



Prevention and Rehabilitation of Chronic Diseases

THE DEAD SEA PERSPECTIVE



«På spor av et friskere liv!»

FOLKEHELSEMØTE

Mandag 17. juni kl. 18.00
LHL Sykehuset, Gardermoen

The background of the slide is a wide-angle photograph of a coastal town. The town is built on a hillside overlooking a large body of water, likely the Dead Sea. The water is a pale, milky blue-green color. In the distance, there are brown, rocky mountains under a bright blue sky with scattered white clouds. The overall scene is bright and clear.

Helsefremming som en nødvendighet

Marco Harari, MD

**LHL SYKEHUSET
GARDERMOEN**

Mandag 17 juni 2019

Why Prevention in 2019?

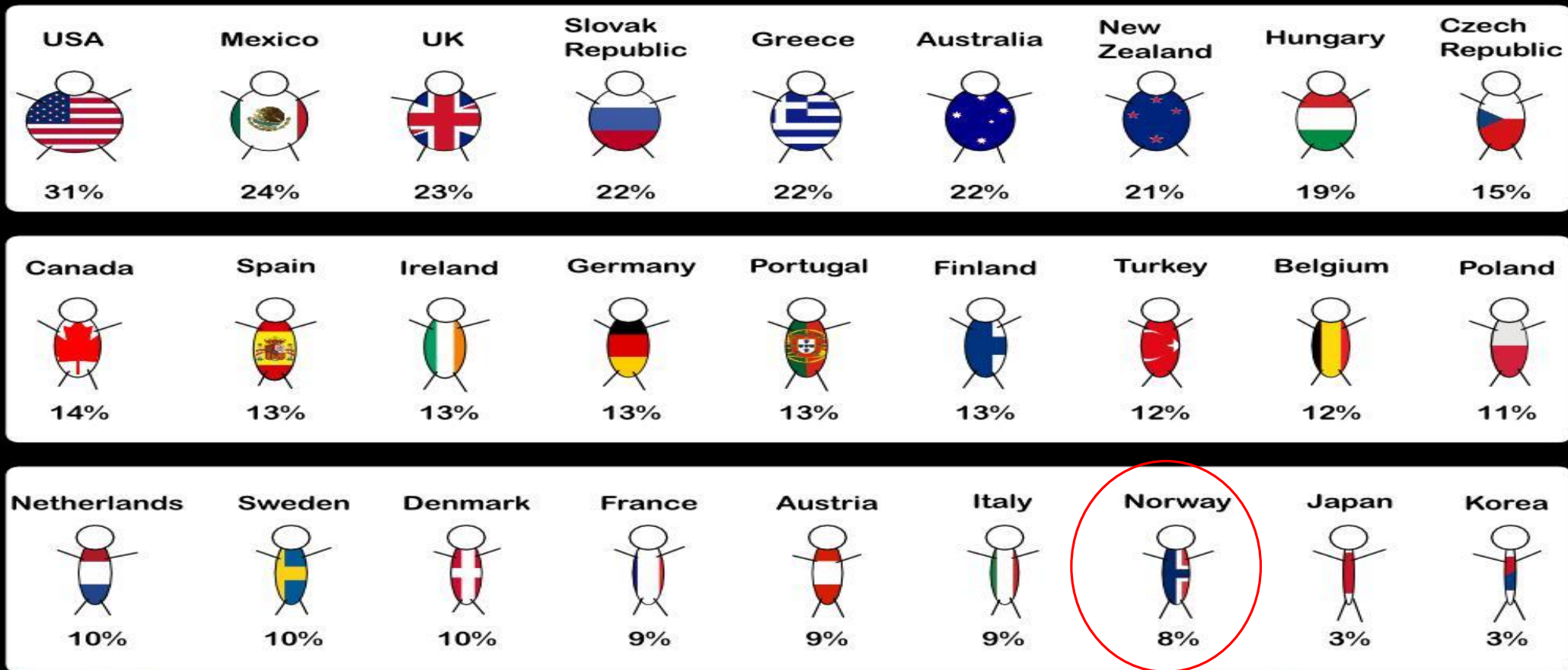
Rates of cigarette smoking are falling...

But:

- More people are **drinking** heavily
- Only a minority of adults **exercise** often enough to maintain good health
- **Obesity** rates have greatly increased over the last 20 years
- **Chronic Pain** and their addictions more present
- And...

