

[Sidebar #9]

Expand Quality of Life, Compress Morbidity

Invariably, when discussing prevention, someone will present the argument that disease is inevitable, that you can manage but you cannot prevent all disease. Assuming a “natural” death, something — heart disease, stroke, cancer — is going to get you in the end. No argument. The issue isn’t eventual disease; the issue is avoidable, early onset, or premature disease associated with elected behavior. An extension of that is expanded quality of life for the individual and, if you are an employer, enhanced worker productivity. It’s time to reverse the trend of compressed quality of life and expanded morbidity (and cost) to one of expanded quality of life and compressed morbidity. Again, enough is enough!”

Michael Samuelson
President & CEO
The Health and Wellness Institute
Providence, RI