

# Prävention

## Lebens- und altersbegleitende Prävention – Das Gesundheitsprofil:

### 1. Erhebung des allgemeinen Gesundheitsstatus

Ausschluss von Krankheiten und Störungen der Gesundheit

### 2. Risikoanalyse

Fahndung nach allgemeinen und spezifischen Gesundheitsrisiken

**Prävention:** (prevenire: zuvorkommen) (Psychyrembel 259. Auflage, S. 1351)

#### **Primordialprävention:**

„Verhütung der Entwicklung von Risikofaktoren bei Gesunden, z. B. die Verhütung der Manifestation von Hypertonie, Diabetes, metabolisches Syndrom usw. bei Kindern aus genetisch disponierten Familien und bei Übergewichtigen und bewegungsarmen Kindern.

Beispiel: Neben normalen Körpergewicht können ein niedriger Kochsalzkonsum und erhöhter Kaliumkonsum im Kindesalter den Blutdruckanstieg im

Erwachsenenalter vermindern.“ (Middecke M: Prävention muss bei Kindern anfangen MMW-Fortschr. Med. Nr. 45/2011 (153 Jg.), S. 38)

#### **Primärprävention:**

Gesundheitsfürsorge: Fördern und Erhalten der Gesundheit. Entstehung von Krankheiten zu verhindern, soweit dies möglich ist. „Ausschaltung von als gesundheitsschädigend geltenden Faktoren.“ (Psychyrembel 259. Auflage, S. 1351)

#### **Sekundärprävention:**

Verhinderung des Fortschreitens einer Erkrankung (in Bezug auf Diagnostik und Therapie)

„Sicherstellung frühestmöglicher Diagnostik und Therapie von Erkrankungen durch Vorsorgeuntersuchungen.“ (Psychyrembel 259. Auflage, S. 1351)

#### **Tertiärprävention**

„Begrenzung bzw. Ausgleich von Krankheitsfolgen.“ (Psychyrembel 259. Auflage, S. 1351)

s. a. Universelle Präventionsmaßnahmen

Selektive Präventionsmaßnahmen

Indizierte Präventionsmaßnahmen

[www.springermedizin.de/praevention-von-alkoholmissbrauch/344382.html?link](http://www.springermedizin.de/praevention-von-alkoholmissbrauch/344382.html?link)

### 3. Bestimmung des funktionalen Alters

Feststellung der Abweichung von Funktionsgrößen verschiedener Organe und Organsysteme von der Altersnorm

#### **4. Prüfung der Anpassungsfähigkeit**

Untersuchung der Reaktion verschiedener Organfunktionen auf Belastungen

#### **5. Leistungsmessung**

Feststellung der maximalen körperlichen und mentalen Leistungsfähigkeit

(EuroJGer Vol.7(2005),No.3, S191)

## **Präventionskonzept**

### **„Inhalte eines altersbegleitenden Präventionskonzeptes**

#### **„Drei V der Prävention**

- **Verhältnisprävention (strukturelle Prävention) Ziel: Veränderung der Verhältnisse**
- **Verhaltensprävention (personale Prävention) Ziel: Gesunder Lebensstil des Einzelnen**
- **Verursacherprinzip: Ziel: Erkennung und Benennung der wichtigsten verantwortlichen Verursacher.** Zuschreibung der Verantwortung und konsequente Besteuerung krankheitsfördernder und –verursachender Produkte wie Zigaretten, Dickmacher (z. B. Limonade), Fast-Food, Computerspiele usw.

**Dem Verursacherprinzip stehen massive Lobbyinteressen entgegen.“**

(Middecke M: Prävention muss bei Kindern anfangen MMW-Fortschr. Med. Nr. 45/2011 (153 Jg.), S. 40)

#### **1. Körperliche Aspekte**

Bewegung, körperliche Aktivität, Sport

Gesunde Ernährung – Sind Nahrungsergänzungsmittel notwendig?

