

I'm not a robot



Preventive health is key to helping you stay healthy and detecting health problems early on, before they cause other issues or become more difficult to treat. Share on PinterestGetty ImagesMost of us think of going to the doctor as something we do when we aren't feeling well or when we need treatment for a specific medical condition. Preventive health refers to routine care you receive in order to maintain your health. Its key to diagnosing medical conditions before they become a problem.Preventing serious diseases before they happen is one of the most important things you can do to protect your health. Unfortunately, uptake isnt nearly as robust as it needs to be. One study from 2018 found that only 8% of adults in the United States who are 35 years and older received the preventive care recommended to them.Lets take a look at what preventive healthcare is, what types of tests, screenings, and services are included, and the role your family history plays when it comes to the preventive tests you may need.Preventive health encompasses a set of health services meant to screen and possibly identify health issues before symptoms develop. Preventive healthcare can help you live a longer, healthier life.Adult preventive healthcare typically includes screenings for conditions like heart disease, diabetes, and cancer, as well as counseling for smoking cessation and balanced eating habits.For children, preventive healthcare includes yearly checkups, vaccinations, and screenings for conditions like autism and lead poisoning.Preventive care for adults involves screening for chronic conditions like diabetes and heart disease, as well as immunizations against serious illnesses like the flu and COVID-19. It also involves education and counseling that can help you make positive lifestyle choices that protect your overall health and well-being.The types of screenings recommended for you may vary based on your age and family history. The following are the most common preventive screenings for adults:Screenings for breast cancer, colorectal cancer, cervical cancer, and prostate cancer: These screenings are some of the most common cancers affecting men and women, and early detection can stop them from spreading or becoming more serious.Screenings for blood pressure, cholesterol, and diabetes: These screenings can help detect common metabolic conditions that can be treated with medication and lifestyle changes. If left untreated, they may lead to serious disease and premature death.Immunizations: We usually think of vaccines as something kids need, but adults need to stay on top of their vaccines as well. Vaccines recommended for adults include annual flu shots, COVID-19 vaccines, and boosters for vaccines you received as a child that may have worn offCounseling: Preventive counseling may be available to help you manage a chronic condition. It may also be used to help you make healthy lifestyle choices, quit smoking if you smoke, or to screen for mental health conditions.Preventive care for children helps protect them from some of the serious illnesses that can affect kids, and includes screenings to detect behavioral and health conditions. Preventive healthcare can help children stay healthy when theyre young and also as they grow older. Well-child visits: These visits happen every few months when your child is an infant, and yearly after that. Well-child visits include measurements of your childs growth and developmental milestones. Routine immunizations and screenings are also conducted during these visits.Vaccinations: Vaccinations for children protect them from serious diseases now and in the future. Routine childhood vaccines include polio, hepatitis A and B, DTaP (diphtheria, tetanus, and pertussis), MMR (measles, mumps, and rubella), and chickenpox (varicella).Behavioral and mental health screenings: Pediatricians routinely screen children for conditions like autism, depression, and developmental delays.Blood tests: Various blood test screenings will be conducted throughout childhood, including tests that measure a newborns bilirubin levels, tests that look for signs of anemia, and tests that measure the amount of lead in your childs blood.If a close relative (like your mother, father, or sibling) has a health condition like diabetes, heart disease, or cancer, youre considered to have a family history of that condition. This means that screenings for that particular condition are important, and you may even need early or more robust screening than someone who doesnt have this same family history.Learning that you have a family history of a serious health condition can be discouraging and stressful, but knowledge is power. While you cant change your genetic risk, you can participate in health screenings that can detect this condition early, so that treatment is more effective. Furthermore, when you know your family history, you can take steps to lower your risk of specific conditions. You can be proactive about engaging in healthy lifestyle choices that are known to help prevent these conditions from developing or worsening.If you arent sure what your