

You're Life, Your Health. What you don't know can hurt you

There's been a recent change the last five years or so, People are taking control of there health. For years people have been munching down on fattening cheese burgers and greasy fry's without thinking twice about it, children were becoming more obese, and no body cared about easily prevented cancers.

Since this change in our worlds new found healthy lifestyle, over-all health seems to be going in the right direction. People are eating right, exercising often, and thinking before they do things that may interrupt there perfectly healthy life. Unfortunately people are very misinformed. Everyone knows about saturated fats, and that smoking will kill you in the long run, because this is what we have all been told over and over again. Oddly enough the people in charge of informing the public don't always spread all of the information as mainstream as they should.

Over the last thirty years more people have been coming in contact with diseases that they once thought would never be something to interrupt there lives. Only the lower class could catch them, or the street walkers of NYC, was what you would hear. The times have changed. If you have any kind of an intimate relationship chances are you will catch an STD. Over a quarter of the population are infected with one of the many Sexually Transmitted Diseases running rampant around the world.

Everyone has heard of HIV and AIDS and think, it will never happen to me. They may be correct about that, but what about the high risk diseases out there with no symptoms that thousands of people are carrying like HPV, Chlamydia, or Herpes? The statistics are mind boggling with the combination of the three infecting one in three people in the US alone. STD's are not just for the poor and minorities anymore.

With these staggering figures how come we don't see media campaigns like you do with other health issues? You certainly see big drug companies taking advantage of the huge number of people living with these incurable diseases. There commercials are all over T.V. and radio trying to get the word out about there treatments and cervices. But it seems that the Government isn't spending the money that they should to help make people aware of the severity of this rising epidemic.

In the end it seems that they have left it up to us to spread the knowledge of just how serious this has become. Now that it's really hit home to almost everyone in the world hopefully talking about these dangerous diseases will become more mainstream and less controversial.

About the Author

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