

Definition/Description:

The human body is a complex biological system. Genetic and environmental factors begin interacting at an early stage in life, and continue to interact throughout the lifespan. For some diseases, a strong genetic component is present, and little can be done to change the predisposition to certain diseases or health issues. However, environmental influences in the form of the determinants of health, may improve health outcomes significantly, assisting the individual to reach their full health potential. For example, we now know that those with strong family history of cardiovascular disease should be monitored for high blood pressure, and abnormal lipid profiles. They can also be encouraged to maintain a healthy lifestyle to minimize the risk of developing cardiovascular disease at a young age.