

Preventive Health



<http://www.lifelonghealth.com/healthy-aging-articles/37-health-screening-guide>

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Rochester Recreation Club for the Deaf

Sponsors

- Deaf Health Community Committee (DHCC)
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 - Patrick Sullivan
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Take Home Messages

- What is preventive health?
- What are the top causes of death?
- What preventative steps can you take?

Preventive Health Concepts

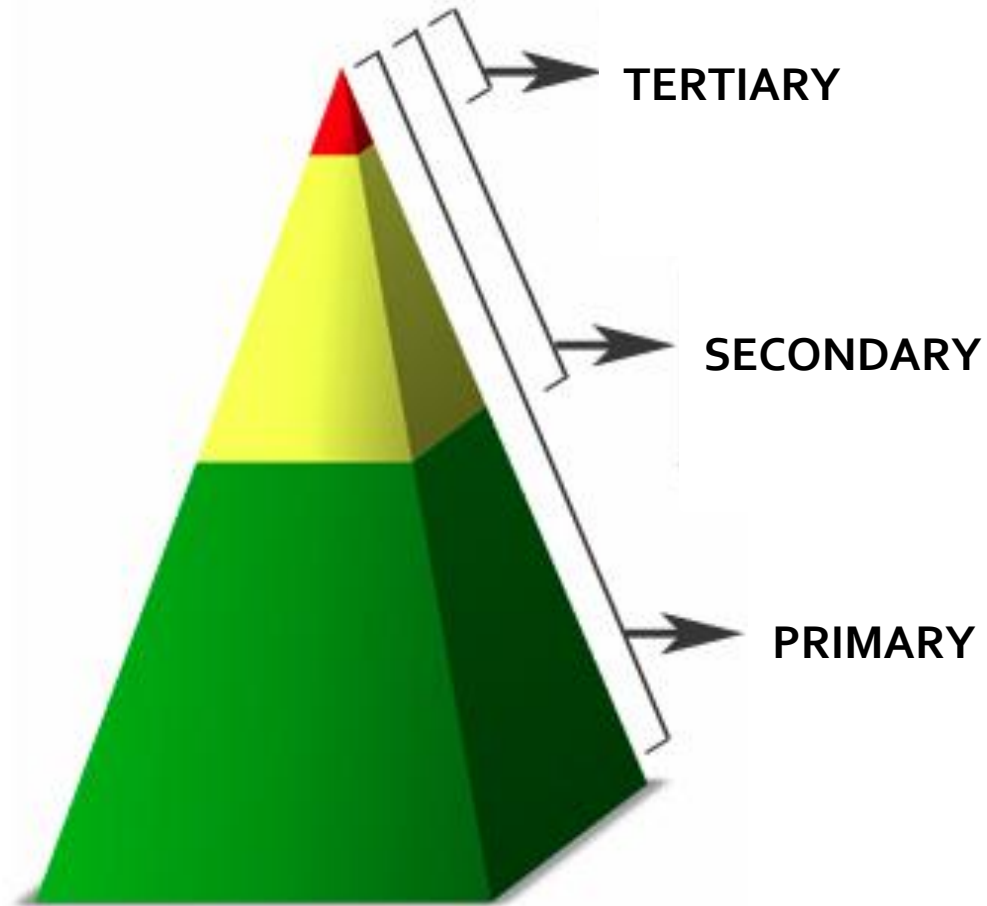
- **Preventive** - steps taken to prevent diseases or injuries rather than curing them or treating their symptom
 - **Potential danger:** car accident.
Prevented by: wear a seat belt
 - **Potential danger:** lung cancer.
Prevented by: avoiding smoking
- **Different from fixing/treating a problem**
 - Using a cast to fix a broken bone in a car accident
 - Could have been prevented with a seat belt

Levels of Prevention

- **Primary**
 - Protect people from getting ill or injured
- **Secondary**
 - Prevent somebody at high risk for an illness from getting sick
- **Tertiary**
 - Help manage an illness or injury that already exists

Levels of Prevention (Cont'd)

