

IMPROVING PROPHYLAXIS MEDICINE - A NEED OF THE TIME.

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Abstract: This article discusses the need to improve the preventive medicine system, its current social significance, its role in ensuring public health, and the measures taken by the state. It also analyzes the role of preventive work in forming a healthy lifestyle among citizens on a scientific basis.

Keywords: Preventive medicine, healthy lifestyle, screening, medical service, public health, disease prevention, health care.

INTRODUCTION

Today, systematic work is being carried out to strengthen the preventive approach in the field of medical services, early detection and prevention of diseases. The World Health Organization (WHO) also promotes prevention as the main direction of modern medicine. This approach proves that preventing diseases is much more effective and economically efficient than treating them.

The essence and relevance of preventive medicine

Preventive medicine is a systematic activity aimed at maintaining people's health, preventing the development of diseases, and forming a healthy lifestyle. It consists of three levels:

- Primary prevention - promoting a healthy lifestyle, reducing factors that cause the disease;
- Secondary prevention - early detection and timely treatment of the disease;
- Tertiary prevention - alleviating the condition of people living with chronic diseases, preventing relapses.

Reforms in the field of preventive medicine in Uzbekistan

In accordance with the presidential decree of October 30, 2020, from January 1, 2021, systematic screening examinations have been introduced for citizens aged

40 and older to determine the risk of diseases such as cardiovascular disease, diabetes, stroke, and hypertension.

Also, "Centers for Supporting a Healthy Lifestyle and Increasing Physical Activity of the Population" have been established in district and city central polyclinics, where medical and preventive services (consultation, examination, instructions on healthy nutrition, etc.) are provided.

In our country, societies promoting a healthy lifestyle have been established with the participation of volunteers, including retired doctors, teachers, and intellectuals.

The role of information technologies in preventive medicine

In modern times, the introduction of digital technologies into the healthcare system ensures the rapid and accurate provision of medical and preventive services. A single interactive system is being developed to monitor the health of the population. Through this system, information about the health of each citizen will be maintained in electronic form, and risk factors will be identified at an early stage.

Cooperation with the public and the media

The media play a significant role in promoting a healthy lifestyle. The organization of special programs such as "Health Hour" on central and regional TV channels increases medical knowledge among the population. This forms a preventive culture, and people will think more about a healthy lifestyle, not about diseases.

Preventive medicine plays an important role not only in the fields of healthcare and public health, but also in corporate health and insurance systems. Specialists who have acquired knowledge and skills in this area will have the opportunity to advance and achieve success in their professional activities.

In the medical field, preventive methods reduce the pressure on healthcare systems by preventing chronic diseases and promoting a healthy lifestyle. This, in turn, helps to improve patient health and improve the overall health of the

population. For insurance companies, preventive approaches create the basis for reducing costs and increasing customer satisfaction with services.

In the business environment, employers are increasingly realizing the importance of preventive measures in maintaining a healthy workforce. The introduction of wellness programs not only strengthens employee health, but also helps to increase labor productivity, reduce absenteeism due to illness, and create a healthy work environment.

The role and impact of preventive medicine in practice

In the health system, preventive medicine specialists, in collaboration with other medical professionals, develop and implement programs aimed at improving public health. They conduct screening examinations, conduct vaccination campaigns, and educate the population about preventive measures.

In the insurance industry, actuaries rely on information obtained from preventive medicine to determine the risk of disease and correctly set premium rates. Based on this information, they evaluate the cost-effectiveness of health care and participate in the development of optimal insurance policies.

Preventive doctors working in corporate health programs develop strategies to improve employee health. They assess health status, provide individual medical recommendations, and organize training and seminars on a healthy lifestyle. This allows employees to manage their own health.

The process of improving the skills of preventive medicine begins with an understanding of the basics of promoting health, choosing a healthy lifestyle, and preventing diseases. Recommended resources at this stage include online courses on the basics of health care, health education, and lifestyle. Recommendations from leading international organizations such as the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) are also important, as they provide practical guidance and evidence-based materials.

Those at the intermediate level can further expand their capabilities by acquiring in-depth knowledge of epidemiology, biostatistics, and health policy.

Internships in public health institutions or clinics, and participation in volunteer activities are also of great benefit. Advanced textbooks and professional conferences and seminars are also useful sources of knowledge and experience at this stage.

Those with advanced degrees can pursue residency programs in preventive medicine or specialize in the field by earning a certificate in the field. Furthering your knowledge through scientific articles, academic journals, and continuing education courses can help you stay up-to-date on the latest advances and research in the field of health care. In addition, working in interdisciplinary collaborations and holding leadership positions in public health organizations can also significantly enhance your skills and experience. Recommended resources include academic journals, professional organizations such as the American College of Preventive Medicine, and advanced training programs in health care management and leadership.

CONCLUSION

To summarize all the above, Preventive Medicine is the main foundation of the healthcare system. By improving it, it is possible not only to extend the life expectancy of citizens, but also to form a healthy society. Through reforms, social projects, technological solutions and cooperation with the public carried out by the state in this direction, the scope of medical and preventive services is expanding. This serves to reduce diseases through prevention and ensure a healthy future.

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