

# Health promotion and disease prevention - the basis of future medicine.

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**Purpose:** To give an idea of the concept of prevention and promotion of health, the subject, factors, types of prevention and the main directions in health promotion and disease prevention.



According to the WHO Constitution,  
**"health** is a state of complete physical, mental and social well-being, and not only the absence of disease and infirmity".

**Health promotion** - "measures to preserve and increase the level of public health to ensure its full physical, spiritual and social welfare".

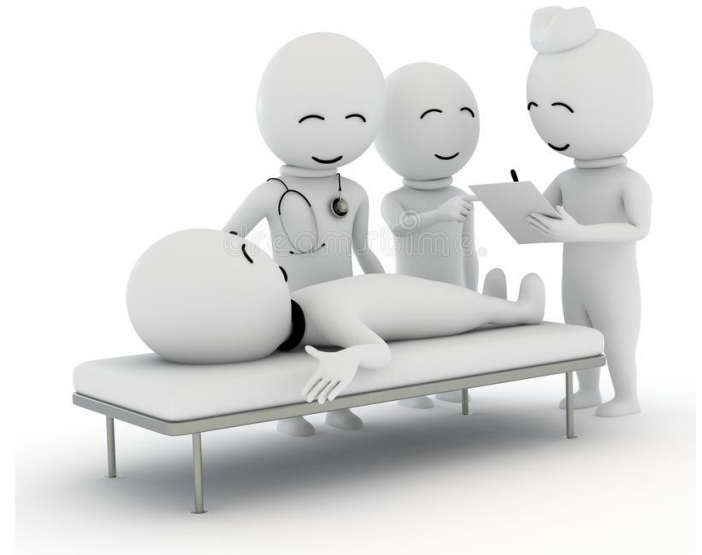


- ***Prophylaxis*** (Greek prophylaktikos - safety) is a complex of various measures aimed at preventing any phenomenon and / or eliminating risk factors.
- ***Preventative measures*** are the most important component of the health system aimed at shaping the population's medico-social activity and motivation for a healthy lifestyle
- Allocate ***public***, including a system of measures for the protection of health collectives and ***individual prevention***, which provides for compliance with personal hygiene rules at home and at work.



## *Preventive measures in public health services*

- ***Public prevention*** is the creation of healthy and safe working and living conditions in the workplace.
- ***Medical prevention*** - a set of measures implemented through the health system



- Depending on the state of health, the presence of risk factors for the disease or severe pathology, three types of prevention can be considered.
- **1. Primary prevention** - a system of measures to prevent the occurrence and impact of risk factors for the development of diseases (vaccination, rational mode of work and rest, rational quality nutrition, physical activity, environmental protection, etc.). A number of primary prevention interventions can be implemented on a national scale.



- ***2.Secondary prevention*** is a complex of measures aimed at eliminating the expressed risk factors, which under certain conditions (stress, weakening of immunity, excessive stress on any other functional systems of the body) can lead to the emergence, aggravation and relapse of the disease. The most effective method of secondary prevention is medical examination as a comprehensive method of early detection of diseases, dynamic observation, directed treatment, rational sequential recovery.



- ***Tertiary prevention*** has the goal of social (the formation of confidence in its own social suitability), labor (the ability to restore work skills), psychological (restoration of behavioral activity) and medical (restoration of the functions of organs and body systems) rehabilitation.





- The World Health Organization (WHO) identifies three types of disease prevention: primary, secondary and tertiary. The term ***"primary prevention"*** refers to the prevention of risk factors among a healthy population, ***"secondary prevention"*** - the prevention of the development of diseases in the presence of risk factors, ***"tertiary prevention"*** - preventing the progression of diseases in order to avoid disability and premature death.



## *Control questions:*

- 1. What is health?
- 2. What is disease prevention?
- 3. What is health promotion?
- 4. What factors influence human health?
- 5. What are the main areas of prevention do you know?
- 6. What types of prevention exist?





**Thank You**

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# Factors influencing health.

A medical stethoscope with a teal tube and silver chest piece is resting on a white medical chart. A blue pen is also visible on the chart. The chart has some text and a grid pattern.