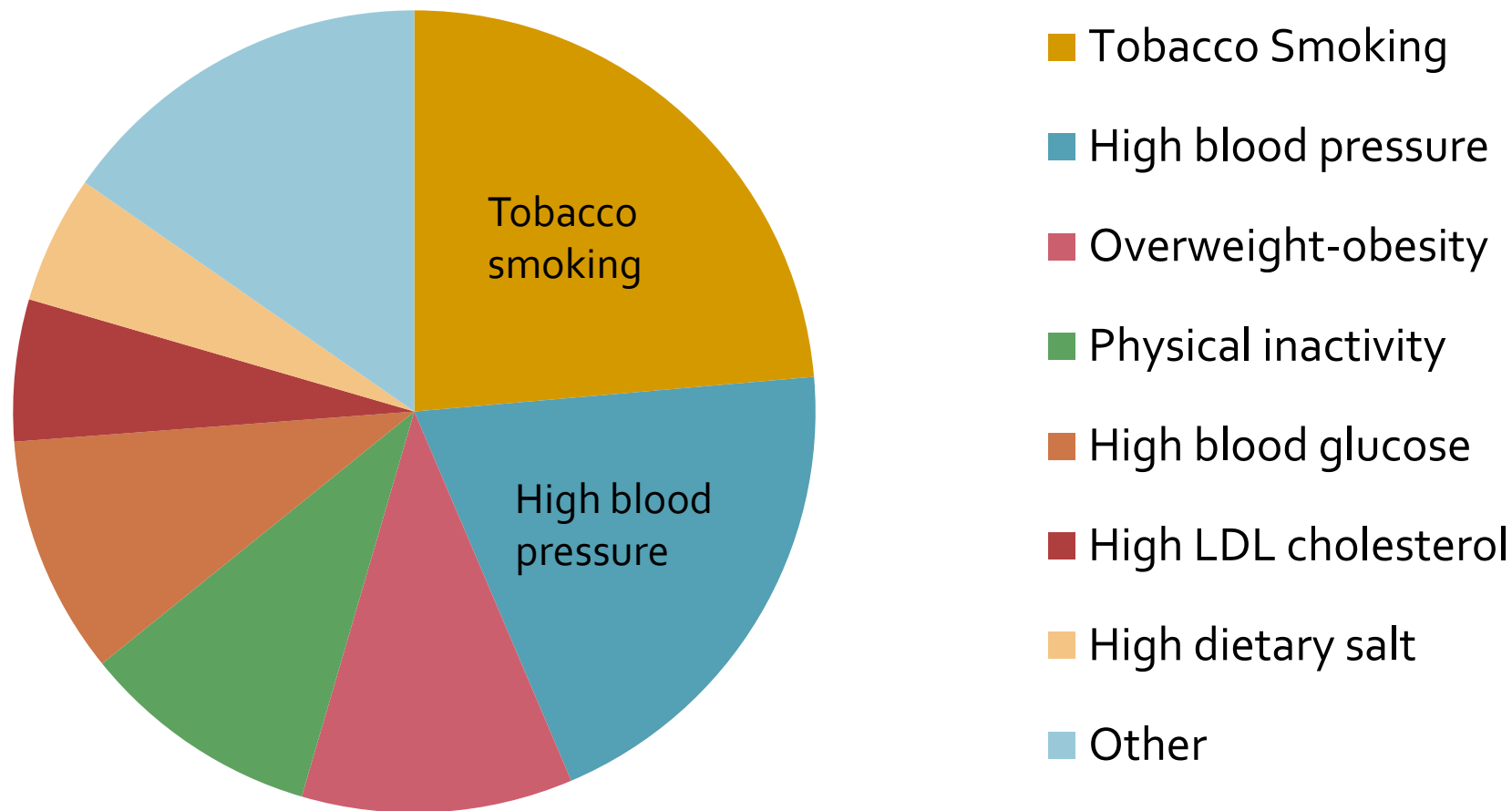
What level of prevention should be used the most?



