

Review of: "[Commentary] Healthspan Horizon — Pioneering Preventive Care as the New Standard of Healthcare"

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This article points out so many of the challenges currently being faced in healthcare, and I applaud the author's work. Ideally, a large part of preventative care includes comprehensive support for lifestyle interventions with a strong focus on nutrition, physical activity, sleep, social connections, avoidance of risky substances, and encouraging healthy ways to deal with stress. Alongside the social determinants (or drivers) of health, the commercial, political, and biological drivers also come into play. Educating and encouraging the future interdisciplinary healthcare workforce to address these complex challenges with a keen focus on preventative care is essential.