

Analysis of the most frequent pathologies in the municipality of Tecámac, State of Mexico, in the February-June health days

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Abstract— *A descriptive observational study was carried out, in which data on the most frequent pathologies were collected in the complementary health services of the municipality of Tecámac State of Mexico for the period of February-June 2023, in order to have knowledge of the epidemiological statistics treated, with auriculotherapy, chiropractic and podometry services. Diseases, regardless of the time in which we live, are present and the ways of diagnosing them are different in each time and space in which it is human being's turn to live they are looking for different alternatives for their treatment, according to a health survey carried out in the United States of America in 2007, About 65% have used complementary medicine treatments, while in Africa 80% of the population resorts to solve their health problems with traditional medicine. (Berenzon , 2006). In Latin America there are data that in Chile, Colombia, Bolivia and Cuba and Latin American countries more than 50% of the population continued to take care of their health through patterns of their traditional medicine. Within complementary medicine is auriculotherapy, chiropractic and podometry, auriculotherapy is a treatment in the auricle of the ear where seeds, pellets, studs, needles or only stimulation are applied. Chiropractic is a spinal adjustment that seeks to keep the nervous system in balance while podometry is responsible for measuring the pressures exerted by the sole of the foot, thus identifying possible conditions of both the foot and the spine. (Sosa M. 2015). Therefore, this study focused on knowing the most frequent pathologies that the community of Tecámac attends for primary care in complementary medicine services such as auriculotherapy, chiropractic and podometry .*

Keywords— *day, health, population, municipality, medicine, complementary, auriculotherapy, chiropractic, podometry, pathology.*

I. INTRODUCTION

The health programs that are sought with Priority are the services of auriculotherapy and chiropractic since they are part of a branch of non-invasive complementary medicine that in recent years has gained importance since it has shown an improvement of 95% after therapy and with less time and damage. It is considered that experts in traditional Chinese medicine are of utmost importance for the population since they are a less expensive and fast alternative so the people can receive benefits from professional, safe and low-cost hands.

For this reason, the health sessions were held in order to carry out an in-depth investigation that will allow us to analyze the main causes of consultation in the community of Héroes de Tecámac, allowing us to know the epidemiology of the community and thus offer new alternatives to the therapeutic of their conditions. For this reason, health professionals decided to carry out this research since it is of utmost importance to be informed of the current and most frequent pathologies, to subsequently be prepared to address them professionally and provide a higher quality of life to the patient, thus offering good care

medical.

General objective

Identify the main causes of consultation care in complementary health services such as auriculotherapy, chiropractic and podometry in the health sessions of the period from February-June 2023, in the population of Tecámac State of Mexico.

Design

The present work is an observational model.

II. THEORETICAL FRAMEWORK

Health days are processes where the community takes control of their health care, which is why universities commonly tend to hold health fairs, in order to create a strategy for the promotion, prevention and treatment of diseases. (Muñoz M, 2008).

In addition, these sessions are a tool that contribute to the community to explain the positive or negative effects on health, as well as help to differentiate the diseases, methods and approaches necessary to direct health professionals, to the field of primary care since they can play an important role in defense and interest in the promotion of health care. Likewise, a study evaluated the effect of health and wellness perceived by students, as well as their environment, identifying the virtues and strengths character which are essential for professional life. In fact, the Ottawa charter according to the WHO defines health days as the process of allowing people to increase control over their health. (Rootman I, Goodstadt M, 2001).

Likewise, the promotion of health within the university favors the following aspects: 1) increased in job satisfaction 2) decrease in absenteeism in students, academics and administrators, promoting healthy interpersonal relationships, improving the work and study environment, and the quality of life during study and work; and 3) in the long term it will promote the health of the country through generations that will promote the well-being and health of the institutions and communities in which they work and the families that work, which is related to positive education. (Barranca E, González R, et al, 2021).

