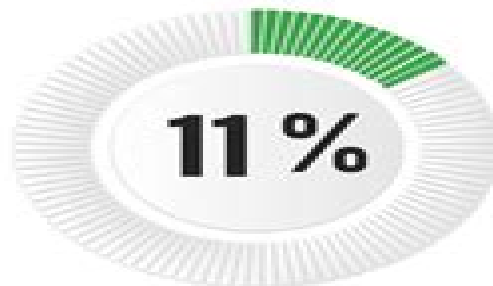


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Fewer ER visits



Reduced
healthcare cost



Decline in
chronic diseases

3 ways doctors can influence preventive care

Regular health screening

Promote healthy lifestyle

Timely vaccination & immunization

3 patient strategies to preventive care

Monitor vital metrics

Maintain balanced diet

Learn about family health history

**Preventive Care: The route to financial
& physical wellness.**

Preventive Medicine Benefits 2025

Elizabeth A. Swanson



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Preventative Medicine: Nutritional and Lifestyle Interventions for Healthy Ageing and Chronic Diseases Faith Kwa ,Macarena Lozano-Lorca,2026-01-07 With an exponential growth in the ageing population globally there is an urgent need to seek holistic ways to facilitate healthy ageing and manage chronic diseases to relieve the consequences of significant socio economic and personal burdens Efforts should therefore focus on prevention However this requires a multidisciplinary approach involving healthcare providers communities and individuals Healthcare providers play a paramount role in educating individuals to adopt a healthy lifestyle prescribe medications or recommend supplements Communities are also essential in providing that needed support network for individuals and patients Despite the important role of these healthcare and community stakeholders it is pivotal for individuals to develop a routine of self care and self management through the practice of healthy lifestyle choices and behaviours starting from their early years These health interventions include but are not limited to adequate sleep physical activity healthy diets and the intake of nutritional supplements This Research Topic aims to report the efficacy and mechanisms of action of lifestyle and or nutritional interventions that promote healthy ageing or prevent the occurrence or progression of chronic disease in pre clinical and clinical studies Such literature will provide the evidence to inform healthcare providers communities individuals and patients with chronic disease and to drive health policies and practices that will promote healthy ageing and improve the quality of life for all We welcome original research clinical in vitro and in vivo studies review articles and meta analyses on lifestyles including diet physical activity sleep chronic diseases and healthy ageing We welcome papers on topics including but not limited to Mechanism of action of novel bioactive agents nutritional supplements or naturally occurring compounds present in the diet Relationship between dietary patterns food groups foods or specific nutrients chronic diseases and healthy ageing Combined effects of diet and sports physical activity for the prevention of these diseases Intersections between nutrition and sleep quality sleep duration chronotype and sleep patterns The research presented should describe the mechanisms of actions and or clinical biomarkers involved in the efficacy of the various interventions used to foster healthy ageing and or manage chronic diseases The clinical significance of the data must also be addressed Submissions that do not fulfil these requirements will not be considered for review and publication

Health Promotion and Disease Prevention for Advanced Practice:

Integrating Evidence-Based Lifestyle Concepts Loureen Downes,Lilly Tryon,2023-09-29 As healthcare shifts from fee for service to value based care clinicians need to be adequately prepared to provide evidence based and cost effective preventative care using an interprofessional approach This textbook emphasizes an evidence based approach to health promotion and disease prevention by applying environmental behavioral and motivational concepts to the management of health problems related to lifestyle behaviors *Kinn's Medical Assisting Fundamentals: Administrative and Clinical Competencies with Anatomy & Physiology - E-Book* Brigitte Niedzwiecki,2026-02-06 Master the clinical and administrative

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Analyzing Current Digital Healthcare Trends Using Social Networks Baral, Sukanta Kumar,Goel, Richa,2024-04-05 In the world of digital healthcare a critical issue looms large demanding the immediate attention of academic scholars The convergence of developing medical technologies innovative digital solutions and intricate healthcare structures has set the stage for a seismic transformation However the understanding of this evolving landscape remains inadequate and the urgency to decipher these intricacies has never been more pressing As we witness the rapid expansion of mobile based digital healthcare a fundamental problem becomes evident a lack of comprehensive research on the industry s structure and dynamics This gaping void in knowledge is the challenge that *Analyzing Current Digital Healthcare Trends Using Social Networks* undertakes with groundbreaking academic rigor This book is a key resolution to this overarching problem and it is meticulously designed to serve academic scholars seeking to unravel the intricacies of the digital healthcare ecosystem By delving deep into the web of stakeholders industry specific challenges and regulatory frameworks it provides a comprehensive analysis that is long overdue Extensive use of research articles case studies and empirical evidence serves as a compass to navigate the complexities of digital healthcare The ultimate goal is to empower academic scholars with knowledge bridging the gap between theory and practice

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