Reminder: You Control Your Health

Many chronic diseases and conditions are preventable.

March 5, 2018 By Kate Ferguson

In the United States, chronic diseases and conditions such as heart disease, stroke, cancer, type 2 diabetes, obesity, and arthritis are among the most common, costly and preventable of all health problems. This is because simple behavioral modifications can stave off these illnesses.

Yes, you read right. The causes for many of these health issues, such as lack of physical activity, poor nutrition, tobacco use and drinking too much alcohol, along with the suffering and early death that often accompany them, are yours to control.

According to the Centers for Disease Control and Prevention (CDC), it's key that we rethink our approach to health care. Screening at-risk populations can detect problems early and help individuals better manage existing diseases and their related complications.

Effective screening, says the CDC, requires eliminating health care disparities with coordinated strategies targeting people of all ages.

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