family health history is, now might be a good time to discuss this with your close family members. If you find out that certain diseases tend to run in your family, tell your physician about this at your next checkup. They can help you understand which preventive screenings may be appropriate for you, and whether you may need to be screened for these conditions at an earlier age, or more frequently than other people.When you talk with your doctor, you may get any number of tests done some may be preventive tests and others may be diagnostic tests. Preventive tests refer to screenings you get to detect diseases and conditions, before symptoms develop. On the other hand, diagnostic tests are used to learn more about a condition once symptoms are present.As an example, getting a screening blood test for diabetes when you dont have any symptoms is considered a preventive test. However, if youve already received a diagnosis of diabetes and you get a test to check your blood sugar and A1C, this would be a diagnostic test.One of the best things you can do for your health and well-being is to get screened for any serious conditions before they happen. Thats what preventive health is about, and whi medical experts recommend that all adults and children participate in routine tests, screenings, and immunizations.Preventive health services offer significant health benefits, and are covered by most insurance companies. In other words, participating in preventive care usually wont cost you anything. In fact, if any conditions are identified, early treatment will likely save you money on healthcare costs in the future.If you have any questions about preventive care and what screenings you or your children should get, be sure to talk with your doctor or healthcare professional. Doctor With Preventive vs Preventative Definitions Dr: Mironov Konstantin / iStock / Getty Images Plus / Background: Tolchik / iStock / Getty Images Plus Used under Getty Images license Preventative and preventive are both correct spellings. They mean something that stops a bad thing from happening, especially in the medical world, and theyre interchangeable. However, one is generally preferred in formal grammar and it may not be the one you expect. Some writers prefer the word preventive over its synonym preventative because its a more grammatically correct formation. Preventive, which appeared in the early 17th century, combines the word prevent (to stop) with the suffix -ive (quality of) to describe something that has the ability to stop something else. It has a similar meaning to the word precautionary. Preventive is also more popular than preventative. It appears in military phrases such as preventive war, which describes military action against a nation before it grows strong enough to disrupt the balance of power. If youre writing a formal paper, using academic language or describing military processes, preventive is probably the preferable choice (and your computers spell checker probably agrees). If preventive doesnt sound right, youre just fine using preventative. It appeared in English not much longer after preventive, and today, its interchangeable with preventive (except in the military context). But that hasnt always been the case. Preventative combines prevent with the suffix -ative (relating to), which some consider to be an irregular formation since prevent ends in a t. Yet there are several other English words with similar formations, such as vegetative and authoritative, so the modern difference between preventive and preventative isnt as stark as it used to be. Both preventive and preventative refer to medications or treatments designed to keep someone from getting sick, or to actions taken to keep unwanted consequences from occurring. A person would use a preventive or preventative measure to avoid experiencing an unwanted outcome. You can use both words several ways in a sentence. When used as adjectives, preventive and preventative modify a noun: Im looking for a healthcare provider who emphasizes preventive/preventative medicine. Diabetes runs in my family, so I follow a preventive/preventative low-sugar diet. A freeze is possible tonight, so I am going to cover plants as a preventive/preventative measure. You can also use preventive and preventative as a nouns, especially when describing medical treatments: I take a statin drug as a preventive/preventative since I have a family history of heart disease. Marcia considers the time she spends exercising now as a preventive/preventative to avoid loss of flexibility. We dont want to get influenza, so we took the flu vaccine as a preventive/preventative. Finally, you can use preventive and preventative as adverbs (preventively and preventatively), but you should probably opt for preventively in this case. Most readers, dictionaries and spell checkers prefer preventively because preventative can be difficult to pronounce. You should also consider simply using prevent in these cases to avoid wordiness. Take baby aspirin preventivelyto avoid cardiac problems. We installed locks on our windows to preventivelyavoid break-ins. We apply