These issues can be prevented/delayed by lifestyle changes

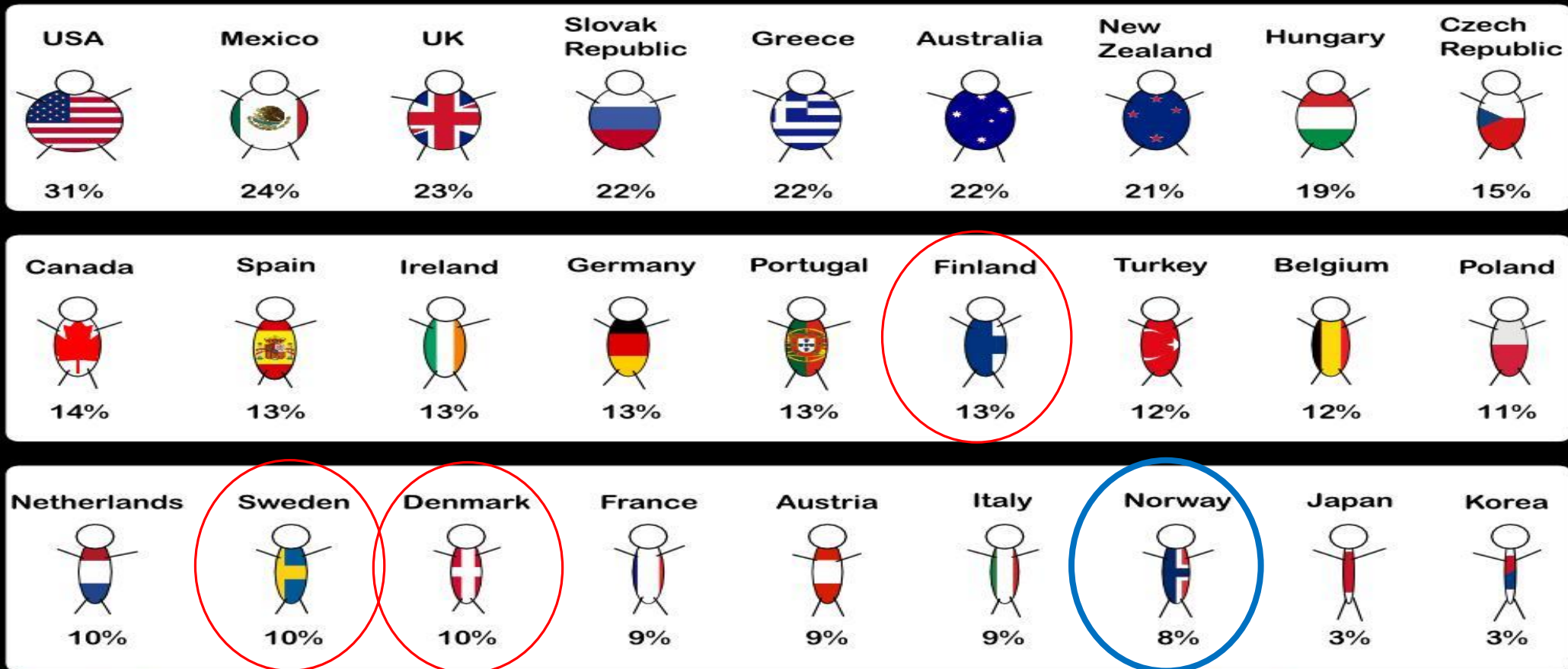
OBESITY: The percentage of the population older than 15 with a body-mass index greater than 30.



Data taken from: <http://en.wikipedia.org/w/index.php?title=Image:Bmi30chart.png&oldid=107854217>

Drawing by: <http://www.WellingtonGrey.net>

OBESITY: The percentage of the population older than 15 with a body-mass index greater than 30.



Data taken from: <http://en.wikipedia.org/w/index.php?title=Image:Bmi30chart.png&oldid=107854217>

Drawing by: <http://www.WellingtonGrey.net>

Why do we need to Promote Mental Health?

Mental health promotion remains the most underdeveloped area of health promotion

Even though there is an increasing recognition that:

“there is no health without mental health”

Health in Norway - 2018

REPORT

2018

PUBLIC HEALTH REPORT – SHORT VERSION

Health Status in Norway 2018

Health status of the population in 2018 is generally good

Life expectancy : **84.3 years for women and 80.9 years for men (2017)**

The 2 main causes of death: **cardiovascular disease & cancer**

In younger age groups, the number of deaths is low

Every year, around 600 people commit suicide; half before 50 years

Relatively high number of drug-induced deaths: 260 per year

Deaths due to road traffic accidents have fallen considerably

Disability and Reduced Health

The main causes of disability and reduced health are:

1. **Musculoskeletal disorders**
2. **Mental disorders**
3. **Cardiovascular diseases**
4. **Cancer**

Mental disorders: early age of onset & prolonged trajectory

Over any one year, 1 in 5 adults will be afflicted by a mental disorder, with **anxiety and depression being the most prevalent**

Among the under 75s: 6% of the population take antidepressants

Health and Diseases

Non-communicable diseases such as **diabetes**, **COPD** and **dementia** also weigh heavily in the burden of diseases