Levels of Prevention (Cont'd)

- You are trying to prevent people from getting a heart attack
 - **Primary** - educate people about good diet and exercise
 - **Secondary** – take daily aspirin to decrease your risk
 - **Tertiary** – attend a rehabilitation program after a heart attack has already occurred

Common Risk Factors for Preventable Deaths



Danaei G, Ding EL, Mozaffarian D, Taylor B, et al. (2009) The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle, and Metabolic Risk Factors. *PLoS Med* 6(4): e1000058. doi:10.1371/journal.pmed.1000058
<http://www.plosmedicine.org/article/info:doi/10.1371/journal.pmed.1000058>

Smoking

- Healthcare costs are 2,000 dollars more per year for smokers than nonsmokers
- Recent developments against smoking
 - Cigarette Tax
 - Bans from smoking at a number of locations
- How to quit
 - Quit smoking programs
 - NYS smoking hotline
 - 1-866-NY-QUITS (1-866-697-8487)

Cardiac

- 20% of yearly US medical expenses are due to cardiac problems
- Methods of prevention
 - Daily aspirin use
 - Statin use
 - Lifestyle changes
 - Increase daily exercise
 - Dietary changes
 - Reduction of saturated fats

Cardiac (cont'd)

- Cardiac health testing
 - EKG – electrocardiogram
 - Stress testing
 - Blood pressure screening and monitoring
 - A healthy blood pressure is about 120 / 80

Vaccinations

- Important for children and adults
- Example

Vaccine	Result	Efficacy
Pevnar	Reduces meningitis, ear infections, pneumonia, sinusitis	~66% reduction in disease
Influenza	Decrease chance of catching the flu	~60% reduction in disease

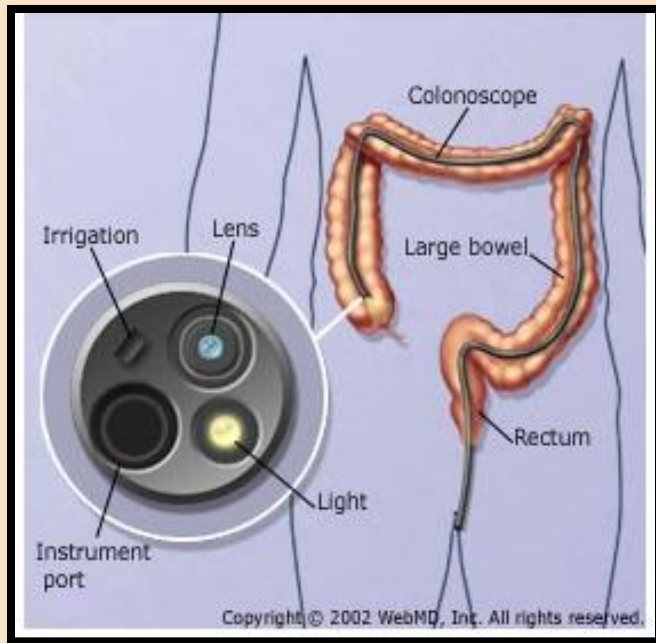
"Decline in invasive pneumococcal disease after the introduction of protein-polysaccharide conjugate vaccine". *The New England Journal of Medicine* **348** (18): 1737–46.

