

## Editorial Preface

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In this world of modern science and technological advancement, causes of ill health and modern epidemiology are rampant. By modern epidemiology, this refers to those conditions or diseases that are predominantly caused by exotic life styles from affluent societies to those that are not. For instance, when I was growing up in a typical rural and impoverished community in the outskirts of Mulanje mountain in the Southern region district of Malawi, to find a case of hypertension or obesity was a rare occurrence if not non-existent. Men and women, let alone children died prematurely and if by luck aged, died while the teeth were white and intact with white heads. Today, in the same area, the opposite is happening in that you would not know who lives in the rural or urban areas. Cases of obesity, hypertension and other cardiovascular accidents are not uncommon, therefore a mixed bag due to changes in the life styles.

In the same way, management of diseases be in developed or developing countries, has changed dramatically so needs robust application of empirical knowledge and understanding the translation of postulates and the practicality of the situation on the ground. This introduces us to the theory of natural causes of diseases which is often multiple. As such, disease causation often evolves on what is described as an epidemiological triangle comprising of host, agent and environment. In any given society, beginning from the least to the most developed countries, ill-health emanates from the epidemiological triangle in that for undesired health situation to happen, at least one of the pillars if not all must be at fault. This is one of the reasons why living things particularly humans must be in harmony with themselves, others and the environment in which they live. This harmony entails a broad spectrum in the true sense of the word 'harmony' which is wholistic in nature.

Zooming in the epidemiological triangle without full explanation of the three key players involved may be quite bizarre, hence horrendous and futile. Therefore, this takes us to the host which represents 'human beings. What a person does can result into good or bad health and this brief write up may not exhaust it all. Beer drinking, elicit sexual behaviour, eating habits, reckless driving to those who have a privilege of driving, living a sedentary life, use of drugs, occupation, adherence to either acceptable or unacceptable hygienic standards, undesirable life styles such as poor sleeping habits among others may result in

good or ill health. The young and the old have their disease pattern due to variations in their immune systems. Agent represents disease causing microorganisms such as bacteria, virus, fungi, protozoa, rickettsia among others which make humans lose control on them at times.

Environment is broad in that it may indicate where people live, type of soil and the crops that are grown in those soils, weather changes, type of roads available where people use to move around either by walking or using automobiles. Climatic conditions and changes for instance; cold countries have their own diseases and vice versa. Customs or traditions have significant to ill or better health. Religious affiliations among other factors in the environment do influence the health status of a human being. The interaction of the three key elements in the epidemiological triangle is the main stay of disease causation. This is an answer to the question why human beings get sick and consequently leading to their demise.

Proper problem identification with proper solution using proper tools will facilitate prevention of ill-health. Therefore, using epidemiological methods disease causation can be addressed amicably. This introduces us to epidemiology which implies causes of diseases, pattern in terms of distribution, who is affected, when they occur or affect people, where are the people affected, how are they affected and the methods of control and prevention. For this approach to be effective, understanding of the diseases is very important. It is therefore necessary to apply empirical methods to identify pathogen that causes different diseases and be able to management the diseases using robust methods, hence use of laboratory technology is but not an option but a priority. Journal of Biomedical Sciences and Clinical Research are therefore inseparable with clinical care and are recipe for improved patient care, a call for talking to one another. Laboratory scientists and medics in clinical practice need to see each other as co-workers so they are not competitors but they are complementary to the other.

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