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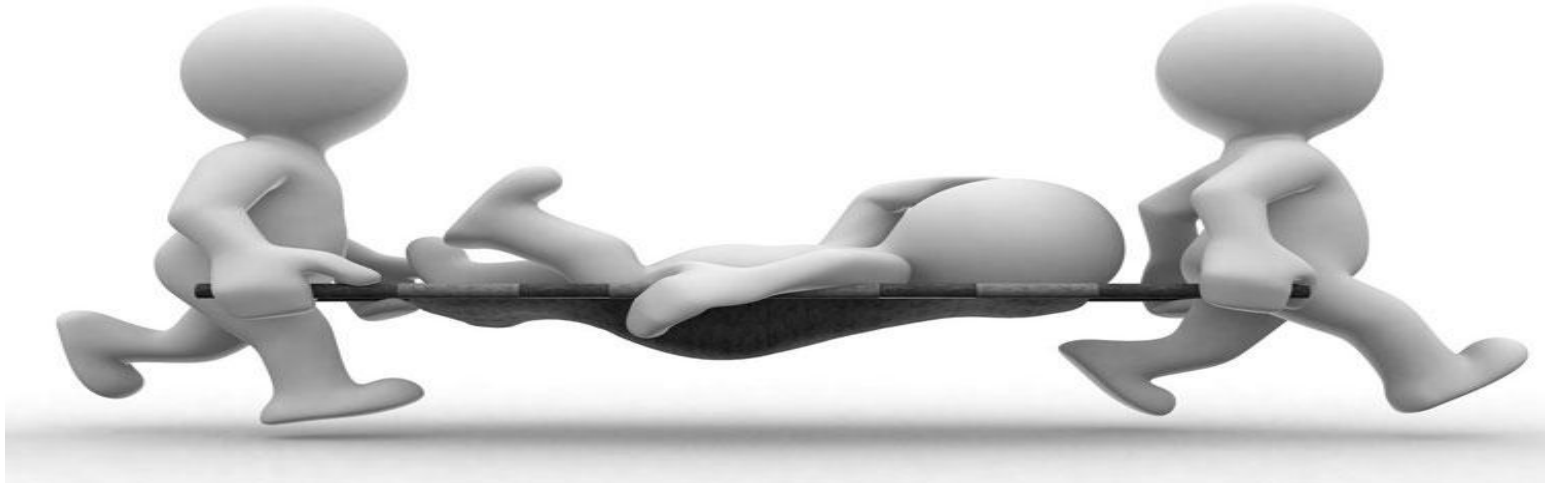
- ***Purpose:*** To give an idea of the health concept, components, factors that influence the health of the population.



According to the WHO Constitution,  
*"health* is a state of complete physical, mental and social well-being, and not only the absence of disease and infirmity".

It includes 3 components:

- ***The physiological component*** is a high performance and resistance to disease. The basis of this is the normal operation of all organs and systems of the body;
- ***Psychological component*** - self-confidence, based on the ability to control your feelings and thoughts;
- ***A moral component*** - the desire and ability to manage one's own health and build one's behavior without compromising the well-being of others.



## *Factors:*



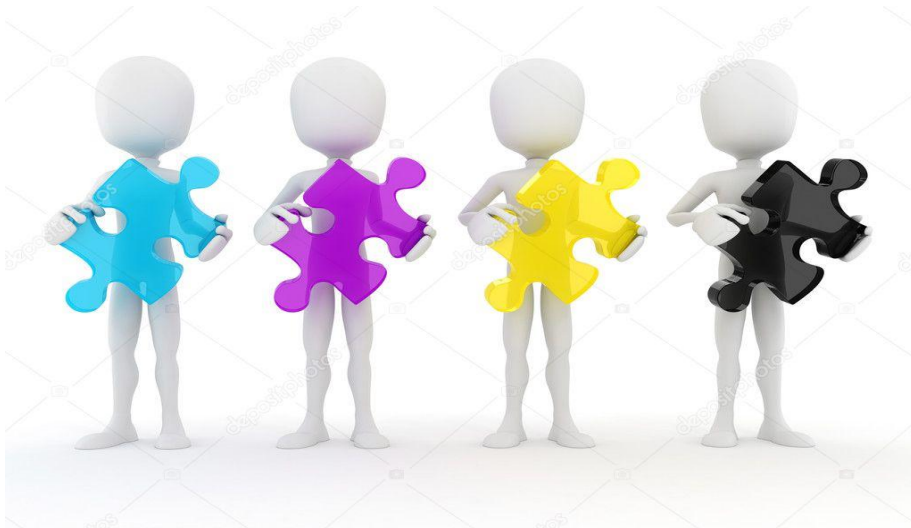
- biological (heredity, type of higher nervous activity, constitution, temperament, etc.) (15-20%);
- Lifestyle (50%) ;
- natural (climate, landscape, flora, fauna, etc.);
- state of the environment (15-20%);
- socio-economic;
- level of development of public health services (10%).



