



Disease Prevention and Management

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Nearly half of all US adults have at least one chronic disease. Most chronic diseases such as heart disease and type 2 diabetes are preventable. Preventing chronic disease is not only beneficial for your health but can also save you money on medical expenses.

The burden of chronic disease goes far beyond your physical health, it can also be a burden on your mental health and affect the quality of life you lead.

Common Chronic Diseases

Here are the most common chronic diseases faced by Americans:

- Heart disease and stroke
- Cancer
- Diabetes
- Arthritis
- Obesity

How to Prevent Chronic Disease

Lifestyle factors play a huge role in chronic diseases. The first step to prevent chronic disease is small, everyday changes.

- Stay away from food made with saturated fats, sugar and salt; eat more fruits, vegetables, whole grains healthy fats, and protein
- Be physically active for a total of 150 minutes a week; include both aerobic activities such as walking, jogging and swimming as well as muscle-strengthening activity
- Do not use tobacco products, or quit using tobacco products
- Consume alcohol in moderation; up to one drink per day for women, and two drinks per day for men

It's important to go to your doctor for regular exams and check-ups. Changes in your health could be symptoms of chronic disease.

Source: Centers for Disease Control and Prevention

Want To Know More?

If you are interested in learning about your risk for developing a chronic disease, schedule an appointment with your clinician. They will complete a health assessment and review your results.



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