



## Health and Wellness

### Jesus Duenas Becerra\*

Honorary Member, Scuola Romana Rorschach, Italy

\*Corresponding Author: Jesus Duenas Becerra, Honorary Member, Scuola Romana Rorschach, Italy

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It is not possible, in any way, to refer to the binomial health and well-being, without first characterizing these two words. Health is not-in any way-the absence of somatic or psychic illness, but rather the bio-psycho-socio-cultural and spiritual balance in which the self-rests, the authentic, the true, while well-being is conceptualized by the science of Martí of the spirit as the state of mind of the human being, whose physical, mental and spiritual conditions provide a feeling of satisfaction and tranquility.

In other words, health and well-being make up an indivisible unit, and furthermore, they contribute -decisively- to the person being able to fully enjoy an optimal quality of life, marked-basically- by love and forgiveness, which-from a objective-subjective optics par excellence-become its fundamental pillars, without contradicting-nothing is further from reality or from the true intention of this columnist-with other criteria defended by my colleagues, and I greatly respect the professionalism with which they have been formulated.

However, to guarantee a healthy life and promote human well-being, it is necessary to meet different objectives: eliminate serious risks to health: high rates of maternal and neonatal mortality (the largest island of the Antilles has managed to meet this objective for several consecutive years), the spread of infectious diseases (including sexually transmitted infections, HIV-AIDS, and for a couple of years, the deadly COVID-19).

In this regard, the Cuban archipelago still has a pending issue, despite the enormous efforts made by the Ministry of Public Health. Among other achievements, significant progress has been

made in relation to increased life expectancy (more than 70 years for men and women), and the reduction of some of the most frequent causes of death: malignant tumors, cardio and cerebrovascular conditions.

On the other hand, in order to achieve the goal of minimizing premature deaths from non-communicable diseases (diabetes, high blood pressure, myocardial infarction, etc.), it is necessary to apply more efficient state-of-the-art technologies, the results of which play an essential basic role in the early diagnosis of these conditions, the use of clean fuels for cooking food, as well as educating the population about the real and potential dangers of alcohol and drug addiction; scourges to which we are no strangers in the Caribbean island and that destroy the bio-psycho-socio-cultural and spiritual balance in which human health is structured, and therefore, deteriorate the quality of life of those who consume such toxic substances that damage the body, mind and spirit.

Thus, we must focus on continuing to finance health systems, which are likely to improve even more, improve sanitation and public hygiene, provide more advice and concrete recommendations on how to reduce environmental pollution (noise, especially).

If we manage to achieve such progress, we will be helping, not only to save the most precious treasure of a human being, but also for Cubans to live with health, well-being and quality. Finally, it should be noted that many more initiatives are needed to completely eliminate a wide range of acute and chronic conditions that require the adoption of careful preventive measures that preserve the physical, mental and spiritual health, as well as the well-being of who live, love, create and dream in our insular geography.