

Health Maintenance in Internal Medicine

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Citation: Franjić S. Health Maintenance in Internal Medicine. *J M Med Stu* 2025; 2(2): 127-130. DOI: doi.org/10.51219/JMMS/Franjić-s/13

Received: 27 March, 2025; **Accepted:** 15 April, 2025; **Published:** 17 April, 2025

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ABSTRACT

A medical examination plays a key role in maintaining health and preventing disease. The purpose of a medical examination is to thoroughly evaluate a patient's overall health and identify potential medical problems. This examination includes a detailed medical history, physical examination and additional diagnostic tests as needed. Key features of a medical examination include assessing vital signs, reviewing symptoms and medical history, examining organs and body systems and planning further treatment and referring to specialists as needed.

Keywords: Health screening, Health care, Internal medicine, Preventive medicine, Patients

1. Introduction

In spite of the fact that the annually examination counting official examinations had been a essential demonstrative instrument all through much of the twentieth century, there is small if any prove in the writing to bolster its viability or viability as a screening apparatus¹. The annually physical examination ought to not be befuddled with the health support evaluation, for which there is plentiful prove supporting its viability. The wellbeing upkeep appraisal is an appraisal focused on at particular age- and gender-related causes of morbidity and mortality. Suggestions for the occasional health maintenance examination are inferred from epidemiologic information that evaluate populace chance and mediation advantage. Particular evidence-based screening and counseling mediations are portion of the health support examination. The USPSTF is the preeminent body for the appraisal and proposal of interventions that are a portion of the intermittent health maintenance examination.

The criteria for compelling intermittent health screening are as follows: (1) the condition for which the doctor is testing must have a critical impact on the quality of the patient's life; (2) satisfactory treatment strategies must be accessible for that specific condition; (3) the disease must have an asymptomatic

stage during which discovery and treatment essentially diminish dismallness and mortality; (4) treatment during the asymptomatic stage must abdicate a result predominant to that gotten by deferring treatment until indications show up; (5) tests must be accessible at a sensible taken a toll; (6) tests must be satisfactory to the understanding; and (7) the predominance of the condition must be adequate to legitimize the fetched of screening.

The approach to wellbeing upkeep comprises of three parts: (1) screening for cancer, cardiovascular illness or other conditions; (2) immunizations; and (3) behavioral counseling with respect to sound behaviors such as standard work out and tobacco cessation². For a woman older than 65 years, cancer screening incorporates mammography for breast cancer screening each 2 years until age 74 and colon cancer screening each 10 years with a colonoscopy until age 75 (can also screen with fecal occult blood testing yearly or adaptable sigmoidoscopy each 5 years). If quiet is a current smoker with a history, lung cancer screening with low-dose computed tomographic (CT) chest filter is moreover justified. Cervical cancer screening can be ceased at age 65 if all past Pap smears have been typical. Screening for cardiovascular illness incorporates tall blood pressure screening each year and testing for dyslipidemia in men beginning at age

35 and in women beginning at age 45 or sooner if there are hazard components such as family history, history of diabetes, tobacco utilize or body mass index (BMI) more prominent than 30. Immunizations incorporate lockjaw booster each 10 years, pneumococcal vaccine, herpes zoster vaccine and annually flu immunization. Screening for anomalous blood glucose levels is moreover prescribed. The most common cause of mortality in men or women over 65 is cardiovascular disease.

2. Health Care

A essential objective of health care is to avoid infection or to distinguish it early sufficient that intercessions will be more viable³. In common, screening is most compelling when connected to generally common disorders that carry a expansive illness burden and have a long latency period. Early location of infection has the potential to decrease both horribleness and mortality; in any case, screening asymptomatic people carries a few chance. False-positive comes about can lead to pointless research facility tests and intrusive methods and can increment pt uneasiness. A few estimations have been inferred to way better evaluate the potential pick up from screening and avoidance interventions:

- Number of subjects required to be screened to change the result in one individual
- Supreme affect of screening on infection (e.g., lives spared per thousand screened)
- Relative affect of screening on infection result (e.g., the % lessening in deaths)
- The fetched per year of life saved
- The increment in normal life anticipation for a population

As portion of a schedule health care examination, history ought to incorporate medicine utilize, sensitivities, immunization history, dietary history, utilize of liquor and tobacco, sexual hones, security hones (situate belt and head protector utilize, weapon possession) and a exhaustive family history. Schedule estimations ought to incorporate appraisals of stature, weight, body-mass record and blood weight. Screening ought to moreover be considered for household savagery and depression.

