

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.

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Conflicts of interest

There are no conflicts of interest.

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