<http://www.cdc.gov/flu/about/qa/vaccineeffect.htm>

Cancer Screenings – Colon and Prostate

Colon Cancer

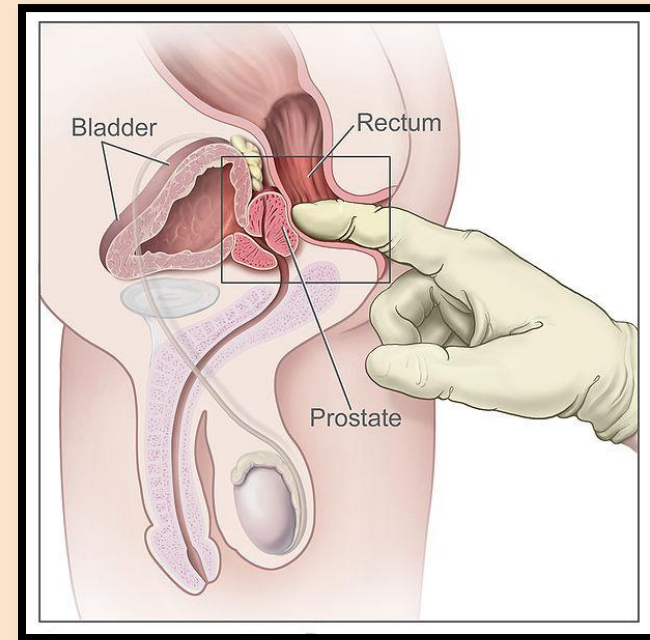
Colonoscopy



<http://www.webmd.com/digestive-disorders/colonoscopy-overview?page=2>

Prostate Cancer

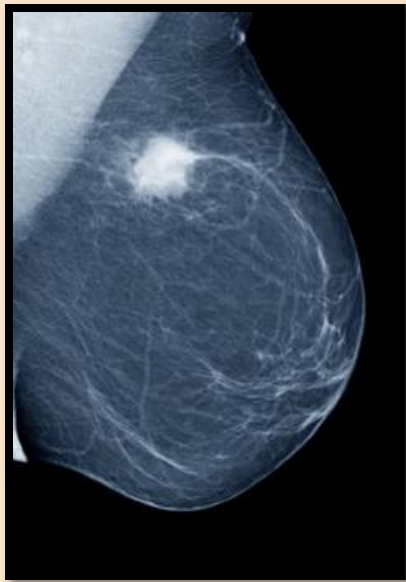
Prostate Specific Agent (PSA) test
Rectal exam



<http://visualsonline.cancer.gov/retrieve.cfm?imageid=7136&dpi=300&fileformat=jpg>

Cancer Screenings - Breast

Mammogram



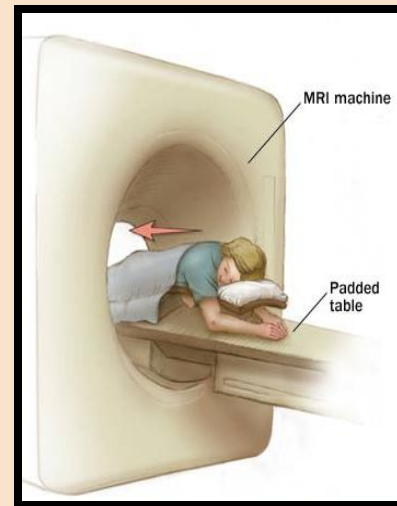
<http://www.verdevalleymedicalcenter.com/OurServices/CancerCenterSedona/DigitalMammography>

Breast Self Exam



http://www.breastcancer.org/pictures/self_exam/step_4

MRI



http://www.riversideonline.com/health_reference/Test-Procedure/MY00300.cfm

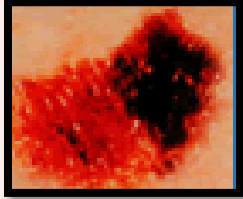



Genetic Testing



<http://www.examiner.com/article/thinking-about-breast-cancer-genetic-testing-list-of-questions-to-ask-your-doctor>

Cancer Screenings - Skin

- ABCD rule

A – Asymmetry	
B – Border irregularity	
C – Color	
D – Diameter	

Sun Damage Prevention

- Sun exposure is related to 90% of skin cancer
- The average person starts to burn after 10-15min outside
- What should I do to protect my skin?
 - Avoid tanning salons
 - Wear hats and sunglasses
 - If possible, avoid the sun from 10am – 3pm
 - Wear sunscreen
 - SPF (sun protection factor) 50 is best

