

The canadian cancer society

[Health & Medicine](#)



Two Factors Why People Disregard the Steps and Reasons behind the Two Factors

Most people disregard these steps because of ignorance and inadequate financial resources. Ignorance makes some sidestep health-related matters, thinking that they are too healthy or too young to fall ill. It is the same ignorance that deludes many into thinking that one should only consider these steps when sick. Financial constraints may make accessing healthcare professionals, following cancer screening guidelines and accessing good diet a mere mirage.

Two Steps to Be Taken To Promote Better Health Practices

To promote better health practices, it is important that measures are set in place to have the media airing more health-related content. Given that this will be restricted to a matter of volition when it comes to privately-owned media houses, the government can craft, pass and implement policies that will enhance the publicizing of the health-related content. This move will be necessary since the media (both electronic and print) media play pivotal and dominant roles in creating health awareness.

It is also imperative that all the gains provided for in the 2010 Healthcare Reforms Act are safeguarded. Only this way, will the less privileged or low income earners be able to access healthcare professionals and follow cancer screening guidelines, irrespective of financial constraints.