An increasing number of people live with diabetes, but there are signs that the number of new cases is levelling off

Many people still insufficiently physically active and consume too much sugar

Incidence of obesity in adults is increasing

Smoking and Drinking

Smoking has decreased, but more than 10% of the adult population still smoke on a daily basis

Lung cancer continues to increase among women and is responsible for most smoking-related deaths

Over the age of 15, per capita alcohol consumption in Norway is on average nearly seven liters per year

Men drink approximately twice as much as women

Alcohol use is declining among adolescents and young adults

Life and Chronic Diseases

As life expectancy increases:

- more persons are living longer
- with one or more **chronic diseases**
- **prescription drug consumption is high**

Prevention of Diseases Health Screening Education

Short Introduction on Practice of Health Promotion

Marco Harari, MD

Why Prevention ?

Prevention is

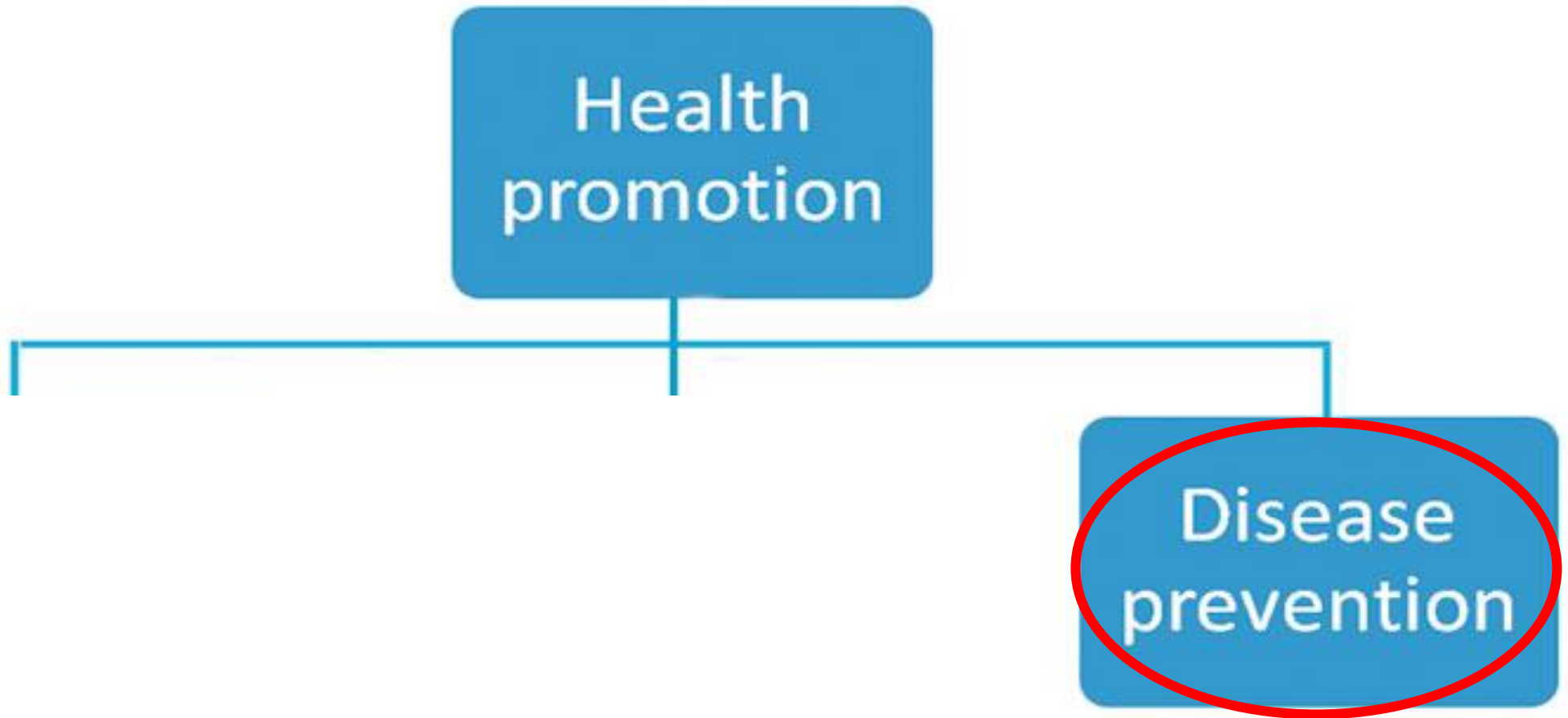
Simpler, Easier and Cheaper than Cure



Why Prevention ?



