

# FOCUS ON PREVENTION

Prevention means avoiding illness! This reduces the need for medications and additional tests, which contribute to greenhouse gas (GHG) emissions. It also means avoiding harmful substances for both our health and the planet. Let's adopt healthy behaviors to prevent disease and protect biodiversity.

## NON-COMMUNICABLE DISEASES (NCDs)<sup>1</sup>

NCDs are diseases that **are not contagious**. They can result from aging or be influenced by lifestyle choices. The most common include **cancer, cardiovascular diseases, chronic respiratory diseases, diabetes, and musculoskeletal disorders**. National screening (e.g., for **colon, breast, or prostate cancer**) and prevention campaigns (**alcohol, tobacco, etc.**) help prevent NCDs.



1/3

1/3 of the Swiss population<sup>2</sup> suffers from a NCD

accounting for **80%** of healthcare costs.



Our behavior influences

**30%**

of our health while only **10%** is determined by the healthcare system.

## COMMUNICABLE DISEASES (INFECTIONS)

**Vaccination** has significantly reduced the occurrence of potentially fatal or severe infectious diseases, such as meningitis, tetanus, and measles.

## HARMFUL SUBSTANCES AFFECTING BOTH INDIVIDUAL AND PLANETARY HEALTH

**Endocrine disruptors<sup>3</sup>**  
Endocrine disruptors interfere with the **hormonal system**, potentially contributing to **hormone-dependent cancers, reproductive disorders, language development issues, and autism spectrum disorders**.

**Sunscreen**  
Sun exposure is harmful, making protection essential. However, **some chemical UV filters** contain endocrine disruptors and are also **toxic to coral reefs, fish, and shellfish**.<sup>4</sup>

**Per- and polyfluoroalkyl substances (PFAS)**  
PFAS are used for their **non-stick, waterproof, and heat-resistant properties**. However, they contain endocrine disruptors, are linked to **cancers, and disrupt the hormonal system**.<sup>5-6</sup>

They are found in canned food, cosmetics, and disposable wipes.

25,000 tons of sunscreen enter our oceans yearly—48 liters per minute.

Known as «forever chemicals», PFAS are found in textiles, cosmetics, food packaging, and non-stick coatings.<sup>5</sup>

## THE SUSTAINABLE PRESCRIPTION

- ◆ Adopting a **healthy lifestyle** while protecting the environment provides **co-benefits for both health and the planet**.
- ◆ The «12 months, 12 actions» campaign (available at [www.revmed.ch/infos-patients](http://www.revmed.ch/infos-patients)) offers practical advice.
- ◆ **Talk to your doctor about prevention, screenings, and available vaccinations.**
- ◆ **Limit exposure to chemicals (e.g., perfumes, paints, pesticides, cleaning products, cosmetics).**

- ◆ **Avoid PFAS** by choosing **cast iron or stainless steel cookware** and **PFAS-free clothing**.
- ◆ **Seek shade and wear protective clothing** instead of relying solely on sunscreen. If needed, **choose ocean-safe, water-resistant sunscreen**.

**When to discuss prevention?**  
During any consultation or health check-up.



### REFERENCES

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4. Martin N, et al. Influence of TiO<sub>2</sub> Nanocomposite UV Filters on Fish Gill Cell Toxicity. *Ecotoxicology and Environmental Safety*, 2022, 243, pp. 113984.

5. Schrenk D, et al. Risk to Human Health from Perfluoroalkyl Substances in Food. *EFSA Journal*, 2020.

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