

3 LEVELS OF PREVENTION

Knowing which level of prevention you are helps to determine the process of the wellness plan.

Primary Prevention

An intervention implemented before there is evidence of a disease or injury.

.....
Reduces or eliminate causative risk factors (risk reduction)

.....

Good health habits

Diet and Exercise

Smoking cessation

Vaccinations

Behavior Management

Secondary Prevention

An intervention implemented after a disease has begun, but before it is symptomatic.

.....

Early identification (through screening) and treatment

.....

Testing: Mammogram, Colonoscopy
Screening: diabetes, cardiovascular disease, or other disease

Implement early changes to decrease any long term effects and possibly eliminate the disease process all together.

Tertiary Prevention

An intervention implemented after a disease or injury is established.

.....

Prevent sequelae (stop disease process from getting worse)

.....

Already have a chronic disease like diabetes or hypertension.

Measures are taken to reduce the impact of the chronic disease.

For example keeping glucose and blood pressure under control, reducing the risk of comorbidities.

Prevention Effectiveness

Xiang Xie



Prevention Effectiveness:

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