INTRODUCTION TO PREVENTIVE MEDICINE

HEALTH

Complete physical, mental and social wellbeing and not merely the absence of disease or infirmity-WHO 1948.

Then add spiritual, and in recent years the statement is amplified to include the ability to lead a socially and economically productive life.

COMMUNITY MEDICINE

Is the science that concerns with the promotion of health, prevention, control, and management of diseases, disabilities, and other health problems in the community.

It is the branch of medicine that deals with community rather than individual.

PUBLIC HEALTH

Is the combination of sciences, skills, and beliefs directed toward maintenance and improvement of health of all people through collective or social actions.

“An ounce of prevention is worth than a pound of cure” Henry De Bracton, 1240

AIMS OF PREVENTIVE MEDICINE SPECIALTY
1. Promote and preserve health and longevity in individuals and community by adoption of healthy life style and health education.

2. Prevent and limit diseases, injuries, and other ill health effects.

3. Enhance quality of health care system and assure that all populations have access to appropriate and cost effective care.

4. Use Epidemiology to assess and monitor the health of communities and populations at high risk to identify health problems.

**PREVENTION**

Is the anticipatory action taken to reduce the possibility of an event or condition occurring or developing, or to minimize the damage that may result from the event or condition if it does occur.

**LEVELS OF APPLICATION OF PREVENTIVE MEASURES :**

Primary prevention: is aimed at reducing the incidence (new cases) of a disorder by reducing its associated risk factors. E.g., providing immunization of infants to prevent infectious illnesses. Improved obstetrical care to avoid premature birth and its associated problem, is primary prevention strategy aimed at decreasing the incidence of prematurity.

Secondary prevention: is aimed at reducing the severity of a disorder. For e.g., mammography is a secondary prevention strategy. It does not prevent breast cancer from occurring, but because permits early identification and treatment of the disease, it ultimately reduces the personal and medical cost to treatment. Early identification and treatment of otitis media in children to prevent hearing loss.
Tertiary prevention: is a strategy aimed at improving the outcome of an existing disorder. For e.g, an educational program for mentally ill adults aimed at helping them enter the work force dose not prevent the condition nor reduce its severity. However, this tertiary strategy can ultimately improve the outcome for a patient with mental illness as well as reduce the cost to society of caring for that person.

**ISSUES OF PREVENTIVE MEDICINE**

1. General Epidemiology & Biostatistics: Measures the occurrence and distribution of diseases in population.

2. Primary Health Care, Includes:
   - Health education.
   - Maternal and child health care including family planning.
   - Mental health.
   - Accidents and injuries.
   - Geriatric Health

3. Nutritional Health Nutritional Disorders.


5. Health Services Administration.

6. Infectious Diseases.

7. Non-Communicable Diseases e.g. HT, DM
PUBLIC HEALTH PROBLEMS IN DEVELOPING COUNTRIES

1- Chronic diseases e.g. IHD, HT, DM…etc.
2- Over nutrition and obesity.
3- Violence and drug addiction.
4- Sexually transmitted diseases (STD)
1- Infectious diseases e.g. TB, malaria….etc.
2- Malnutrition.
3- Poor health education.
4- Limit access to health services.

((Problems associated with poverty and overcrowding))
5- Environmental pollution e.g. air pollution, ozone layer depletion…etc.

Public Health Problems

PUBLIC HEALTH PROBLEMS IN DEVELOPED COUNTRIES:

1-Chronic diseases e.g. IHD, HT, DM…etc.
2- Over nutrition and obesity.
3- Violence and drug addiction.
4- Sexually transmitted diseases (STD)
5- Environmental pollution e.g. air pollution, ozone layer depletion…etc.
((Problems associated with industrialization, affluence, aging, violence, and medical intervention))