

Motivation letter – EPMA YPS

Less than one month ago, I had the honour to participate in the EPMA World Congress celebrated in Valleta, Malta, in September 2017. It was one of the most motivating and inspiring experiences I have ever had. Experts from all over the world met in Valleta to give excellent talks explaining the advances regarding PPPM in each of their different expertise areas. These included a lot of medicine fields, all of them of extreme importance regarding PPPM: neurodegenerative diseases, cancer, general healthcare, innovative technologies, dentistry, diabetes and cardiovascular diseases. Being a participant, I was able to talk to some of these experts and get to know their personal opinion regarding this very important topic.

If one thing was clear and common to all the participants of the congress, it was the idea that the traditional healthcare system is no longer sustainable, both from an economic- (it is not a cost-effective approach), and from an individual point of view (loss of life quality of the patients, etc.). It is not acceptable anymore that all patients suffering a disease are treated in the same way. It is not acceptable that we continue without preventing people from suffering diseases until they finally develop symptoms, when it may actually be too late for an effective treatment and complete cure. The latter becomes of even more importance if we take into consideration that, in many cases, the onset of the disease starts around 30 years before the actual development of the illness.

EPMA has had the power and global influence to join together experts from more than 50 different countries to try to extend the new paradigm as much as possible and to make this concept a global issue. Moreover, EPMA has the singularity of integrating young people in their section of young professionals (EPMA – YPS), knowing that it is the young generation who is going to apply in the future the decisions that are made today.

Therefore, it would be an honour for me to form part of the EMPA – YPS, to try to help to extend the new PPPM paradigm as much as possible among the young community. Working together, among different countries, cultures and generations, is the only way we will be able to convince the world that a new era has come to medicine: the era of predictive, preventive and personalised medicine.

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