

DOES HEALTH PROMOTION WORK ?

Doctors nurses and health car assistants are asked to do so much health promotion medicine these days. This ranges from getting patients to stopping smoking to controlling diabetes , losing weight and to take certain preventative medication like aspirin to thin the blood , beta blockers to protect the heart, statins to lower cholesterol, and drugs to lower blood pressure.

IS IT WORTH IT ? !!

[click on the link here to read the latest research article from the well respected BMJ \(British Medical Journal\)](#)

Getting past all the medical jargon it says that the risk of dying from a heart attack (myocardial infarction) has gone down by a half from 2002-2010 and that this is partly due to people who get a heart attack surviving that particular heart attack better BUT also people less likely to have a heart attack .

This tells us that yes patients going into hospital with a heart attack get better treatment than ever before BUT also patients are less likely to get a heart attack whether they have had one before or not and this is surely down to all the health promotion medicine we are all doing !!

so when you come to the doctor or nurse and you are asked about smoking or to take a statin or other things at least you can understand why !!