Health Promotion Programs



Many tips and Counselling

The Formula for Good Health



0

Cigarettes



5-10

Servings of fruits & vegetables per day



10

Minutes of silence, relaxation, or meditation per day



30

Body Mass Index < 30 kg/ m²



150

Minutes of exercise per week (e.g., brisk walking or equivalent)



Talk to your health care team about the

ABCs



Aspirin
when
appropriate



Blood
pressure
control




Cholesterol
management



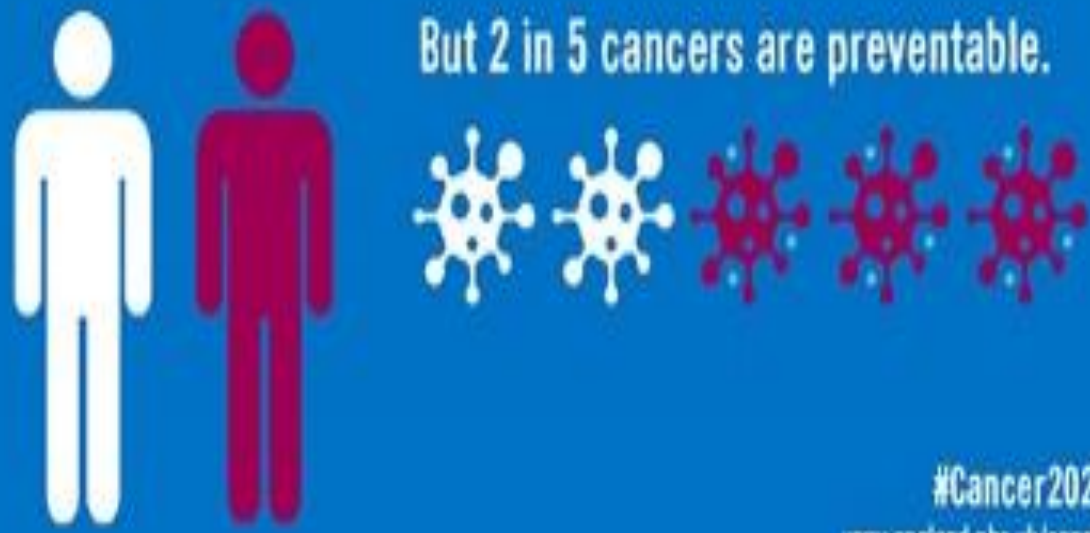
Smoking
cessation

Many tips and Counselling

One in two people will be diagnosed with cancer.



But 2 in 5 cancers are preventable.



#Cancer2020
www.england.nhs.uk/cancer

9 Easy Ways to Reduce Your Cancer Risk

-  Eat a heart-healthy diet.
-  Limit your alcohol intake.
-  Be physically active.
-  Don't smoke – or use any form of tobacco.
-  Make your home smoke-free.
-  Avoid too much sun and use protection.
-  Breastfeed to reduce mother's cancer risk.
-  Ensure your children get hepatitis B and HPV vaccines.
-  Take part in cancer-screening programs.

