

From Disease Treatment to Health Preservation

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Modern medicine has transformed human survival through developments in surgery, drug therapy, emergency care, and medical diagnostics. Even with these achievements, healthcare systems still spend most of their effort treating illness after it develops rather than preventing it at an earlier stage. As chronic diseases continue to rise across populations, this approach is becoming increasingly unsustainable. Future healthcare must place stronger emphasis on preserving health before disease progresses.

Conditions such as diabetes, hypertension, cardiovascular disease, obesity, and chronic respiratory disorders rarely appear suddenly. In most individuals, these illnesses develop slowly over several years while remaining unnoticed during the early stages. Many patients seek medical attention only after symptoms interfere with daily life, by which time significant biological damage may already exist. This pattern reveals an important weakness in conventional healthcare practice, where action frequently begins after disease has already advanced.

Scientific and technological progress now allows earlier identification of health risks than ever before. Wearable health devices, digital monitoring platforms, and computer-assisted diagnostic systems can detect subtle physiological changes that may otherwise remain hidden. Monitoring heart activity, blood glucose trends, sleep behavior, and physical movement continuously provides opportunities for earlier intervention and improved risk assessment. Such tools could gradually shift medicine away from episodic treatment toward continuous health supervision.

Despite these possibilities, preventive services often receive less institutional attention than hospital-based treatment. Large healthcare expenditures continue to support specialized curative care, while comparatively fewer resources are directed toward screening programs, lifestyle counseling, vaccination services, and community health promotion. This imbalance contributes to increasing healthcare costs and a continuing burden of avoidable disease.

The difficulty is not limited to funding or technology alone. Healthcare systems have traditionally been structured around disease management rather than long-term wellness maintenance. A more effective model would encourage regular health monitoring, earlier behavioral intervention, and stronger patient participation in maintaining wellbeing. Prevention should therefore become a central objective of healthcare planning rather than a secondary component of medical care.

Public participation is equally necessary for successful prevention. Individuals who understand health risks are more likely to adopt healthier lifestyles and seek timely medical guidance. Community awareness, accessible health education, and improved digital health literacy can strengthen preventive practices at the population level.

Healthcare in the future should focus not only on curing illness, but also on delaying or preventing disease development altogether. Systems that prioritize early intervention and sustained wellbeing may ultimately achieve better outcomes than those relying mainly on late-stage treatment. The long-term success of medicine will depend increasingly on its ability to protect health before illness requires cure.