

### Challenges in Healthcare

Preventative healthcare prepares for the present and upcoming generations. It offers a variety of programs and an overall education on fitness, diet, nutrition, health screenings, vaccination/immunizations, and the environment related to one's health. Preventative healthcare is extremely important because it keeps people healthy and gives access to treatment when it's necessary. Ultimately, it provides the benefit of saving lives and improving the quality of one's health for years to come. Many great things come with preventative healthcare, but along with those come tough challenges.

One of the most challenging issues that come along with preventative healthcare is a patient's lack of knowledge. It's very surprising how many people go without proper screenings, such as mammograms or colonoscopies because they genuinely don't know how lifesaving preventative medicine is. Others may just refuse to be bothered with going to the clinic because they don't think it's a big deal or what factors their underlying health issues may pose. A ton of screenings go unnoticed because of these issues, but there are solutions to these problems. One of the most important solutions to this is exposure, such as media. Whether it's news articles, the radio, television, or in general any type of marketing.

The Upper Great Lakes Family Health Center has done a tremendous amount of shedding light on regular healthcare visits. They attend healthcare rallies and fairs to give more information about the importance of healthcare, and most importantly inform individuals to care more about their health. UGLFHC has a free dental program through the local school where parents can sign their kids up to receive basic dental treatments right at the school, easing some burdens on the parents. By doing this dental program, the activity of parents making appointments increased, as well as an interest in establishing with a physician as well. Another event they participated in was a breast cancer awareness marathon. A booth was set up at one of the mile markers, where they handed out water and healthy snacks, all while raising money for

breast cancer research. In my opinion, the booth was a great idea to raise awareness of breast cancer, their clinics, and encourage people to get regular checkups to ensure their safety from future health complications.

Among the various challenges in healthcare, insurance or lack thereof is another struggle that's very prominent in preventative healthcare. Insurance can be a tricky subject, most of the time people can not afford it or they do not have a clue on what insurance is best for their needs. Insurance has many available options which can be highly confusing to some individuals. UGLFHC happens to offer a great solution for an individual's inability to afford proper insurance. They are a federally funded healthcare clinic that offers a sliding fee scale based on a person's income. The sliding fee scale allows individuals or families to pay a small copayment if any, instead of paying it all out of pocket. I think a sliding fee scale is a great solution to the problem because it's important that there are available, trustworthy opportunities for individuals who may not be able to afford proper healthcare.

As previously stated, preventative healthcare is extremely important for an individual to take seriously. Being knowledgeable about certain aspects of healthcare is a necessary step to keeping yourself healthy and your friends, and family. By knowing what's to come when learning about your options when exploring the healthcare field is amazing. It puts you a step ahead in knowing what's right for you and others.

