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Synthesis Paper for Culminating Project

Preventive care is a medical service that helps people to prevent public health emergencies, like screening, counseling, and vaccination. In the United States, a lot of people are reluctant to take advantage of preventive measures because that they believe that taking preventive care is a waste of money. However, the truth is, doing preventive services could lower [the long-term cost](https://www.thebalance.com/preventive-care-how-it-lowers-aca-costs-3306074" \t "_blank) of disease management, improve people’s health conditions, even increase people’s lifespan. So people should make good use of preventive medicals rather than ignore them.

Preventive care can save a lot of lives by detecting diseases and reducing disease severity. In the article “Preventive Health And Public Health” published by Sam Macarthur, the author states that “70% of deaths in the United States result from chronic disease — and half the population has some kind of chronic illness such as cancer, diabetes, heart disease or AIDS.” In the other words, if chronic diseases could be avoided, more than half of people could be saved. By using this statement, the author shows if people could use preventive care to detect and treat chronic diseases, many deaths could be avoided and people could enjoy a healthier, more productive life. Susan Levine expresses a similar idea in the article “Health Care Industry Insights: Why the Use of Preventive Services Is Still Low.” She declares that “Chronic diseases, including heart disease, ... more than 1.7 million people receive a diagnosis of cancer.” By this, she means that there are a lot of people dying because of chronic diseases. She implies that if people don’t ignore preventive care, many diseases could be avoided and many lives could be saved. Both Sam Macarthur and Susan Levine believe that preventive care could help people to avoid chronic diseases and save a lot of lives.

For sick people, preventive care could help them to detect the disease and find a way to treat it. And for healthy people, it could increase their lifespan. Noorani Medical Center published an article “[Understanding the Importance of Preventive Health Care](https://nooranimedicalcenter.com/understanding-the-importance-of-preventive-health-care/" \t "_blank)” to show this point. In the article, the author argues that “Preventive care can drastically increase your lifespan because it allows you to catch things early and treat them much easier...like type 2 diabetes and heart disease.” This refers to preventive care that allows people to extend their lifetime and to have a more active life. It reflects that the author believes that preventive care is very important for people and its effects have been proved by experiments. This statement made by the expert makes the thesis that preventive care could be very beneficial to be more convincible. And Jamie Ducharme states that “prevention is often called the best medicine ...improve their quality of life and help them to live longer” in the article “improve their quality of life and help them to live longer.” In other words, prevention is the best way to make people have a longer lifespan. By this, he concludes that if people do preventive care regularly, they could have a healthier lifestyle and live longer. His conclusion is quite similar to the idea of researchers in Noorani Medical Center. They both agree that preventive care is one of the best ways to increase people’s lifespan.

There are many sources assuring that preventive care could be beneficial for people, it could not only help people to avoid diseases but also increase their lifespan. So it is important that people are paying attention to it and stop ignoring it. By using preventive care, people could have a happier and better life and the overall death rate could be lowered significantly.

Work cited

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