sunscreen preventivelyso we wont have skin problems later in life. Its tempting to use the similar-sounding preventable and preemptive instead, especially when youre torn between preventive or preventative. But these words have different meanings, and using them in place of preventive or preventative is incorrect. They mean: preventable - able to prevent preemptive - doing something before someone else can do it Using these words changes the meaning of a sentence. For example, if you say A healthy diet is a preventive measure, youre saying that a healthy diet can prevent negative medical outcomes later. But if you say A healthy diet is a preventative measure, youre saying that you can prevent having a healthy diet a completely different message. And when you say A healthy diet is a preemptive measure, youre saying that a healthy diet comes before something else, but arent clarifying what that is. Preventive is the original adjective corresponding to prevent, but preventative has gained ground in now a common variant. The two share all their definitions.As of early 2013, preventive is about three times as common as preventative in general web searches. And as the ngram below suggests, preventive has been far more common in published books for the last two centuries at least:The prevalence of the shorter form is seen throughout the English-speaking world, but the longer form is especially common outside North America. In British news stories from 2012, for instance, the ratio of preventivetopreventatives was very nearly 1:1, while it was almost 10:1 in U.S. news stories from the same period.Since publishing this post, weve received comments saying thatpreventive is an adjective and preventative is a noun. This would be a useful distinction, but it is not consistently borne out in practice (the NYT example below notwithstanding). Moreover, we find no English reference sources that make the distinction, and those that mention the issue at all simply recommend preventive over preventative without differentiating them.Preventiveandpreventativebelong to the troublingly inconsistent class of -ive/tativeword pairs that also includesinterpretive/interpretative,exploitive/exploitative,authoritative/authoritative, and many others. What makes these pairs so troubling is that they have consistently flouted any rules English authorities have attempted to impose, and there is no consistency in how they are formed. What form becomes preferred is decided by usage, and usage is rarely guided by concerns of logic or consistency.Examples ofpreventativeare easily found in recent news stories:Free preventative services coverage kicks in on many health plans this coming September. [Babble.com]Shouldnt all fishing come to a halt as a preventative measure? [CNN.com]We propose thatpreventative interventionscan be developed on college campuses.[Stress and Mental Health of College Students, M.V. Landow]But in edited publications and published books, the shorter form still prevails. Examples such as these are more common:Given this context, it has been difficult to initiatepreventive interventionsfor children who are only beginning to develop early symptoms.[Lewis Child and Adolescent Psychiatry]And people werent getting tests or preventive care that could help them avoid heart attacks, diabetes or cancer. [Wall Street Journal]Preventive measures are simple and cost-effective. [Financial Times]Oddly, this New York Times op-ed uses both words within a single paragraph, withpreventative used as a noun and preventive as an adjective:But we cannot allow ourselves to forget for even a moment that force is effective only as a preventivetoprevent the destruction and conquest of Israel, to protect our lives and freedom. Every attempt to use force not as a preventive measure, not in self-defense, but instead as a means of smashing problems and squashing ideas, will lead to more disasters. [New York Times]This writer obviously thinks ofpreventiveis an adjective andpreventativeis a noun, a distinction that, again, is not consistently borne out in broader usage. adjective (also preventative) [only before noun] jump to other results See preventive in the Oxford Advanced American DictionarySee preventive in the Oxford Learner's Dictionary of Academic English Preventive and preventative are alternative spellings of the same word.They both mean serving as a prevention or hindrance.According to Language Monitor, English has over one million words. Many of them are maddeningly similar-looking! Take for instance preventive and preventative. What is the difference?Heres a tip: Want to make sure your writing always looks great? Grammarly can save you from misspellings, grammatical and punctuation mistakes, and other writing issues on all your favorite websites. How to Use Preventive and PreventativeLets look at some sentences. Based on context, how would you define preventive and preventative?An innovative program that serves low-income and uninsured children in Los Angeles, the UCLAFirst 5 LA 21st Century Dental Homes Project, has more than tripled preventive dental visits for children from birth to age 