

# Levels of prevention: 1



Ask Mish

ONSET disease

Clinical diagnostic :

No disease

Asymptomatic

Clinical course

**Disease clinical course (blue arrow)**

	No disease	Asymptomatic	Clinical course
Levels of prevention	Primary	Secondary	Tertiary
Ways of prevention	remove risk factors	early detection & treatment	reduce complications
Examples of prevention	vaccines, folate, exercise, seat belts	screening tests	Beta-blockers post MI

## Levels of prevention: 2



Ask Mish

- Preventing new cases of disease(**incidence**)=**primary**; e.g.: vaccines, spreading information about disease
- Preventing disease(**prevalence**) by detecting it early = **secondary**; e.g.: screening tests, quit smoking advice
- Preventing disease by applying **recovery** programs= **tertiary**; recovery after myocardial infarct