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Human Biology

October 4, 2010

### How Can We Prevent Diseases

There are thousands of diseases out in the world that can infect us. Some are worse than others. Some diseases can lead to death, while others might just give us a small cough. No one enjoys being attacked by any kind of disease. Scientists and doctors work at all hours of the day trying to find cures or vaccines for certain diseases. There are several ways to prevent ourselves from being infected with diseases. The most important preventable things we can do are to know our family history and to live a healthy active lifestyle.

When we go in to see a doctor, they usually give us a sheet to fill out. Most times, on this sheet, they want to know our family history. They want to know if anyone in your family has suffered from various types of diseases. If people in our family have been exposed to certain diseases, then we ourselves can be susceptible to those diseases as well. Doctors will screen us early to make sure we do not inherit the same diseases our relatives may have had, or still does have. (Claassen) Screening early for diseases is a great way to prevent them. Our family history is very important. Knowing our family history can also motivate us to live a healthy active lifestyle.

People with family history of heart disease or cancer should do these things. They should stay away from smoking. Smoking is the number one preventable cause of death. (AGS)

Smoking can lead to heart disease and cancer. Eating healthy can also reduce our chances of disease. People should try to eat low fat diets. This can prevent high blood pressure, which leads to heart disease. Screening and blood tests should be given to people with a family history of cancer. Diagnosing diseases early can help them from spreading and becoming serious. Doctors will know to screen early by checking your family history.

Another important way to prevent diseases is to get exercise. It is important to get exercise and stay fit. People do not need to get a lot of exercise. In older people it is recommended that they walk for at least 30 minutes per day. (AGS) Walking and exercise in itself is very inexpensive. Many people do not realize the benefits of exercise. It does not just give you a good looking body. It can help strengthen your immune system. A strong immune system will fight off diseases trying to attack the body. Staying active can prevent these diseases as well as keeping a good mental health.

Living active lifestyles will help prevent a person from heart disease. Eating a healthy diet will lead to low cholesterol. Low cholesterol will prevent heart disease. Knowing your family history will help doctors to diagnose any problems a person may have. Smoking is the number one preventable cause of death. A person who does not smoke is much more likely to be without disease, than someone who does smoke. These are all very simple ways to help prevent diseases. People just need to know their family history, know what they put into their bodies, and stay active.

## Works Cited

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