Accident Prevention

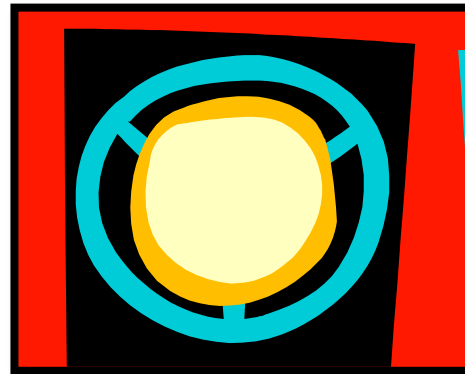
- Seat belts



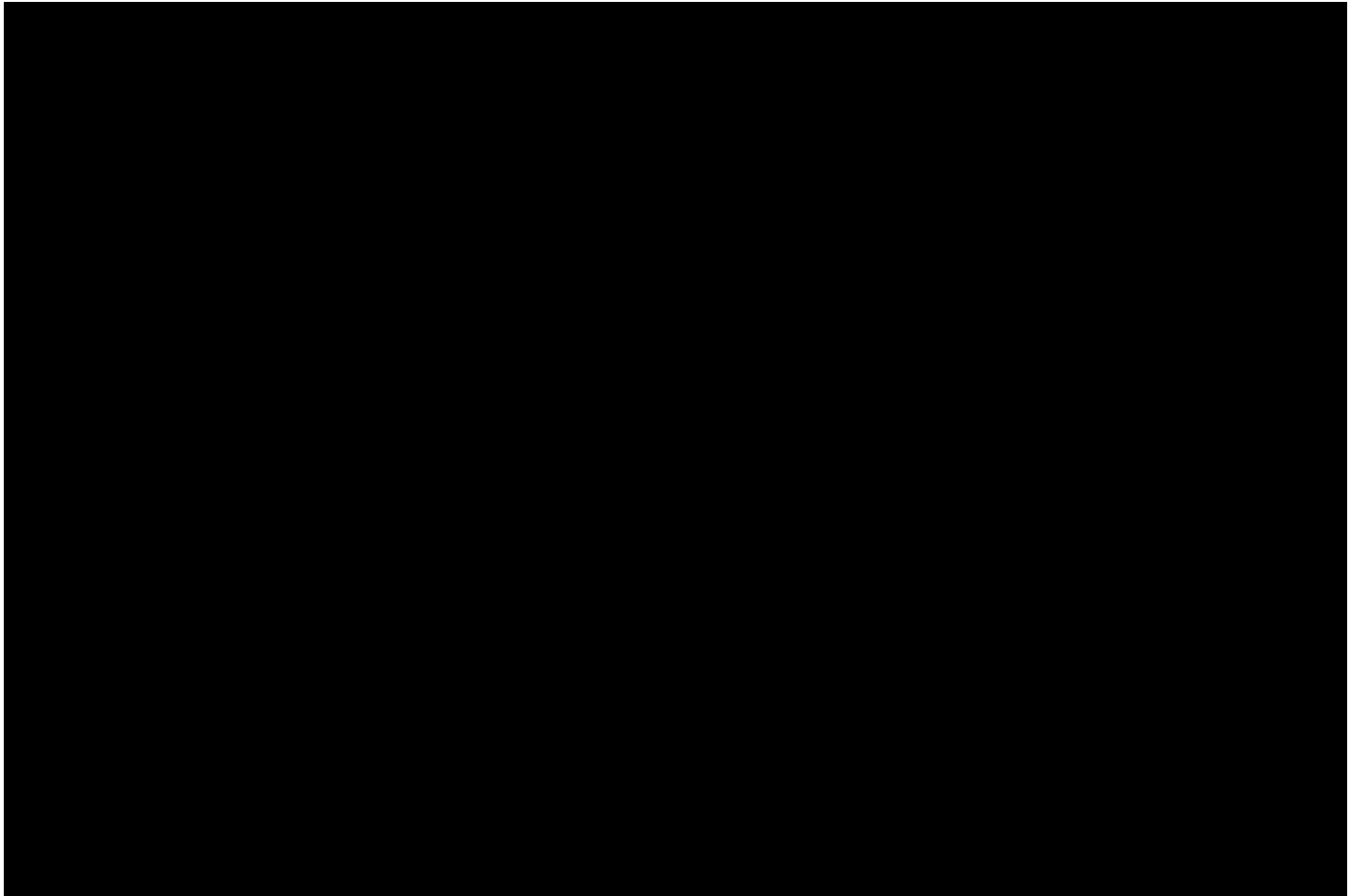
- Bike helmets



- Air bags



Crash Test Video



<http://www.iihs.org/50th/>

Sexual Health

