

Chronic Disease Prevention

A chronic disease is one lasting 3 months or more, by the definition of the U.S. National Center for Health Statistics. Chronic diseases generally cannot be prevented by vaccines or cured by medication, nor do they just disappear.



The CDC reports some sobering statistics about Americans:

- ▶ Chronic diseases are the leading causes of death and disability.
- ▶ 70% of annual deaths are due to chronic diseases.
- ▶ Some chronic diseases are preventable conditions and they not only compromise quality of life, they add to rising health care costs—75% of our health care dollars are devoted to treat these diseases.
- ▶ Among adults ages 20 to 74, diabetes remains the leading cause of kidney failure, blindness, and non-traumatic lower-extremity amputations.

Examples of Chronic Diseases:

- Alzheimer disease and dementia
- Arthritis
- Asthma
- Cancer
- COPD
- Crohn disease/Colitis/Celiac Disease
- Cystic fibrosis
- Diabetes
- Epilepsy
- Heart disease
- HIV/AIDS
- Mood disorders
- Multiple sclerosis
- Parkinson's



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Photo by
Ketut Sublyanto
from Pexels

Levels of Prevention



Primary Prevention

Efforts aimed to prevent development of disease (not smoking, healthy lifestyle choices, vaccination, governmental intervention and regulation of products etc.)

Secondary Prevention

Efforts aimed at detecting a disease early to reduce the likelihood it gets worse (screening tests, blood tests, annual exams)

Tertiary Prevention

Efforts aimed at improving the quality of life and reducing symptoms for a personal diagnosis of disease (treatment management, rehabilitation, preventative surgery)

“The food you eat can either be the safest medicine or the slowest form of poison”

– Author Unknown

RISK FACTORS

CONTROLLABLE

- Smoking
- Sedentary Living
- Stress
- Poor Diet
- Excessive Alcohol Use

UNCONTROLLABLE

- Age
- Gender
- Family History
- Race

Healthy Habits To Reduce Risk:

- Daily Physical Activity
- Ensuring a Diet of Whole Foods
- Sleeping 7-8 hours each night
- Managing Stress
- Avoiding Toxic Relationships
- Managing Portions
- Finding Time to Relax



For more information, contact us: info@wishingwellworks.com