

# Diagnosis is better than disease

**Rajesh Patel**, CEO, IVD - India, Trivitron Healthcare elaborates on the crucial role played by diagnostic tests at every step of disease management – diagnosis, monitoring, screening and prognosis

There are rights to which we are entitled, simply by virtue of our humanity. Among all the rights to which we are entitled, health care may be the most intersectional and crucial. Universal health care is crucial to the ability of the most marginalized segments of any population to live lives of dignity. And for better healthcare, the need for detection and timely treatment has clearly emerged as the need of the hour. In healthcare, diagnosis helps improve patient care, contributes to protecting a patient's health and in some cases even helps limit healthcare spending.

For over half a century that has gone by, innovations in diagnostics transformed the practice of medicine. Advancements in technology have further enabled the development of new generations of diagnostic tests. These technologies have revolutionised healthcare, by guiding timely medical intervention.

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cial role at every step of disease management – diagnosis, monitoring, screening and prognosis.

## Diagnosis

Diagnosis helps find out if a patient is suffering from a specific condition. A diagnos-

tic test detects a possible condition or confirms the lack of one. Sometimes diseases need to be studied over and over for not just their nature but also their stage or degree of development. Diagnostic tests form the framework with which healthcare professionals are able to better assess the effectiveness of the chosen treatment in stopping the progression of the disease.

## Monitoring

Some chronic diseases cannot be cured, but the chosen treatment, medications, hormones and lifestyle changes can go a long way in avoiding a worse situation in the future. Monitoring look for decrease or increase in the disease, which helps in multiple treatment options.

## Screening

Some diseases like the modern COVID-19, while in the initial stages, may present minimum or no symptoms at all. This is where screening comes into play. Screening studies patients who do not yet present any symptoms for

a particular illness, to find out if the illness has begun to develop quietly. These tests are sometimes applied to populations at community levels and are therefore affordable and easily accessible by all.


## Prognosis

Prognosis is a little far-fetched, in that it helps assess the likelihood of developing a disease in the near or distant future, thereby assisting a patient to take necessary precautions much earlier than required of him. Genetic tests, for instance, analyse a patient's predisposition for developing a disease, allowing the patient and his doctor to be more attentive to discovering early signs and to take preventive measures.

Thus, diagnosis is integral to the process of detecting, treating, producing accurate results and curing illnesses. Diagnostic tests impact major healthcare decisions, though it also relies on an accurate interpretation of the test results, judgment and an expert bent of mind in prescribing the treatment.



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