![WIMH - what is my health™]

MEDICAL

OVERVIEW

Medical health is the science of medicine and the treatment of illness and injury.[1] The "medical model" of health focuses on the physical body, with an emphasis on diagnosing, monitoring, and treating disease. According to this model, the highest level of health is embodied by individuals who are without disease and are able to physically function without restriction.[2] Medical health is influenced by a wide variety of factors including alcohol and drug use, environmental conditions, genetics, nutrition and diet, personal hygiene and cleanliness, physical activity and fitness, sexual activity, sleep, smoking and other risky behaviors, and stress.

Measurement of medical health relies heavily on observation, testing, and data collection by lab personnel, nurses, office staff, pharmacists, physicians, radiologic personnel, technicians, and therapists. Procedures such as diagnostic, surgical, and therapeutic measures lead to the collection of medical data. This data is used to identify abnormalities and the presence of disease, and anticipate health issues that may occur in the future. Commonly collected medical data include history of present illnesses, lab results, measurements, radiologic images, recorded signals, social and family history, and vital signs.[3]

RESOURCES

[1] http://www.dictionary.com/browse/medical

[2] https://www.med.uottawa.ca/sim/data/Health_Definitions_e.htm

[3] http://groups.csail.mit.edu/medg/courses/6872/96/notes/Tsien/

ADDITIONAL INFORMATION

For more information, tools, and resources about medical health, visit:

http://www.cdc.gov/az/a.html

https://www.cdc.gov/DiseasesConditions/

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/

https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction

https://www.drugabuse.gov/related-topics/medical-consequences-drug-abuse

https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases

https://www.healthit.gov/patients-families/faqs/how-can-i-access-my-health-informationmedical-record

http://www.hrsa.gov/quality/toolbox/methodology/performanceimprovement/part2.html

http://www.mayoclinic.org/diseases-conditions

http://www.mayomedicallaboratories.com/test-catalog/appendix/measurement.html

https://medlineplus.gov/druginformation.html

https://medlineplus.gov/healthtopics.html

http://www.medicinenet.com/procedures_and_tests/alpha_a.ht-m

https://www.niaaa.nih.gov/alcohol-health/alcohols-effects-body

https://www.nlm.nih.gov/hsrinfo/datasites.html

http://www.webmd.com/a-to-z-guides/common-topics/c.htm

http://www.webmd.com/balance/stress-management/stress-symptoms-effects_of-stress-on-the-body

http://www.webmd.com/sex-relationships/guide/sex-and-health

http://www.who.int/topics/hygiene/en/