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Importance of prevention-A letter to the editor

In today's busy world, people don't even have the time to fall ill. Diseases don't just demand time but also physical efforts, mental peace, loss of work, distress of loved ones and financial loss. According to a report published in Harvard business review, each year in India, 39 million people are pushed into poverty by out-of-pocket payments for healthcare, with households on average devoting 5.8% of their expenditures to medical care [1].