

## Medicine and Public Health

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Medicine is the science and practice of diagnosing, treating and preventing disease and involves clinical medicine, research and public health where there is preventing disease and promoting health at a population level. Key areas of medicine are Pediatrics which is the care of infants, Surgery: operative procedures and pharmacology which is the study of medications.

Public health on the other hand is all about protecting and improving health of populations through prevention, education and policy. It focusses on community other than individuals.

Medicine and public health are intertwined, all aimed at disease prevention while promoting health at the same time. Medicine emphasizes focusing on an individual patient. Public health emphasises population level interventions such as health education, policy development and vaccination programmes. Here is how they work together! Disease prevention: Vaccination screenings and health programmes are essential in vaccination alone, medicine is involved where there is introduction of an Antigen, immune response where the immune system recognises the antigen and produces antibodies and eventual immunity where the body pathogen 'pathogen memory'. Health promotions: Emerging health behaviours, balanced diets and right medicines which promotes public health. Epidemics: studying disease patterns and risk factors is essential to determine the medicines one can use.

Examples of the synergies of the two, HIV and Aids Response: This emphasises medical treatment such as use of ARVs and public health strategies such as education and use of Condom use in countries like Uganda, Kenya and South Sudan to mention a few.

Non communicable diseases: Emphasises addressing risk factors of tobacco and unhealthy things through policy and individual care. In a nut shell medicine and Public health are strongly related.