Contributing to this, practitioners and a social service intern held 3 health fairs with the support of a teacher in charge in the community of Tecámac, State of Mexico in the period from February to June 2023, in which the services of auriculotherapy, podometry and chiropractic were offered each with their respective techniques treatments auxiliary to the area with the objective of

obtaining more epidemiological information about the current pathologies most treated in health sessions, as well as the impact on the population of the municipality of Tecámac State of Mexico, in order to collect data that allow us to deduce conclusions and acceptable recommendations to provide the population with improvements of their health, such as auriculotherapy or podometry treatment plans in cases of flat or cavus feet, providing a relatively economical and practical treatment, how to achieve stimulation of the balls from home or using recyclable materials such as bottles, towels, colors or marbles to perform the Risser exercises in cases of flat or cavus feet, promoting health and economy for the residents of Tecámac. Furthermore, it is important that the residents of Tecámac consult their trusted doctor before performing any type of complementary treatment, following their recommendations and supervisions in this way risks are avoided and a safe and effective treatment is ensured. (Barranca E, González R, et al, 2021). Thus, you can also begin to promote herbal treatment, exercise, good nutrition and adequate rest since these practices can help improve and reduce consumption and expensive treatments, since, worldwide, traditional medicine is the main pillar of the provision of health services, which is why, in some countries, it is usually called complementary medicine. Therefore, the WHO is evaluating and developing strategies so that in the next decade it will be known and applied in daily life.

TCM is an important and often underappreciated part of health care. It is practiced daily all over the world and its demand is increasing, since it has been proven to have quality, safety and effectiveness. The world is aware of the need to develop a comprehensive approach that makes it easier for the government health professionals and users of health services, access to TCM in a safe, respectful, affordable and effective way, as a strategy A strategy to promote appropriate integration, regulation and supervision of TCM. (De La Salud, 2013) Auriculotherapy together with acupuncture is one of the oldest treatments that were used mainly in Asian countries, currently in Latin America it began in the 70s, in Mexico approximately its application began in the 90s. (WHO, 2003)

However, in the 21st century, there is an increase in professionals interested in the application of auriculotherapy, since it requires that the applicator have health knowledge in addition to understanding Chinese knowledge regarding Qi, Xue, Meridians, Jing in relation to disease and health.

Chiropractic is a health profession concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system and effects of the nervous system, carrying out spinal adjustment and

mobilization of different joints in the body .(Ballesteros P, Fernández A, 2015)

The Chiropractic improves functioning and helps a better adaptation to stress ensuring that the nervous system regains the necessary balance to get a better rest and get rid of pain (WHO, 2005)

The objective of podometry is to measure the pressures applied to the sole of the foot, it is known as podometry , which in the clinical field is used for the design and construction of orthoses and orthopedic insoles; to perform post-surgical analyzes or simply to evaluate a patient's response to a certain treatment. (Ortíz C, Reyes K, Hoyos W, 2021).

Therefore, this study addressed the need for people to take care of their illnesses with the help of alternative medicines, since it has become a health , protection, affection and economic Because of its affects against the patient’s body and mind (Moreno S, palomino P, et al, 2015)

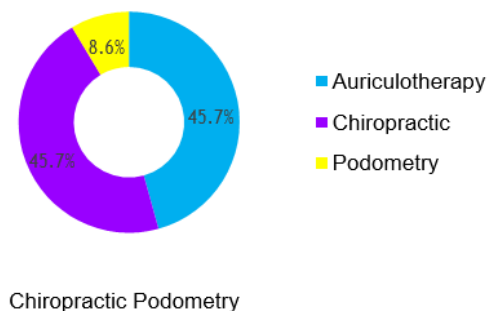
III. ANALYSIS OF RESULTS OBTAINED

The following graphs will show the results of the data obtained in the health sessions Carried out in the he municipality of Tecámac , State of Mexico February - June.

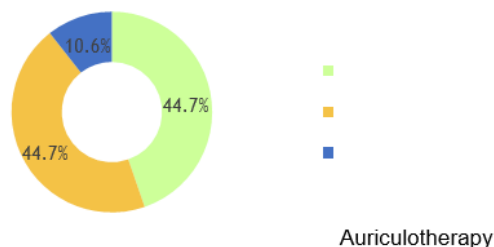
3 health fairs were held in the municipality of Tecámac , State of Mexico, the following graphs show the percentage of the population that attends these health days, where auriculotherapy

, podometry and chiropractic care was provided, Resulting in the first health fair 45.7% attended both auriculotherapy and chiropractic care , Resulting in the fact that in the area of auriculotherapy the most frequent reason for consultation was stress and anxiety, and in older adults insomnia was a specific characteristic in patients with chronic degenerative diseases such as hypertension and diabetes, pathologies such as weight control, back pain and low back pain were also treated and only 8.6% To the area of iodometry On the second day of health There was an increase of 2% Patients in the area of podometry. while a decrease of 1% was shown in the area of auriculotherapy. The reason for consultation was weight control,low back pain and neck pain , In turn, there was a decrease of 1% from the first day to the second In the area of chiropractic On the third day of health, a decrease in the care of the chiropractic area was shown, while in the practice of auriculotherapy it increased by 11.7% between the second and third day held Being the most frequent pathologies treated: Hypertension, Diabetes, Arthritis and Low Back Pain.