## *Factors ensuring diseases*

Experts WHO in the 80 years of the XX century determined the approximate ratio of various factors of the health of modern man, highlighting as the main four derivatives. Subsequently, these conclusions were confirmed in principle and applied to our country as follows (in parentheses, WHO data):

- genetic factors - 15-20% (20%)
- the state of the environment - 20 - 25% (20%)
- medical care - 10-15% (7 - 8%)
- conditions and way of life of people - 50 - 55% (53 - 52%).



## *Control questions:*

- 1. What is health?
- 2. What components does health include?
- 3. What factors determine the health of people?
- 4. What percentage of factors that are attributable to health effects are distributed by WHO?
- 5. What is a healthy lifestyle?
- 6. How to form a healthy lifestyle? What are the main factors of its structure?





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# Healthy lifestyle - a way of preserving and improving human health.

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***Purpose:*** To give an idea of the concept of a healthy lifestyle, the structure, formation and motivation of a healthy lifestyle.



A *healthy lifestyle* is a way of life, aimed at preserving and improving people's health. A healthy lifestyle is promoted by:

- physical exercises;
- hardening;
- massage;
- proper nutrition.

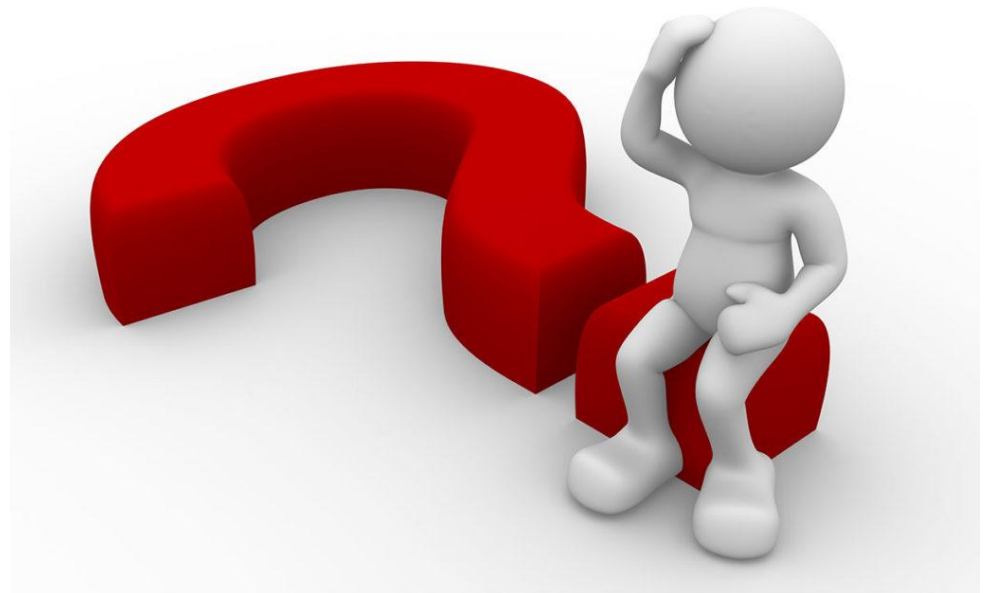


## *Structure of HLS:*

- Rational organization of labor / training activities;
- Correct mode of work and rest;
- Rational organization of free time;
- Optimal motor mode;
- Balanced diet;
- Compliance with personal hygiene, hardening;
- Compliance with the norms and rules of psycho-hygiene;
- Sexual culture, rational family planning;
- Prevention of autoaggression;
- Control over your health.

