



**PREVENTION IS THE BEST
TREATMENT**

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ЗДОРОВЬЯ

**“THE FUTURE BELONGS
TO PREVENTIVE
MEDICINE”**

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Preventive activities are the most important component of the healthcare system, aimed at the formation of the population's medical and social activity and motivation for a healthy lifestyle.

**“YOU ARE HAPPY TODAY
IF YOU THINK OF HEALTH
TODAY”**



Prevention

(Greek πρόφύλακτικός “protective”) - in medicine, a set of activities aimed at preventing the occurrence of diseases and injuries, eliminating risk factors for their development.



Healthy lifestyle

person's lifestyle aimed at maintaining health, preventing diseases and promoting the human body as a whole.

Human health is 60% dependent on lifestyle (food, diet, physical activity, stress level, bad habits and destructive behavior.





A healthy lifestyle includes mental health, giving up tobacco and alcohol, healthy eating patterns, physical activity, exercises, sports, and so on.



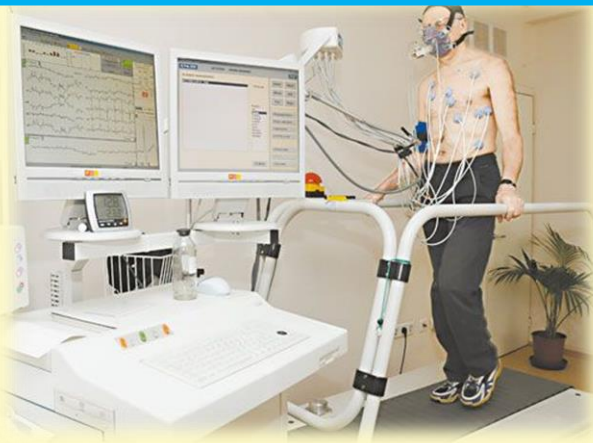


There are public prevention, including a system of measures to protect the health of groups and individual prevention, providing for the observance of personal hygiene in everyday life and at work.



Individual prevention includes activities for the prevention of diseases, improvement of health that are carried out by the person himself, and practically boils down to observing the norms of a healthy lifestyle, personal hygiene, hygiene of clothes, drinking regime and rational nutrition, hygienic education of younger generation, active physical education, etc.





Social prevention includes a system of social, economic, sanitary, hygienic, educational, sanitary-technical, anti-epidemic and therapeutic activities, systematically carried out by state institutions and public organizations in order to ensure the comprehensive development of physical and spiritual power of citizens, to eliminate factors that are harmful to the health of the population.



There are three types of prevention. **Primary prevention** is a system of measures to prevent the occurrence and exposure of risk factors for development of diseases (disinfection, vaccination, a rational regime of work and rest, a rational quality diet, environmental protection, physical activity, etc.).



ДИСПАНСЕРИЗАЦИЯ

Secondary prevention - a set of activities aimed at eliminating pronounced risk factors, which under certain conditions (weakening of immunity, stress, excessive stress on any other functional systems of the body) can lead to emergence, exacerbation and relapse of the disease.

The most effective method of secondary prevention is medical examination as a complex method for early detection of diseases, dynamic monitoring, targeted treatment, rational sequential recovery.





Tertiary prevention as a set of activities for rehabilitation of patients who have lost the possibility of full-fledged life. Tertiary prevention aims at social (formation of confidence in one's own social suitability), labor (possibility of restoring labor skills), psychological (restoring behavioral activity) and medical (restoring the functions of organs and body systems) rehabilitation.

REMEMBER!

**The day of your health is every
day of your life.**



Be healthy!

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