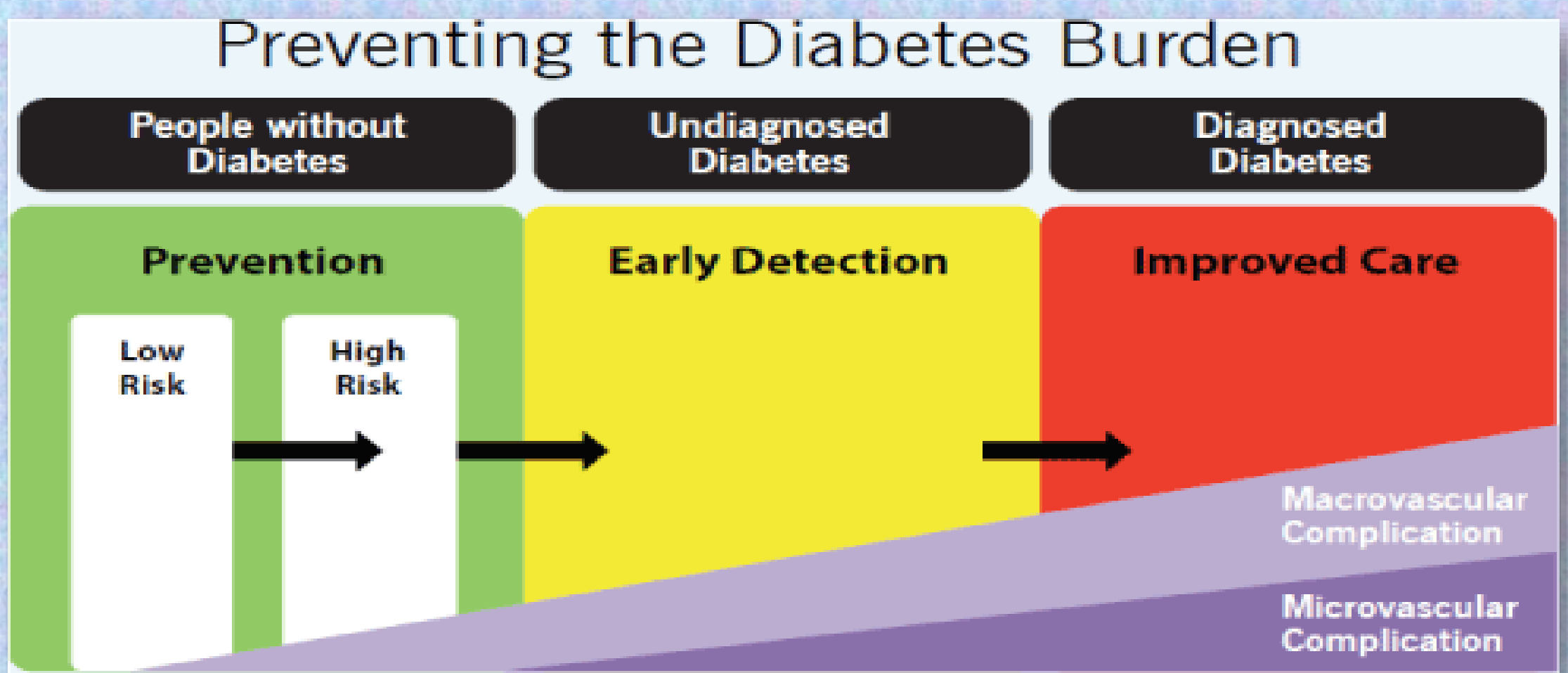
Source: World Health Organization

#worldcancerday

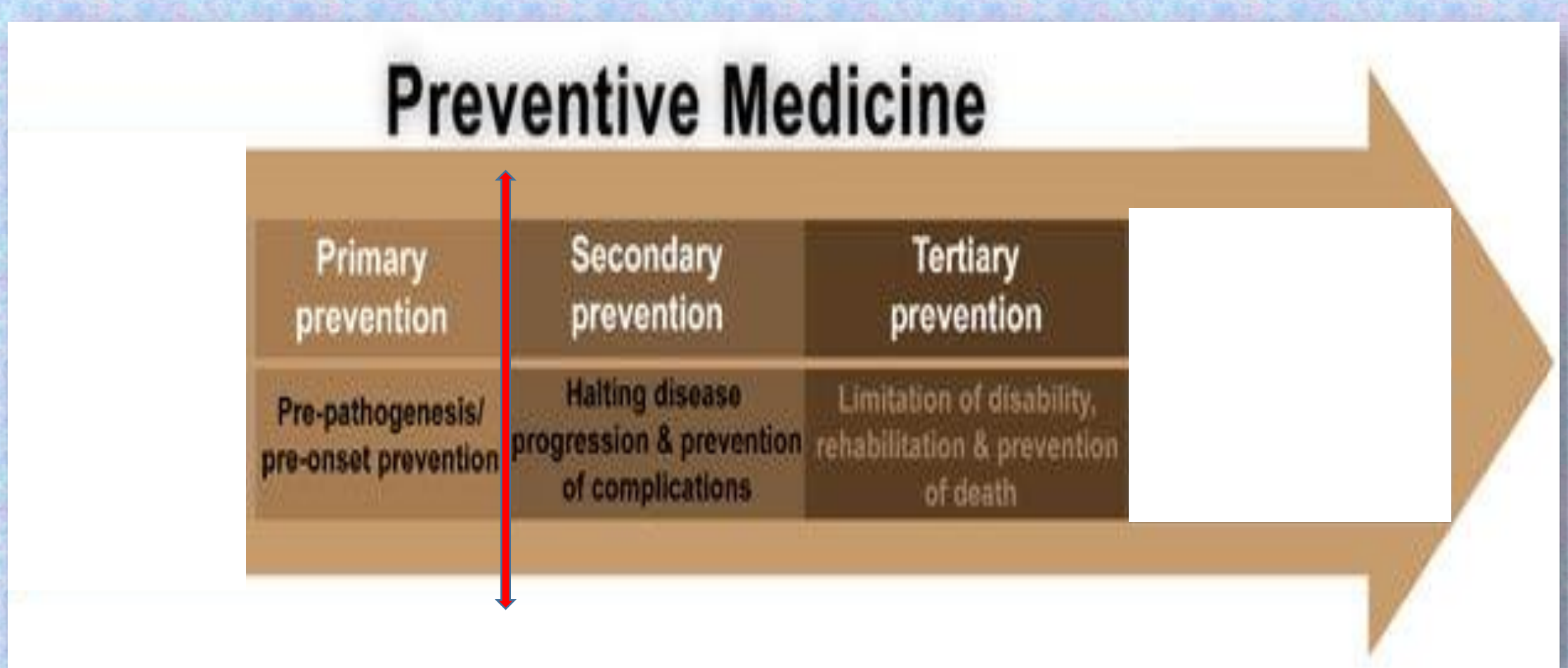
Brought to you by: 