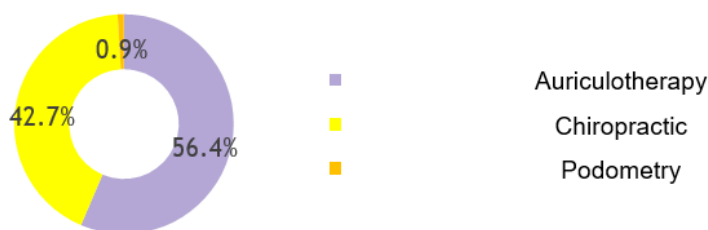
1ra. Feria de Salud



2da. Feria de Salud

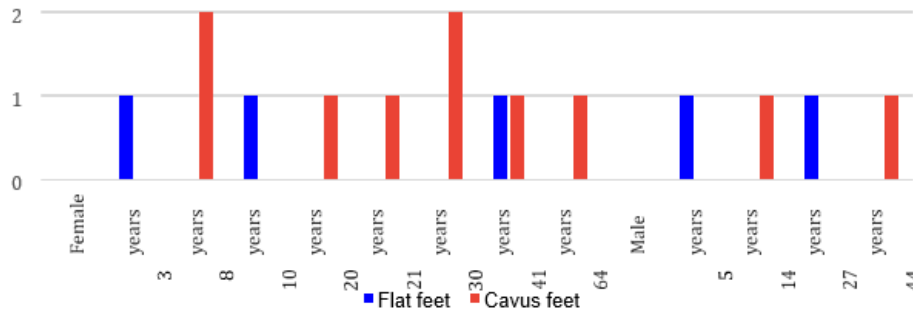


3ra. Feria de Salud



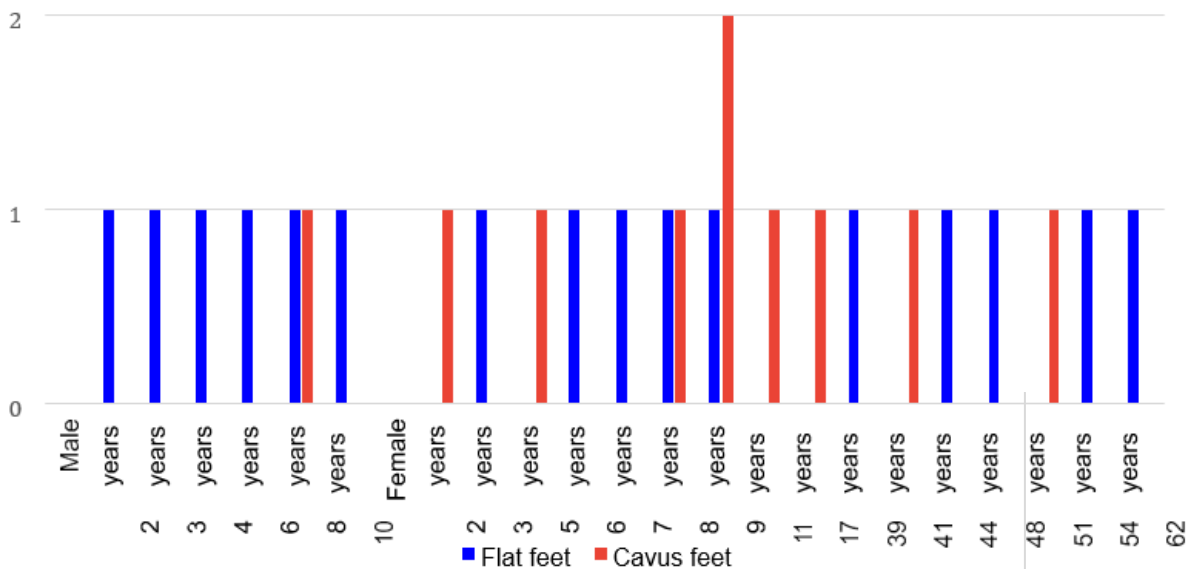
The following graph shows the prevalence of patients who have cavus feet, Being mostly female between 8 and 54 years old, while only 3 patients have flat feet, On the other

hand the male sex has 50% flat foot and 50% between the age ranges of 5 to 44 years.



