

The Need for Attention and Reoptimization of Preventive Medicine to Deal With the Coronavirus Epidemic Threats

Dear Editor,

According to the WHO, preventive medicine means empowering people to control the determinants of health at three levels of individual, community, and environmental, to achieve complete physical, mental, and social well-being.^[1] Preventive medicine has three components. This includes the following: guiding people to what they need to do to stay healthy, believing that the benefits of prevention outweigh the disadvantages, and finally believing that its recommendations are correct.^[2] Preventive medicine aims to eliminate the disease, either by preventing the disease or by stopping the disease and preventing its incidence.^[3] COVID-19 epidemic highlighted the importance of early diagnosis, action, and strengthening of public health systems, of which preventive medicine is one of the most critical tools to address such a need.^[4]

Although vaccination against Covid-19 is being performed worldwide, scientific evidence shows that some injectable vaccines are not completely safe and effective.^[5] For this reason, it is necessary to use preventive measures before contracting the coronavirus, including the use of masks, etc.

Due to the increasing threat of Covid-19 and the uncertainty of treatment and vaccination, an efficient, sensitive, and cost-effective solution is needed to improve health promotion by taking preventive measures and using preventive medicine. Preventive medicine is significant by implementing a set of health promotion strategies that can change the way a disease is controlled. Here, the authors suggest possible tools for promoting and paying more attention to preventive medicine based on scientific documentation. First, strengthening the curricula of preventive medicine and expanding the employment of graduates in this field in the health system. Second, continuous training of health system forces with the concepts, importance, and preventive medicine techniques. Third, promote health literacy and a healthy family lifestyle. Finally, periodic checkups and physical examinations with complementary medicine and herbs are valuable options in the prevention, treatment, and management of symptoms in patients such as coronavirus.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

**Mousa Bamir, Mina Ghasemi Moghadam¹,
Ali Masoud², Reza Sadeghi³**

Scientometrics, Social Determinant of Health Research Center, Institute for Future Studies in Health, ¹Health Foresight and Innovation Research Center, Institute for Futures Studies in Health, ²Social Determinant of Health Research Center, Institute for Future Studies in Health, Kerman University of Medical Sciences, Kerman, ³Department of Public Health, Sirjan School of Medical Sciences, Sirjan, Iran

Address for correspondence:

*Dr.Mousa Bamir,
Social Determinant of Health Research Center, Institute for Future Studies in Health, Kerman University of Medical Sciences, Kerman, Iran.
E-mail: bamir@ut.ac.ir*

Received: 08 Nov 21 **Accepted:** 02 Dec 21

Published: 17 Mar 23

References

1. Santos P, Sá L, Couto L, Hespanhol A. Health literacy as a key for effective preventive medicine. *Cogent Soc Sci* 2017;3:1407522.
2. Sackett DL. The arrogance of preventive medicine. *CMAJ* 2002;167:363-4.
3. Clarke EA. What is preventive medicine? *Can Fam Physician* 1974;20:65-8.
4. Zeng W, Li G, Turbat V, Hu G, Ahn H, Shen J. Optimizing preventive medicine to bridge the gap between clinical medicine and public health for disease control in China: A lesson from COVID-19. *Prev Med* 2021;143:106324.
5. Kumar S, Saurabh MK, Maharshi V. Efficacy and safety of potential vaccine candidates against coronavirus disease 2019: A systematic review. *J Adv Pharm Technol Res* 2021;12:215-21.

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

Access this article online

Quick Response Code:



Website:

www.ijpvmjournal.net/www.ijpm.ir

DOI:

10.4103/ijpvm.ijpvm_473_21

How to cite this article: BamirM, Ghasemi Moghadam M, Masoud A, Sadeghi R. The need for attention and re-optimization of preventive medicine to deal with the coronavirus epidemic threats. *Int J Prev Med* 2023;14:32.

© 2023 International Journal of Preventive Medicine | Published by Wolters Kluwer - Medknow