



## Importance of Accessible and Affordable Healthcare: Fundamental Human Needs

Hiroshi Suzuki\*

Department of Sciences, Tohoku University, Japan

### DESCRIPTION

Healthcare is one of the most fundamental human needs, yet access to quality healthcare remains a challenge for many people around the world. Whether due to economic, geographic, or systemic barriers, the ability to receive timely and appropriate medical care is a critical factor in improving health outcomes and ensuring a higher quality of life. As the global population continues to grow and health challenges evolve, it is essential to focus on making healthcare accessible, affordable, and equitable for everyone. Access to healthcare is not just an issue of personal well-being but also a matter of social justice. Every individual, regardless of their socioeconomic status, geographic location, or background, should have the right to receive essential health services. However, millions of people worldwide are still excluded from basic healthcare due to various barriers. In many low-income communities, people face significant challenges in accessing healthcare services due to geographic isolation, inadequate healthcare infrastructure, and a lack of medical professionals. For instance, rural areas often lack hospitals or clinics, forcing people to travel long distances for care. Additionally, financial constraints are a major barrier for many individuals, particularly in countries without universal healthcare systems. High medical costs, including out-of-pocket expenses for medications, treatments, and consultations, prevent many people from seeking care until their condition becomes critical. Moreover, in many countries, healthcare inequality disproportionately affects marginalized groups, such as racial and ethnic minorities, immigrants, and those with disabilities. These groups often face challenges such as discrimination, language barriers, and cultural differences, which can contribute to unequal treatment and poorer health outcomes. Affordable healthcare is essential in ensuring that people do not have to choose between their health and their financial stability. In countries without universal healthcare systems, many people are forced to rely on private insurance or

pay out of pocket for services. These costs can quickly become overwhelming, especially for individuals who are already financially disadvantaged. Universal healthcare systems, like those in many European countries, offer a model where healthcare services are funded by taxes and are available to all residents. These systems help reduce the financial burden of medical expenses and ensure that everyone has access to necessary healthcare services, regardless of income. However, even in countries with universal healthcare, there are still challenges in terms of efficiency, wait times, and ensuring the quality of care. The affordability of healthcare is directly linked to the effectiveness of health systems. Governments need to find ways to balance quality care with cost management. Strategies like preventive care, health education, and public health initiatives can help reduce the burden of chronic diseases and avoid expensive treatments by catching health issues early. Technological advancements have the potential to significantly improve healthcare systems. Innovations such as telemedicine, artificial intelligence, and robotic surgery are revolutionizing the way healthcare is delivered. These technologies can increase efficiency, reduce costs, and expand access to care, particularly in underserved areas. For instance, telemedicine allows patients to consult with doctors remotely, eliminating the need to travel long distances to receive care. Moreover, Electronic Health Records (EHRs) make it easier for healthcare providers to share patient information, reducing errors and improving continuity of care. AI-powered tools can assist doctors in diagnosing diseases more accurately and quickly, improving outcomes.

### ACKNOWLEDGEMENT

None.

### CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

<b>Received:</b>	02-December-2024	<b>Manuscript No:</b>	IPDEHC-25-22096
<b>Editor assigned:</b>	04-December-2024	<b>PreQC No:</b>	IPDEHC-25-22096 (PQ)
<b>Reviewed:</b>	18-December-2024	<b>QC No:</b>	IPDEHC-25-22096
<b>Revised:</b>	23-December-2024	<b>Manuscript No:</b>	IPDEHC-25-22096 (R)
<b>Published:</b>	30-December-2024	<b>DOI:</b>	10.35248/2049-5471-21.6.53

**Corresponding author** Hiroshi Suzuki, Department of Sciences, Tohoku University, Japan, E-mail: [suzukihiroshi@123.jp](mailto:suzukihiroshi@123.jp)

**Citation** Suzuki H (2024) Importance of Accessible and Affordable Healthcare: Fundamental Human Needs. Divers Equal Health Care. 21:53.

**Copyright** © 2024 Suzuki H. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.