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## Health Education and Preventive Health Check ups

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### Commentary

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### ABSTRACT

Health education and preventive health checkups are interlinked which helps in reduction of diseases. Public health sector in state health services is striving hard to improve Health education. Educational institutions and health professionals in private sectors also should take a forward step to conduct health education camps. Health education improves preventive health checkups which further increases chances of preventing dangerous diseases.

### INTRODUCTION

Level of functional or metabolic efficiency of a living organism is called Health. The diagnosis, treatment, and prevention of disease, illness, injury, and other physical and mental impairments in human beings come under Health care. The profession of educating individuals and communities about health and its improvement is called Health education. Epidemiology, school hygiene, occupational hygiene, food hygiene, environmental hygiene and radiation hygiene are five major disciplines included in public health education [1-7]. In this competitive world people ignore their health until they are compelled to confront a medical complication. Most health problems (disease and disability) can be managed with Preventive Health Checks [8-14].

### DISCUSSION

Preventive Health Checks, exams and tests can help find problems before they start. They also can help find health disturbance early, when there is better chance to treatment and cure [15-22]. The type of health checkup and screenings you need depends on your age, health and family history, and lifestyle choices such as what you eat, how active you are Preventive Health Checks are classified as Primary prevention, Secondary prevention, and Tertiary prevention [23-34].

Implementation of public health programs in global terms is urgent, including training healthcare professionals and technological innovation as crucial items to develop control over diseases and/or to create solutions for orphan diseases [35-44].

For neglected Preventive Health Checks, the conceptual summary is that they are connected with scenarios of poverty, precarious life conditions, as a consequence of profound socio-economic inequalities, as a historical condition of poor countries and it reflected with significant impact on the health of populations [45-54].

Researchers have found that healthcare professionals, community leaders and representatives of resident associations to take part in such health education events to spread qualified information, to discuss and develop collective proposals, to spread that information and promote preventive actions [55-66].

Herbal and Allopathic concomitant usage is more now a days not just because of lack of knowledge it is also because of unqualified health education. Individuals who self-medicate with herbs and health professionals with insufficient clarity on the herbal medicine are victims of improper health education [67-76].

## CONCLUSION

Public health sector in state health services would be a desirable and welcome step to improve Health education. In some state government, public health sectors are available but they are running unsuccessful for the want of trained public health staff. Health education improves preventive health checkups which further increases chances of preventing dangerous diseases.

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