5, according to a new policy brief by the UCLA Center for Health Policy Research.UCLAFor example, a voluntary federal jobs program for the unemployed could be established now to provide individuals and families with as-needed job assurance at a base (living) wage . . . This is a genuine preventative policy. It stops unemployment from mushrooming while maintaining tight full employment over the long run.NYTimes.comThe Definition of PreventiveFirst, lets start with preventive. It means helping to prevent or hinder. As in the example above, it often refers to medicinedrugs, vaccines, procedures, etc.that inhibits disease. If you use it as a noun, it refers to something that prevents something bad from happening.The Definition of PreventativePreventative means helping to prevent or hinder. Though it often refers to medicine, you can also use it to talk about other things that you try to stop from happening. And in noun form, it refers to something that hinders or inhibits. No, you are not experiencing d/vu. Dictionary.com gives the same definition for both preventive and preventative. Merriam-Webster.com places a direct link to preventive instead of a separate definition for preventative. The words mean the same thing.The Etymology of Preventive and PreventativeAround 1635, someone had the idea of adding the -ive suffix to the verb prevent. Around the same time, preventative evolved as a variant spelling. According to Google Ngram Viewer, preventive is and has always been the more popular choice.As usual, there is a difference between American and British English. Preventative is only a little less common than preventive for the Brits, whereas Americans rarely use it. What do the style guides say? WritingExplained.org reports: The New York Times prefers preventive, as does the AP Stylebook, The Chicago Manual of Style, and Garners Usage Guide.Preventative is a valid alternative spelling of preventive. However, some experts and style guides favor preventive. Heres some advice from the editor of Merriam-Websters Learning Dictionary: Be aware that you may encounter writers, editors, and grammarians who believe that preventive is better, older, and more correct than preventative. None of this is true, but if you want to avoid any conflict, use preventive. Now, you must choose which one you prefer. Will you take the path of least resistance and use preventive? Or will you embrace all the freedom that Englishs million-plus word lexicon offers and help launch preventative as the new favorite? Why not both, just to be safe? There is no difference between preventive and preventative. They are both adjectives that mean "used to stop something bad from happening." Both words are commonly used in contexts concerning health care, as in "preventive/preventative medicine." Preventive, however, is used much more frequently than preventative. Even though the English language is rich with variation, many of us find ourselves uncomfortable when we encounter two forms of a word which are just a touch different yet mean the same thing. If this happens with a pair of fairly obscure words (such as dialectical and dialectal) it often will not draw much notice. (Except on Twitter.) But when the words veer closer to common use and attract attention we often find that one of them will be condemned. As is the case with preventive and preventative. The words co-existed for 200 years before complaints on 'preventative' began in the late 18th century. The shorter word, preventive, has meanings such as "something that prevents," when used as a noun, and "devoted to or concerned with prevention," when used as an adjective. Preventative means the same thing. The question of which one you should choose depends much on your appetite for nit-pickery. History of Preventative and Preventive Of the two, preventive is slightly older, appearing in English at the beginning of the 17th century. SoPhilipof Macedon, andAristhe sonne ofCroesus,found a chariot in a sword's hilt, and an Iron poynted weapon at the hunting of a Bore, to delude theirpreuentive weariness. Richard Carew, The Survey of Cornwall, 1602 The warre which wee callpreuentiue ought to be esteemed the more fitte, for that the multitude of soldiours which the Turke carrieth alwayes with him to maintaine his owne designes, and to frustrate our purposes, is infinite. Louis Turquet de Mayerne (trans. by Edward Grimeston), The Generall Historie of Spaine, 1612 However, preventative is no Johnny-come-lately, showing definite use for over 350 years now. Here follows thepreventative: take a poor man, and settle him in a comfortable situation, making him pay (or secure) a reasonable valuation.... Christopher Love, The Strange and Wonderful Predictions of Mr. Christopher Love, 1651 It openeth all obstructions, and suppresseth all manner of over-flowings in Women, strengtheneth the womb, cureth the mother, maketh the barren fruitful, and is a greatpreventative against miscarriages, and rectifies most infirmities of the womb. John French, The Yorkshire Spaw, 1654 Tocommittthe sin, and not topreventthe sin, when men have thepreventativepower of it, are very