Counseling by health care suppliers ought to be performed at health care visits. Tobacco and liquor utilize, eat less and work out speak to the tremendous majority of variables that impact preventable passings. Whereas behavioral changes are as often as possible troublesome to accomplish, it ought to be emphasized that ponders appear indeed brief (<5 min) tobacco counseling by doctors comes about in a noteworthy rate of long-term smoking cessation. Instruction almost self-examination (e.g., skin, breast, testicular) ought to moreover be given during preventative visits.

In expansion to the common proposals appropriate to all people, screening for particular illnesses and preventive measures require to be individualized based on family history, travel history or word related history. For illustration, when there is a critical family history of breast, colon or prostate cancer, it is judicious to start screening almost 10 years some time recently the age at which the most youthful family part created cancer.

3. Relationship

The one-to-one patient-physician relationship, which has customarily characterized the hone of medication, is progressively in peril since of the developing complexity

of medication and the changes in health care conveyance frameworks⁴. Regularly the administration of an person persistent is a group exertion including a number of doctors and other proficient faculty. Progressively, hospitalists accept the duty for quiet administration in the inpatient setting. The quiet can advantage significantly from successful collaboration among health care experts, but it is the obligation of the patient's central doctor to give direction through an sickness. To carry out this troublesome errand, this doctor must be commonplace with the procedures, abilities and targets of pro doctors and of colleagues in the areas associated to pharmaceutical. In giving the quiet an opportunity to advantage from logical progresses, the essential doctor must hold obligation for the major choices concerning diagnosis and treatment.

The hone of pharmaceutical in a managed-care setting puts extra stretch on the patient-physician relationship. Anything the potential points of interest of organized therapeutic bunches such as health maintenance organizations (HMOs), there are moreover disadvantages, counting the misfortune of the clear recognizable proof of the doctor who is fundamentally and ceaselessly capable for the understanding. Indeed beneath these circumstances, it is fundamental for each understanding to have a doctor who has an diagram of the issues and who is commonplace with the patient's response to the illness, the drugs the persistent is given and the challenges the persistent faces. Besides, in managed-care settings, numerous doctors must treat patients inside a limited time outline, with constrained get to to pros and beneath organizational rules that may compromise their capacity to work out their person clinical judgment. As troublesome as these limitations may be, it is the extreme obligation of the doctor, in near interview with the understanding, to decide what is best for the quiet. This obligation cannot be surrendered in the title of compliance with organizational guidelines.

4. Prevention

Aside from care centered on treating intense or inveterate sicknesses, a foundation of restorative hone incorporates preventive care². As expressed in the present day Hippocratic Oath, "I will prevent disease whenever I can, for prevention is preferable to cure." A coordinated approach to intercede on common pathologies makes a difference keep patients sound or recognizes illness early sufficient that mediations are more viable. There are a few sorts of preventive care:

- **Immunizations:** Aside from childhood immunizations, schedule adult immunizations incorporate flu, pneumococcal, diphtheria, tetanus and acellular pertussis (Td/Tdap), zoster, as well as others, such as hepatitis A or B vaccines, in certain situations.
- **Behavioral counseling:** Request and counseling with respect to standard work out, shirking or cessation of tobacco, direct liquor utilize and screening for depression.
- **Chemoprevention:** Utilize of pharmaceutical to prevent disease, such as utilize of statin treatment to avoid cardiovascular events.
- **Screening:** Recognizable proof of disease or hazard components in an asymptomatic patient.

