipocytes, fibroblasts, vascular endothelial cells, and immune cells such as adipose tissue macrophages. Preadipocytes are the source of adipose tissue. Its primary function is to store energy as lipids, but it also cushions and insulates the body.

### Sexually transmitted infections

Sexually Transmitted Illnesses (STIs) like syphilis and HIV are frequent, but they can be avoided with proper sex hygiene. Sexually Transmitted Infections can be asymptomatic or cause a variety of symptoms. Prophylactics are antibiotics used to prevent STIs. The word refers to the usage of condoms, which are extremely successful at preventing disease, as well as other STI-prevention equipment, such as dental dams and latex gloves. Other ways to prevent STIs include learning how to use condoms or other barrier devices, testing partners before having unprotected sex, getting regular STI screenings to receive treatment and avoid

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spreading STIs to partners, and, specifically for HIV, taking prophylactic antiretroviral drugs like Truvada on a regular basis. HIV transmission can also be prevented by starting post-exposure prophylaxis within 72 hours (ideally less than 1 hour) of being exposed to high-risk fluids.

### Malaria prevention using genetic modification

In poor nations, genetically engineered mosquitos are being utilized to combat malaria. This strategy has been met with criticism and debate. Malaria is an infectious disease spread by mosquitos that affects people and other animals. Fever, fatigue, vomiting, and headaches are some of the symptoms of malaria. In severe cases, it might result in jaundice, seizures, coma, or death. Symptoms usually occur ten to fifteen days after being bitten by an infected mosquito. If the illness is not treated properly, people may experience recurrences months later. In people who have recently recovered from an infection, reinfection usually causes fewer symptoms. The partial resistance fades over time if the person is not exposed to malaria for months or years.

### Thrombosis

Thrombosis is a dangerous cardiovascular illness that affects thousands of people, mostly the elderly, women on oral contraceptives, and travellers. Heart attacks and strokes can occur as a result of thrombosis. Exercise, anti-embolism stockings, pneumatic devices, and pharmaceutical treatments are all options for prevention.

### Cancer

Cancer has become a global issue in recent years. The majority of cancer cases are found in low- and middle-income nations, owing to increased exposure to toxins as a result of industrialisation and globalisation. Primary cancer prevention and understanding of cancer risk factors, on the other hand, can prevent over a third of all cancer cases. Other diseases, both communicable and non-communicable, that share shared risk factors with cancer can also be prevented by primary cancer prevention.