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## Treatment is better than Cure - what is Prevention? What Kinds of Things can be done about it?

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### Abstract

Prevention of illness is a function of both the doctor and the person. Most preventive medication rehearsed today is performed by the essential consideration physician, not by the different public health authorities or teachers in college divisions of preventive medication. Exemptions are the grassland regions and British Columbia where the majority of inoculation methods, one of the more clear types of counteraction, are completed by health units. In other regions immunization is basically embraced by the essential consideration doctor. This is an aloof kind of anticipation for the person: he just has to introduce himself for the injection.

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### Introduction

On the off chance that you ask solid individuals what they need most, you will find however many solutions as there are individuals. Ask a man when he is sick or has a suspicion of unexpected passing and you will get reality. He needs more than whatever else to be sound. This prompts the inquiry: what is wellbeing? Disregarding the World Health Organization's definition, to the vast majority wellbeing is the shortfall of infection. The genuine point of preventive medication is to accomplish this shortfall of illness. To achieve such counteraction doesn't infer that less exertion ought to be spent on making individuals well once they are sick, yet that extra exertion is needed to keep individuals well. The world sudden spikes in demand for solid individuals, yet the healthy are not wellbeing cognizant or mindful of their should be liberated from infection and consequently it is hard for the larger part to understand the worth of preventive medication. Alpha Plus for fixing you up when you've begun to self-destruct yet Delta Minus for keeping you sound". Essential and Secondary Prevention Preventive medication incorporates all actions which limit movement of sickness at any phase of its course. Essential counteraction contains the control of man's current circumstance, his water supply, the air he breathes, and furthermore the control of man himself by such measures as vaccination against irresistible illness. Optional avoidance incorporates treatment to forestall the spread of sickness to non-influenced people, recognizable proof of those in the beginning phases of an illness interaction when therapy ought to be best, and ultimately the counteraction or postponement

of the results of clinically progressed infection by both treatment and restoration. This last thing is once in a while thought about independently as 'tertiary' avoidance, since there has been a disappointment of essential or auxiliary counteraction at some prior stage in the infection cycle [1].

Prevention of illness is a function of both the doctor and the person. Most preventive medication rehearsed today is performed by the essential consideration physician, not by the different public health authorities or teachers in college divisions of preventive medication. Exemptions are the grassland regions and British Columbia where the majority of inoculation methods, one of the more clear types of counteraction, are completed by health units. In other regions immunization is basically embraced by the essential consideration doctor. This is an aloof kind of anticipation for the person: he just has to introduce himself for the injection.

Sustenance is another region where Canadians require extensive schooling. Nutritionists have known for quite a while that Canadians overall have helpless dietary patterns. As a race we don't care for liver and don't eat a lot of fish. Canadians love to nibble, halting at frozen yogurt stands and take-out eateries. We eat less and less new produce and what we do eat has been dispatched significant distances and put away for extensive stretches, just as being exposed to a variety of handling and protecting strategies [2].

The family doctor has a chance to impact the youngster's sustenance at a beginning phase. He can prompt the pregnant

mother about satisfactory admission of milk, iron, and so forth and the constraint of smoking so the child is brought into the world without dietary deformities. The family doctor can likewise urge the mother to breast feed the child. Breast taking care of is mentally and physiologically gainful to the mother, other than giving a preferred resistance to the kid over fake taking care of. Furthermore the late presentation of cow's milk might well make youngsters less helpless to hypersensitive issues.

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