Of these preventive measures, screening requires firm therapeutic prove that it may offer advantage and astute thought from the specialist some time recently he or she starts screening and prescribes to an asymptomatic understanding that he or she

experiences a therapeutic intercession with potential hurts (eg, fetched, radiation introduction, uneasiness with respect to false-positive tests, biopsies or other follow-up examinations). The World Health Organization laid out the taking after standards of screening:

- The condition must be an imperative health problem.
- There ought to be an viable treatment for the condition.
- Offices for diagnosis and treatment of the condition ought to be accessible to the patient.
- There needs to be a inactive or preclinical organize of the infection in which it can be detected.
- There ought to be an exact test to identify the condition.
- The test ought to be satisfactory to the persistent or the population.
- The characteristic history of the infection ought to be caught on to direct mediation or treatment.
- The fetched of case-finding ought to be adjusted inside the setting of generally restorative expenditures.

Using these criteria, one may find that it would not be valuable to screen for Alzheimer infection since there is no corrective treatment and no prove that early mediation changes the course of the illness. With respect to cost-effectiveness, health care financial specialists perform modern investigation for screening and other therapeutic care, but one unpleasant measure of cost-effectiveness is QALY (quality-adjusted life-years), combining life span with quality of life as a single estimation. In the United States, therapeutic intercessions, counting cancer screening, are frequently considered cost-effective at a taken a toll of \$50,000 to \$100,000 per QALY gained.

5. Preventive Medicine

Preventive medicine can be categorized as primary, secondary or tertiary⁵. Primary anticipation points to expel or diminish illness hazard components (eg, immunization, giving up or not beginning smoking). Secondary anticipation methods advance early discovery of illness or forerunner states (eg, schedule cervical Papanicolaou screening to identify carcinoma or dysplasia of the cervix). Tertiary avoidance measures are pointed at constraining the affect of built up infection (eg, fractional mastectomy and radiation treatment to remove and control localized breast cancer).

Many compelling preventive administrations are underutilized and few adults get all of the most emphatically suggested administrations. A few strategies, counting the utilize of supplier or understanding update frameworks (counting intuitively quiet health records), reorganization of care situations and conceivably arrangement of money related motivating forces to clinicians (in spite of the fact that this remains questionable), can increment utilization of preventive administrations, but such strategies have not been broadly adopted.

6. Age

After age 45, the driving causes of death are malignancy and cardiovascular disease, so screening is centered on hazard calculate lessening for those infections, such as control of blood pressure and hyperlipidemia and early location of cancers². With respect to cancer screening tests, the American Cancer Society and different subspecialty organizations distribute different suggestions, which are regularly not in understanding. The

US Preventive Services Task Force (USPSTF) is an free board of doctors and disease transmission experts designated by the Department of Health and Human Services to efficiently survey the prove of adequacy of clinical preventive administrations (in spite of the fact that they do not consider cost-effectiveness). Advertising cancer screening to more seasoned patients ought to consider assessed life anticipation (ordinarily at slightest 10 a long time), comorbid conditions and capacity or eagerness to experience cancer treatment if a cancer is identified (eg, to endure a hemicolectomy if a colon cancer is found).

The utilize of inoculations is another critical component of preventive wellbeing in more seasoned adults. Schedule immunizations incorporate yearly flu antibody (particularly imperative in the geriatric populace since >90% of influenza-related deaths happen in patients over 60 years), pneumococcal immunizations (23-valent polysaccharide immunization [PPSV23] and 13-valent pneumococcal conjugate antibody [PCV13] ought to be given successively) and herpes zoster live-attenuated immunization for immunocompetent patients over age 60 or recombinant herpes zoster immunization for patients over age 50.

7. Patients

When the understanding does not have an clear illness or complaint, the objective of therapeutic intercession is avoidance of illness⁶. One strategy of focusing on illnesses is agreeing to the patient's age.

