

Primary Prevention of Common Chronic Diseases

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Primary prevention-prevention of diseases by suppression of their casual factors and improving resistance of man.
Health promotion,health protection

Diseases

- infectious diseases- cause of an epidemic or pandemic eg Hepatitis,TB,
- atherosclerosis and its complications-chronic degenerative vascular disease,has links to : obesity , diabetes mellitus type 2 , hypertension , hyperlipidemia
- substance abuse
- tumors- both genetic load in families and because of the environment
- allergies-

Methods used

Lifestyle Modifications

- consumption of variety of foods-a balanced diet ensures increased and better immunity,
- reduction of fat especially animal-reduction of cholesterol which would help in reducing onset of atherosclerosis,obesity/lower BMI,
- increase consumption of fibre foods
- avoid too much sugar and salt-avoidance of DM 2,metabolic syndrome,hypertension
- increase fluid intake and reduce excess alcohol consumption-keeping the body hydrated helps in avoiding hypertension and reduction of alcohol will go a long way in helping with reducing body fat accumulation,also reduces chances of carcinogenesis ability of alcohol,and decreased immunity
- Increase in physical activity-helps in lowering body fat and thus helps with the CVS

Smoking-complete cessation is best, reduces majority of common ailments eg cancer,CV disease, chronic respiratory disease

Vaccination-prevents some infections that lead to chronic diseases eg HBV-HCV-chirosis and hemangio cell carcinoma,HPV-cervical cancer

Screening

- easy
- cheap
- high specificity
- ability in early detection

eg-colorectal cancer-fecal occult blood testing, breast cancer-mamography, cervical cancer-PAP smear

References

1. BENCKO, V., et al. Epidemiology,Selected Chapters Charles University Medical Faculty, Prague: Charles University in Prague - Karolinum, 2004 .
2. [http://en.wikipedia.org/wiki/Chronic_\(medicine\)](http://en.wikipedia.org/wiki/Chronic_(medicine))