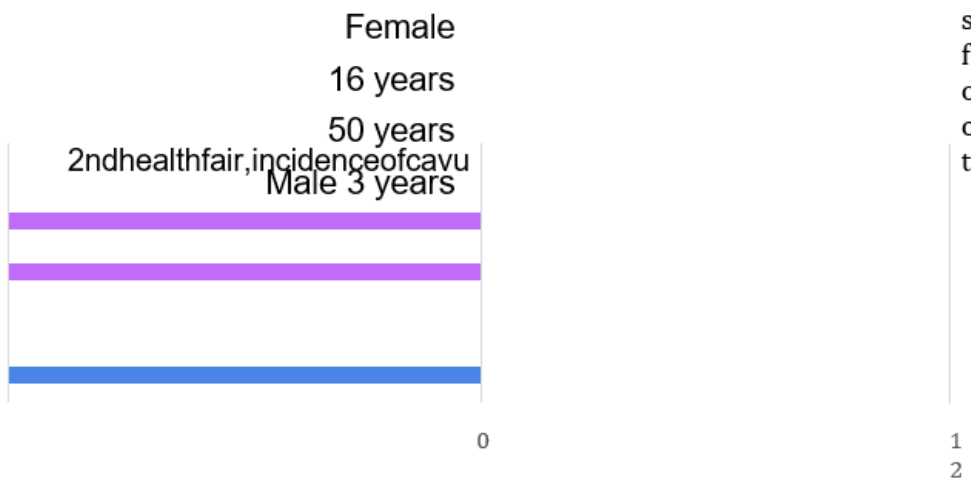
In the second fair there was an increase in the population that attended the podometry area, with 71.4% of the male community having a flat feet and 28.6% having cavus feet

data, while 55.6% of women having flat feet and 44.4% having cavus foot



In the third fair held, it was observed that 100% of the patients have cavus foot, where two of the patients were

aged 16 and 58 years and the male patient was 3 years old

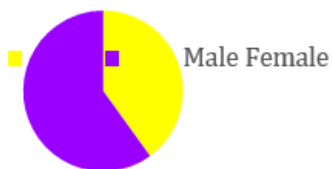


Podometry was performed on the population of the

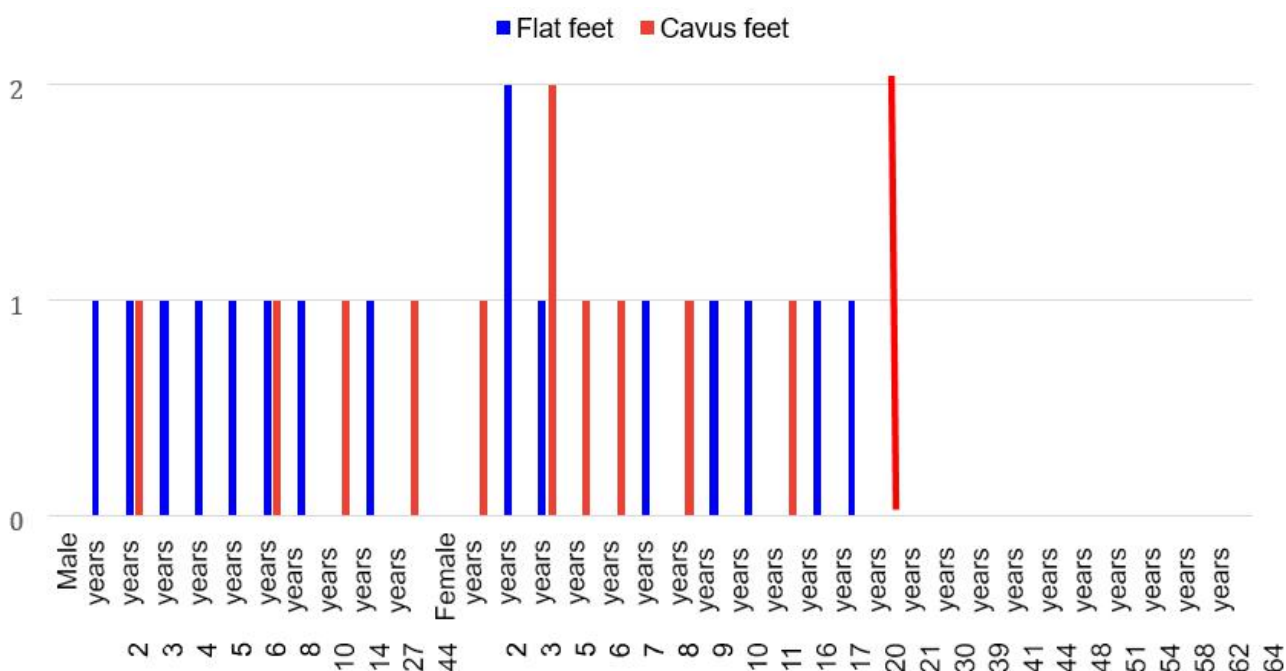
Municipality of Tecamac , State of Mexico, the following