An Example of Prevention: Diabetes Care

Classical Prevention Levels



The 3 Levels of Disease Prevention



The 4 Levels of Disease Prevention



Preventive Medicine

BEFORE DISEASE

Primordial prevention

Prevention of emergence of risk factors

Primary prevention

Pre-pathogenesis/
pre-onset prevention

Secondary prevention

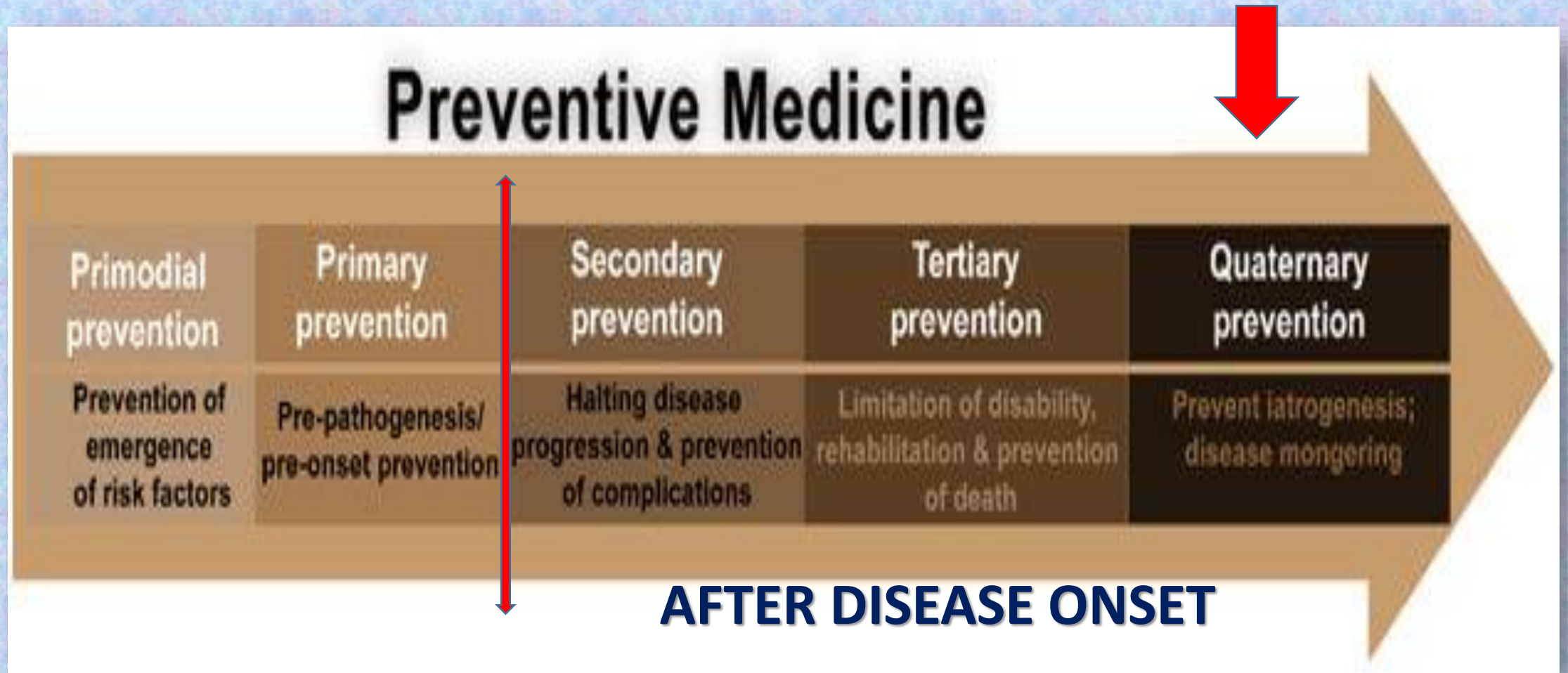
Halting disease progression & prevention of complications