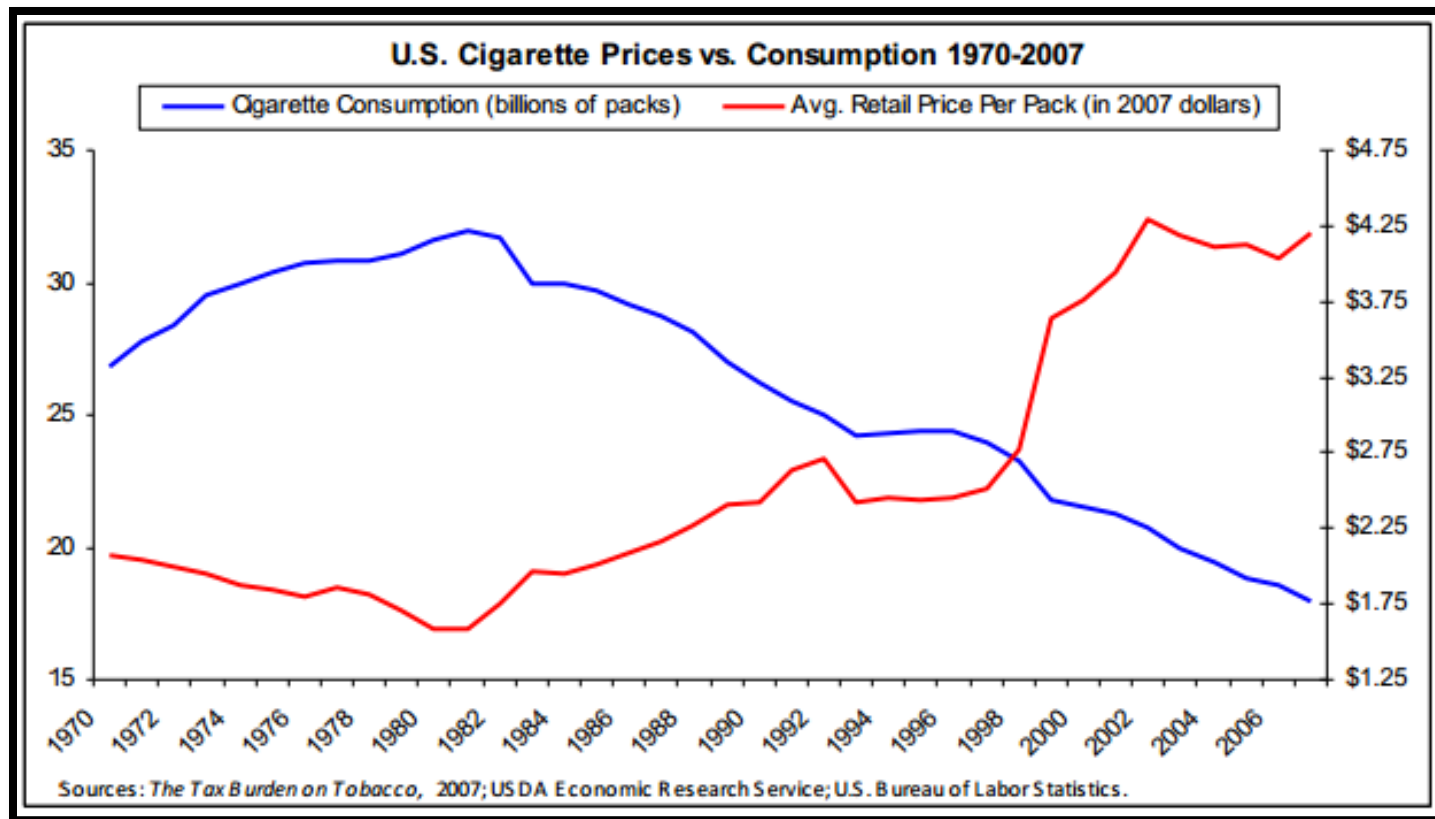
- How can we ensure good sexual health?
 - Use barrier protection (condoms)
 - Regular sexually transmitted disease (STD) screening
 - HIV testing
 - Chlamydia testing
 - Gonorrhea testing