graph represents that 60% of women have cavus foot , referring to the excessive use of inappropriate footwear and standing for long periods, presenting the following symptoms: talalgia , gonalgiaand lumbago , while 40% of the male population Has flat feet reporting fatigue and pain in the sole of the foot.

Podometry performed in the Municipality of Tecamác. State of Mexico, in the February- June health sessions



The following graph shows the prevalence of the population of the Municipality of Tecámác , State of Mexico, In the area of podometry of the health days of February - June that present that present flat feet and cavus feet, Being that the male population between 2 to 44 years old, with 61.5 of the male population having flat feet and 38.5 having cavus foot , while the female population is between 2 and 64 years old, showing that 40% of the female population has flat feet and 60% presents cavus foot.



IV. CONCLUSION

The health days are processes and tools that contribute to the community by explaining the positive and negative effects of health, helping to establish new approaches necessary to direct health professionals in the field of primary care. According to the WHO, health days are defined as the process of allowing people to increase control over their health (Rootman I, Goodstadt M, 2001).

In several Latin American countries, more than 50% of the population continues To take care of their health through traditional medicine patterns, so this study wanted to focus on the promotion of alternative medicine such as herbalism, auriculotherapy , chiropractic, as well as exercise, healthy eating. , adequate rest, since these together will help improve and reduce the consumption of treatments that become expensive, so western medicine has its greatest provision of services due to this situation.

In this study, the promotion of traditional Chinese medicine is sought since it is frequently underestimated in health, but it has been practiced throughout the world for millions of years, and its demand is increasing more and more and more since its safety and efficacy has been scientifically proven. (De La Salud, 2013)

In the study, data were thrown that show us that the community of the Municipality of Tecámác

, State of Mexico, seeks in some way to contribute to the care of their health, but due to economic problems it is not possible to maintain a good state of health, for which in the health days they reported being a great support since in them they can treat their illnesses in a simple, adequate and free way, what was observed is that there were increases and decreases in each day, Thus the second day second day increased 2% in the area of podometry according to the first day, while auriculotherapy and chiropractic remained the

same at 44.7%, Resulting in chiropractic and auriculotherapy always go hand in hand and the same percentage of patients who access treatment, also look for a supplement in the other specialty. Furthermore, In the days it was observed that the majority of the female population presents has conditions such as such as talalgia , back pain and pain along the spine, presenting cavus foot , referring to the fact that throughout their adolescent, domestic and professional life, they tended to use of inappropriate shoes, which tended to be high-heeled shoes worn for long periods of time and standing or walking for long periods of time, while the male gender tended to suffer from flat feet, Which mostly referring to symptoms of talalgia or burning In the sole of the foot. In addition, important figures were shown where the female sex is the one who attends the most for prevention and health care, while the male sex attends less and is only referred by the female part, so they are obliged to attend, this is something important and sad since men more often do not attend these days so their health is more postponed, this is an interesting fact since men give less importance to their health and this is important since the community depends that both women and men taking care of their health for the care of future generations. since if adults do not take care of themselves, the new generations will not care about their health, so these days were designed designed for the attraction of the whole community in the promotion of their health care.

the prevention of cardiovascular risk factors.

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