Additionally, doctors ought to look for to recognize high-risk behaviors in a nonjudgmental design and advance way of life adjustment: Patients ought to be screened for tobacco, liquor and unlawful sedate utilize. They ought to be prompted to stopped smoking and restrain liquor utilization to one drink per day for women and two drinks per day for men. Adjuvant pharmacologic operators are more effective in tobacco cessation, counting bupropion and varenicline. Patients with a history of intravenous (IV) medicate utilize ought to be advertised testing for human immunodeficiency infection (HIV) and hepatitis C. Screening for sexually transmitted diseases (STDs) ought to be advertised to patients based on their hazard variables. Yearly screening for gonorrhea and chlamydia is prescribed for all sexually dynamic ladies 25 years and more youthful. Overweight (BMI >25) and obese (BMI >30) patients ought to be prompted to lose weight through eat less adjustment and work out. Obesity can lead to various complications counting diabetes, hypertension, heart illness, menstrual abnormalities, osteoarthritis, rest apnea and respiratory troubles and hyperlipidemia.

The US Preventive Services Task Force (USPSTF) gives suggestions for evidence-based screening. These are population-based rules and it is vital to consider family history and social history to recognize people with extraordinary risks.

There is continuously a few degree of discussion encompassing population-based screening rules. For occurrence, yearly mammography is no longer suggested for ladies matured 40 to 49 years, basically based on the low rate of cancer in this age gather. In expansion, prostate-specific antigen (PSA) testing for men to screen for prostate cancer is not suggested by the USPSTF, in spite of the fact that it is suggested by other groups such as the American Cancer Society.

In expansion to these rules, there are other suggestions that can direct clinical hone. For occurrence, the Centers for Disease

Control and Prevention (CDC) and the Advisory Committee on Immunization Practices (ACIP) prescribe a single measurements of zoster immunization for adults matured >60 years, but this has not however been tended to by the USPSTF.

With progressing age and shorter life expectancy, it is sensible to desist a few screening exercises, in spite of the fact that there are restricted information on when to cease screening. It is for the most part prescribed, for occasion, that Pap smears can be suspended after age 65 in a woman whose later Pap smears have been negative. Depending on comorbidities and life anticipation, one can reassess the require for breast or colon cancer screening after age 75.

7. Internet Age

Consumers are getting to be dynamic members in all angles of their health, counting decision-making, screening, checking and the behavioral alter viewpoints of health support, healthcare, CC (unremitting conditions) administration and infection avoidance⁷. They live in an Web- and wireless-linked world where they and their dependents anticipate get to when and where they themselves see the require for get to. As with other commodities and administrations, patients look for get to that maximizes their claim comfort dissatisfaction with wasteful aspects and individual burdens experienced in the current healthcare framework: hold up time for arrangements, the bother of doctor office hours and office hold up time and constrained get to to after-hours care - as of now accessible as it were in emergency departments (EDs) and critical care clinics - for issues that cause patients concern but are not classified by suppliers as therapeutic crises. Suppliers and businesses have started to investigate ways to give off-hour schedule and low-level critical care.

Consequently, telehomecare is an progressively recognized and important apparatus with the potential for upgrading CC care administration quality whereas conveying unused investment funds for both patients and suppliers. Patients can encounter less office and ED visits, less and diminished term of hospitalizations, decreased travel time and cost and expanded administrations get to. Clinicians can convey cost-effective and proficient case administration, make more educated choices and encounter improved understanding cooperation and compliance. There are, in any case, innovation, framework, protections and repayment issues that must be tended to if made strides care quality and fetched investment funds are to be realized. The interrelated components of these issues will require collaborative assessment and administration by patients, payers, government, care suppliers, healing centers, innovation companies and employers.

8. Conclusion

Regular preventive check-ups allow for early detection of potential health problems before they become serious or symptoms become obvious. This allows doctors to provide appropriate treatment. Preventive check-ups encourage patients to adopt healthier lifestyles by promoting disease prevention before health problems arise. Symptoms often manifest in the chest and abdomen, including difficulty breathing, cough, pain, heartburn, bloating, digestive problems, urinary problems and swelling of the limbs. Chronic diseases, such as high blood pressure, diabetes, high blood fats, thyroid problems and musculoskeletal problems, are the most common internal medicine diseases that occur in people.

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