Zwischen Genuss und Sucht – Behutsamer Umgang mit Genussmitteln

Vorsorgeuntersuchungen – Krebsvorsorge kann Schlimmeres verhüten

Vorbeugung von Infektionskrankheiten

Informationen über Wirkungen und Nebenwirkungen von OTC Präparaten und

Nahrungsergänzungsmitteln sowie „Hormonersatztherapie“

#### **2. Psychische und psychosoziale Aspekte**

Geistige Aktivierung – welche Möglichkeiten gibt es? Für wen ist was geeignet?

Pflege sozialer Kontakte

Aktive Stressbewältigung

Bewertung von Erholung, Entspannung und Wellness

Schlafstörungen

Sexualität ist keine Frage des Alters  
Alters- und lebensbegeleitendes Wohnen  
Psychotherapie – manchmal ist sie notwendig“  
(EuroJGer Vol.7(2005),No.3, S192)

### **3. Überlegungen zur Herkunft der Risikofaktoren**

#### **1. Abnormalitäten der Erbanlage**

#### **2. Umwelt**

##### **2.1 Physische Umwelt mit Naturgewalten**

Licht: Ozon  
Wasser: Überschwemmungen  
Luft: Orkan, Wirbelsturm  
Erde: Vulkanausbrüche

##### **2.2 Gesellschaftliche Umwelt**

###### **2.2.1 Technische Veränderungen der Umwelt durch den Menschen**

Klimawandel; ökologische Krise der gesamten Schöpfung

Entwaldung und Ausbreitung der Wüsten (Desertifikation)

Überbevölkerung

Krankheiten/Epidemien

Überschwemmungen

Verlust der Artenvielfalt und Verlust des Individuellen

Verlust der Artenvielfalt der Tiere und Pflanzen

(Biodiversitätsverlust)

Evtl. Umwandlung der Zelle in eine universell beliebig programmierbare Biomachine mit Verlust des Individuellen, Authentischen, Originalen.

Kampf um die Verteilung der Ressourcen (Länder, Schichten, Generationen)

Erschöpfung der natürlichen Ressourcen

Nukleare Bedrohung

###### **Vorwiegend individuelle Belastungen/Gefahren:**

Lärm

Strahlen; Nukleare Bedrohung

Luftverschmutzung

Wasserverschmutzung

Süßwasserknappheit und Verschmutzung

Industrielle Schadstoffe

**2.2.2 Sitten:** Unbewusster Zwang, sich nach den Regeln seiner gesellschaftlichen Umwelt zu verhalten

Essen  
Trinken  
Rauchen  
Drogenkonsum  
Freizeitverhalten, Urlaub  
Zunahme des apersonalen zweidimensionalen Informationsaustauschs durch Multimedia  
Verkehr  
Sinnentleerung durch einseitige ökonomische Orientierung oder durch ein Leben am Rande des Existenzminimums  
Armut, Arbeitslosigkeit, Hunger  
Verwahrlosung der Normen/Werte; Zunahme der Korruption und Gewissenlosigkeit  
Maximierung der Gier durch undurchschaubare, irrlichternde Finanzprodukte kombiniert mit hemmungslose Habgier der Akteure  
Extremer Individualismus ist eine Form von Fundamentalismus  
Kampf der Kulturen  
Terror, Krieg, die Gewalt als Mittel der Politik, der Religionen

### **2.2.3 Gefühlsleben** (Emotion: Wie reagieren wir auf unsere mitmenschliche Umwelt)

Somatische und psychische Ausdrucksformen:  
Blutdruckverhalten  
Erregbarkeit  
Blutgerinnung  
Inneres Gleichgewicht  
Immunlage  
Leistungsfähigkeit

### **2.2.4 Formen der Erziehung und der Persönlichkeitsbildung.**

Beispiel: Wie reagieren wir auf eine angstausslösende Situationen:  
Existenzielle Bedrohung durch nicht erfahrenes Vertrauen.  
sog. Risikopersönlichkeit

Krankheit als Selbstheilung („laute“ Krankheit)  
Krankheit als Selbstvernichtung („lautlose“ Krankheit)

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