Tertiary prevention

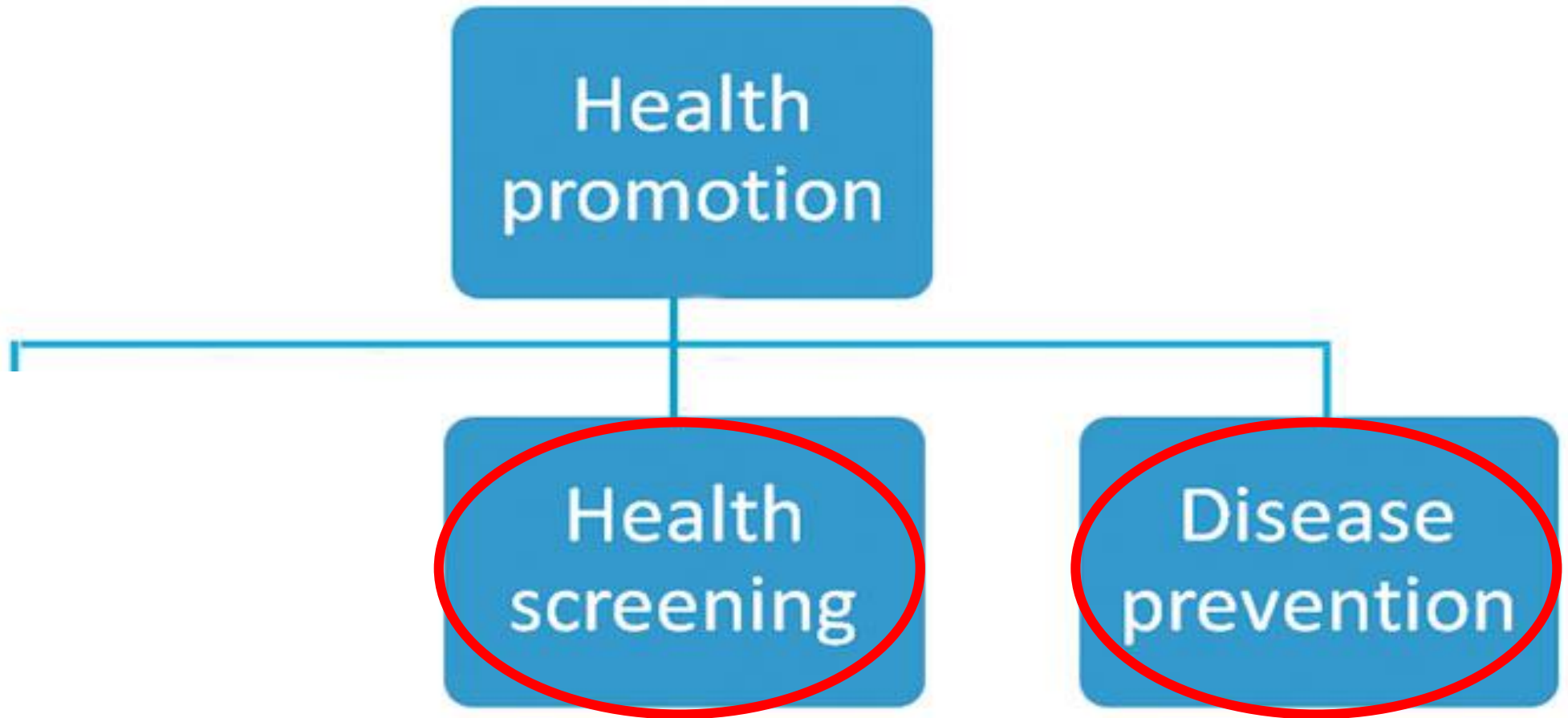
Limitation of disability, rehabilitation & prevention of death



The 5 Levels of Disease Prevention



Health Promotion Programs



Prevention versus Screening



Prevention versus Screening



It's important not to confuse
diagnostic tests with
preventive care.