Conclusions

- Preventive healthcare is important!
- Keeps a large population healthy
- Decreases healthcare costs

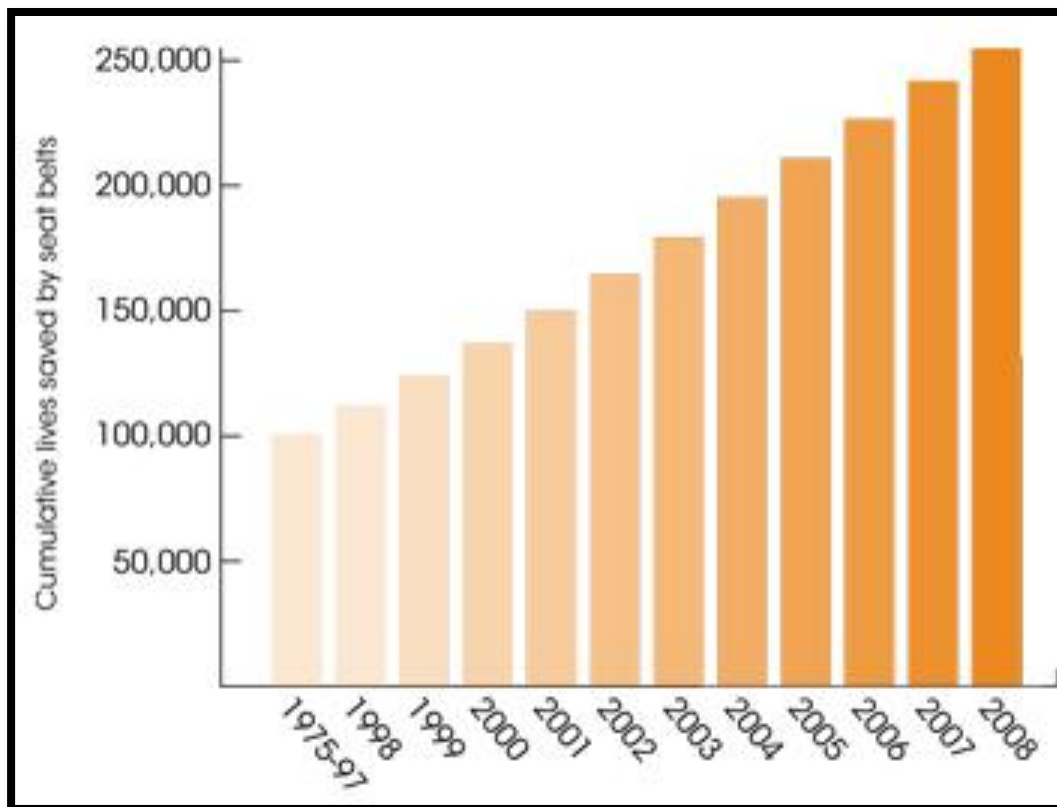
Success Stories

- The smoking rate has been reduced since 1970



Success Stories (cont'd)

- Seat belts have saved 255,000 lives since 1975



<http://www.cdc.gov/motorvehiclesafety/seatbeltbrief/>

Contact Information

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References

- Danei G, et al. (2009) The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle, and Metabolic Risk Factors
- Whitney CG, Farley MM, Hadler J, *et al.* (May 2003). "Decline in invasive pneumococcal disease after the introduction of protein-polysaccharide conjugate vaccine". *The New England Journal of Medicine* **348** (18): 1737–46.
- The Melanoma Foundation
- Breastcancer.org
- The CDC Motor Vehicle Safety Report
- The Institute for Work and Health
- Tobacco Free Kids
- Surgeongeneral.gov