Absence of Disease or Being Healthy

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Health is a state of physical, mental, and social well being and not merely the absence of disease or infirmity. Health is the key to living a productive and satisfying life. Staying healthy is an important part of growing up. And it can affect you physically and emotionally. Confronting hard situations such as when your body changes during puberty and you have to deal with things like school and exams, staying healthy can really help you. Staying healthy physically can help you stay healthy emotionally too.

When you are young, you may not think much about going to the doctor unless you're sick or hurt. But your doctor is there for in sickness and in health. He or she can provide "preventive services" that can detect disease or help prevent illness or other problems. It's important to get these services when you are a teenager or young adult. Many conditions that happen later in life get their start when you are younger. For example, about 65% of all deaths in adults are caused by heart disease, cancer, and stroke. In many cases, these diseases are preventable. Many of the behaviors that cause these diseases begin at a young age. A person's overall health is about more than the absence of disease. It's the state of physical, mental, and social well-being. Ultimately, it's the key to living a productive and satisfying life.