PREVENTIVE CARE

is

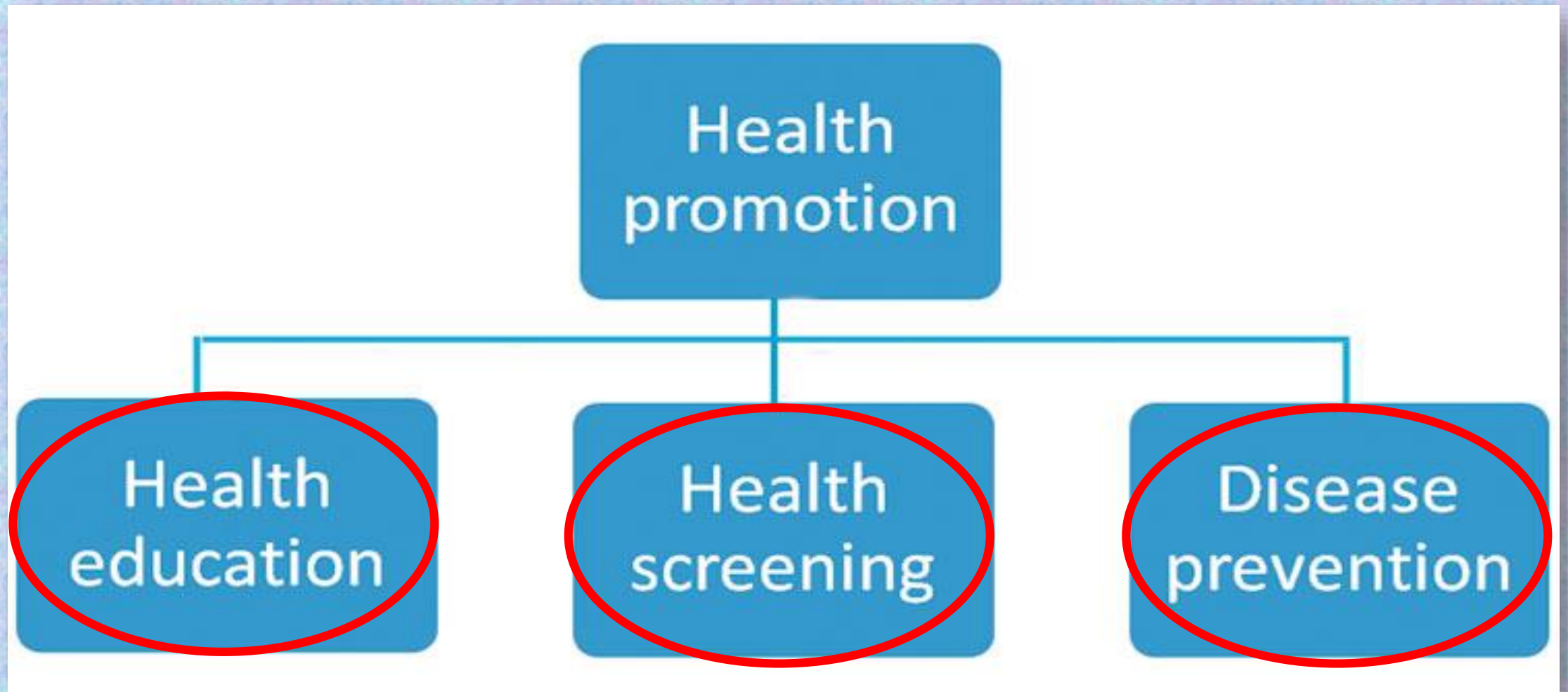
YOUR
HEALTHCARE
PRACTICE

that

YOU PARTICIPATE
in EVERY DAY
of
YOUR LIFE.

WWW.TRUEWELLNESSGROUP.COM

Health Promotion Programs





An example of
HEALTH PROMOTION
PROGRAM IN MEDICAL
PRACTICE

Marco Harari, MD

Health promotion program

- o An 68-year-old woman comes to the office for a routine visit
- o She is diabetic, and hypertensive

What is the health promotion program you should recommend?

PRIMARY ASSESSMENT

**Assess patient current status and needs by history,
asking about:**

- o Healthy life style
- o Regular check up by physician
- o Vaccination, chemoprophylaxis
- o Screening

PRIMARY PREVENTION

Counselling life style modifications:

- o **Diet:** (low salt, high protein, low carbohydrate, low fat, vegetables, fruits)
- o **Physical activity** (aerobic 30 min 5 times)
- o **Safety** and injury prevention : PN
- o **Smoking** cessation
- o **Dental care**

PRIMARY PREVENTION

Immunization

- o Influenza
- o Pneumococcal pneumonia

Chemoprophylaxis

- o ASA to prevent MI
- o Calcium (1200mg) and vitamin D (1200IU) to prevent osteoporosis
- o Omega-3 fatty acids to prevent MI, stroke

SECONDARY PREVENTION

Screening for common diseases: Annually

- o Obesity or malnutrition
- o Visual deficits
- o Hearing impairment
- o Cognitive assessment
- o Mood assessment
- o Skin examination
- o Glaucoma screening
- o Home safety

SECONDARY PREVENTION

At least once

- o DEXA
- o TSH

Screening for Malignancies

- o **Breast:** mammography/ 2-3 years and breast self examination/month till 74 y
- o **Colorectal:** Annual FOBT and/or flexible sigmoidoscopy every 3-5 years or colonoscopy once
- o **Cervical cancer:** no screening because Cut-off after 65 with history of normal smears

TERTIARY PREVENTION

Tight control of:

- o Blood pressure
- o Hb A1c
- o Dyslipidemia

Prevention of:

- o Diabetic complication
- o Proteinuria
- o Stroke
- o IHD
- o Diabetic Foot
- o Aneurysm rupture

TERTIARY PREVENTION

Screen for diabetic complication annually

- o Foot assessment
- o Nephropathy
- o Retinopathy
- o Neuropathy

TIDEN ER OVER





Thank you!