

THE IMPORTANCE OF EARLY DIAGNOSIS AND DETECTION

In a previous article, it was mentioned why it is important to establish a critical starting point for achieving future health goals. By so doing, it is important to determine your personal health baseline. This health baseline is dependent on the appropriate treatment for current illness and that for preventative care to reduce health decline in the future.

The important question is how do you know what your future risk is? And, how do you detect and diagnose early.

Some reasons for early illness diagnosis and detection:

1. Your Symptoms might be reversible:

Symptoms that you might be concerned about might be caused by a condition that is reversible. Even if there are any underlying and chronic diseases, diagnosis of reversible conditions can improve organ function and reduce symptoms.

2. It is treatable:

Some causes of illness, especially if diagnosed late might not be reversible but is definitely treatable. Effective treatment can stop or slow the evolution of further illness.

3. The sooner the better:

Treatment of disease proves typically more effective when started early in the disease process. Once an effective treatment plan is designed, obtaining an early diagnosis and base will be even more crucial.

4. Detecting early proves to be more accurate:

Obtaining an early diagnosis can be easy to treat and prevent damages in other organs and tissues. This could also prevent hospitalization and possible surgeries.

5. It is empowering:

An early diagnosis and knowing, allows for an individual to take charge of their health. This control is empowering for self and family and allows for greater recovery as the mind is at ease.



What is Your Doctor not telling you?

Sometimes your Doctor does not tell you the truth. It's not that they flat out lie, but rather withhold information in certain instances, like not warning you about your risk for certain conditions.

4 Things your Doctor may fail to mention:

1. *Your heart is in trouble:*

Some research show that some doctors don't tell women that they are at risk for heart trouble, opting to simply tell them to lose weight or nothing at all.

2. *Your memory is fading:*

If you are losing your memory, you would like to know. No matter what your answer is, patients don't always get to make that decision. Doctors claim that they may use vague terms or avoid giving a diagnosis so that they don't cause the patient undue emotional stress.

3. *Your lungs are failing:*

Some doctors don't recommend the appropriate test to screen for lung cancer. Some of the reasons being that they do not want to recommend unnecessary procedures, concerns and concerns about radiation and adding stress and anxiety to their patients' lives.

Early stage lung cancer has no symptoms and screening is the only way to detect it. Nearly 85% of people with lung cancer are diagnosed in the late stage.

4. *You might need a follow-up to your mammogram.*

If you haven't heard the term "dense breasts" before, your Doctor may be to be blame. According to studies, fewer than 1 in 10 women hear about breast density from their doctors.

Is it not important then to diagnose early and get answers to that which the Doctor is not telling you?