## *Control questions:*

1. What is a healthy lifestyle?
2. What promotes a healthy lifestyle?
3. What structure includes a healthy lifestyle?
4. How to form and motivate a healthy lifestyle?







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The quality of life. Basis of measurement of quality of life.

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***Purpose:*** To give an idea of the concept of quality of life, the principles of evaluation, the main aspects of quality of life according to the WHO.



Initially, the term "*Quality of Life*" was proposed in sociology, and only after that it is extended to medicine. Based on the definition, the *quality of life* characterizes not only the state of the individual, but also his attitude to this state, proceeding from the opportunities that society provides to him and which he accepts as given.



***WHO identifies six main aspects of the quality of life:***

- Physical sphere - strength, energy, fatigue, pain, discomfort, sleep, rest;
- Area of psychology - positive or negative emotions, thinking, learning, concentration, self-esteem, appearance, experiences;
- The level of independence, independence - mobility, daily activity, working capacity, dependence on drugs, treatment or someone else's care;
- Social relationships - personal relationships, the social value of the subject, sexual activity, social support;
- Environment - well-being, security, life, security, accessibility and quality of medical and social security, access to information, the opportunity to gain knowledge and improve skills, leisure, ecology;
- Personal views, spirituality - personal and religious beliefs, the search for the meaning of life.

*The standard of living* is the level of the well-being of the population, the consumption of goods and services, the totality of conditions and indicators that characterize the measure of satisfaction of the basic vital needs of people. The main indicators (indicators) of the standard of living are:

- income of the population;
- housing;
- health;
- education;
- culture;
- recreation and tourism;
- real estate and availability of durable goods;
- food;
- demographic trends;
- security.



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The algorithm of planning and implementation of preventive measures.



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***Purpose:*** To give an idea of the planning and implementation of preventive measures by age.



- **Screening** is a study of a population group in order to identify pathologies and diseases in the early stages or a possible risk.
- **Adults** are screened to confirm or disprove such diagnoses as cancer, diabetes, HIV, hepatitis, eye and cardiovascular diseases.
- In **children**, especially newborns, the hearing is checked, the presence of common abnormalities in the thyroid gland, liver, gastrointestinal tract, adrenal and enzyme deficiency.
- Screening for **pregnancy** is called prenatal. This test reveals defects in the fetus in the womb.
- **Genetic** screening in the first trimester is conducted to find out if the child has Down syndrome or Edwards syndrome.



## *Methods of screening:*

- Ultrasound;
- Magnetic resonance tomography;
- Blood test;
- Mammography;
- Computed tomography;
- Colposcopy, etc.

## *Instrumental screening includes:*

- Ultrasonography;
- Electrocardiography;
- Electroencephalography;
- Radiography and others.

## *Screening preventive examinations by age:*

- 1) Screening for early detection of diseases of the circulatory system (arterial hypertension, ischemic heart disease) and diabetes mellitus (men and women aged 18, 25, 30, 35, 40 years, 40 to 64 years - every 2 years, not included in the dispensary records for these diseases);
- 2) Screening for early detection of glaucoma (men and women aged 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70 years old, not on dispensary accounting for glaucoma);
- 3) Screening for early detection of premalignant and neoplastic diseases of the mammary gland (women aged 50, 52, 54, 56, 58, 60 years who are not on dispensary for breast cancer);
- 4) Screening for early detection of premalignant diseases and cervical cancer (women aged 30, 35, 40, 45, 50, 55, 60 years who are not on dispensary for cervical cancer);

- 5) Screening for early detection of premalignant and tumorous diseases of the colon and rectum (men and women 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70 years old, not registered for polyposis, cancer thick and rectum);
- 6) Screening for early detection of esophageal cancer and stomach cancer (men and women 50, 52, 54, 56, 58 and 60 years of age who are not registered for esophageal cancer and stomach cancer):  
esophagogastroduodenoscopy
- 7) Screening for early detection of liver cancer includes (men and women who are on dispensary account for cirrhosis of the virus and non-viral etiology): blood is withdrawn from the vein to determine the level of alpha-fetoprotein by immunochemical / enzyme immunoassay;  
ultrasound of the liver
- 8) Screening for early detection of prostate cancer (men aged 50, 54, 58, 62 and 66 years who are not on dispensary for prostate cancer)



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