nearalld, if not the same.Crimes. Roger Boyle Orrery, The Answer of a Person of Quality to a Scandalous Letter Lately Printed and Subscribed by P.W., 1662 Preventive has always been more common than preventative (although the difference between the two words is more pronounced in some forms of English, such as the American varietal, than others). But for almost two hundred years the two words existed in peace, and no one seemed to mind which one you used. It is not uncommon to find both of them used interchangeably by a single author within the same work. ...and sent for a neighbouring Apothecary to give him something preventive, for he had not yet found himself ill. ...to send a preventative Medicine to the Father of the Child, to whom he had told their Condition. Daniel Defoe, The History of the Great Plague in London, 1754 But the English language is not only rich with variation; it is rich as well with strife, and people who like to tell you that the thing you're doing is a bad thing to do. And so, after over a century of peaceful coexistence, someone decided that one of these words was a bit off. We don't know who the first person to complain about preventative was, but individuals began weighing in on this at the end of the 18th century. By the middle of the 19th century the idea that the extra syllable in preventative was unseemly had made it into dictionaries and usage guides. John Russell Bartlett, in his 1848 A Dictionary of Americanisms, sniffed that preventative was "A corruption sometimes met with for preventive both in England and America." He was followed by Matthew Harrison, who in his 1861 The Rise, Progress, and Present Structure of the English Language stated that preventative was nothing more than preventive "written and spoken improperly." This was followed by another hundred or years of language guides claiming that one of these words was proper and one was not. In recent decades there has been some softening in the opposition to preventative. Some guides will allow that it is not a mistake, but advise using preventive for greater clarity. We advise you to use the word which speaks to your heart. Or emulate Daniel Defoe, and use both. In everyday life, we hear a lot about preventative care, preventative maintenance, and preventative measures or is it preventive? Is this just a spelling difference, or do the words have different meanings?To prevent any further confusion between preventive and preventative, well sort out the difference, discuss how theyre commonly used, and provide some examples so you can see both in use. In most contexts, preventive and preventative are essentially interchangeabletheyre used to mean the same thing. This includes when describing the terms theyre most commonly encountered with, such as care, maintenance, and measures. Preventive has traditionally been more commonly used, particularly in medical contexts, but preventative is also (and perhaps increasingly) common. Is it preventive or preventative? Preventive and preventative usually mean the same thingtheyre both commonly used as adjectives to describe things intended to prevent something (negative) from happening.Historically, preventive has been more common. Some people object to preventative due to thinking its incorrect (it isnt) or that the extra syllable is unnecessary, but not only is preventative commonly used, it has been in common use for hundreds of yearsnearly as long as preventive.Preventive may be more common in formal medical contexts, in which it can be used as both an adjective and a noun in the same way that its synonym prophylactic can.In general use, though, preventive and preventative are interchangeable. Whichever one you use, take care to spell it correctly. Is it spelled buses or busses? How do you spell preventative? Speaking of spelling, it can be easy to misspell preventative. Common misspellings include preventive and prevenative.The root of both preventive and preventative is prevent, and both words always start with it. Even though preventative is based on prevent (and not preventate), it uses the ative ending. Even though it may seem superfluous when simply ending with -ive is an option, this construction is not uncommonits used in many other words, such as argumentative, authoritative, augmentative, qualitative, and exploitative (which also has an -ive alternative in exploitive). For each of the sentences below, you can use either preventive or preventative.An ounce of preventive/preventative care is worth a pound of cure.Failing to perform preventive/preventative maintenance will shorten the lifespan of your vehicle.If we take preventive/preventative measures, we should be able to mitigate the potential for structural damage.This is a preventive/preventativeit will only help you if you take it beforehand.

Preventative maintenance on a hot water heater. Preventive maintenance on a hot water tank includes. How often should a hot water tank be serviced. How do you maintain a hot water tank. Water tank preventive maintenance. Hot water tank maintenance checklist. Preventive maintenance hot water. Water heater maintenance tips.