

Motivation Letter

The previous 20th century was characterized by discoveries and extensive developments in transportation, communication, entertainment, education as well as by major breakthroughs in medical sciences. All this together makes the human life attitude more comfortable and easy. However, major technological innovations are challenging for the shifted life style (e.g. nowadays frequently practiced sedentary one) and corresponding adaptation of medical services to pandemic chronic diseases such as type 2 diabetes mellitus with the spectrum of secondary pathologies, high prevalence of cardio vascular disease and certain cancer types, etc. A consequent treatment of established chronic diseases leads to grave economical burden, poor economy of in healthcare and dramatic decrease of life quality in corresponding patient cohorts.

Due to the above listed challenges, the spectrum of medical services and the healthcare as the whole should be correspondingly adapted to the new conditions. The promising strategies consider the integrative approach by the Preventive, Predictive and Personalised Medicine (PPPM) as the medicine of the future. By using innovative technologies and PPPM guidelines we can improve healthcare systems and better adapt medical services to the requests of new era. Implementation of PPPM vision may have only beneficial effects in several branches of our society such as the improved life quality of individuals/patients, justifiable ethics and positive healthcare economy.

For me, as a young scientist active in bio/medical fields, is it important to be involved in PPPM related initiatives. The main goal is to support innovation in this field and improve our healthcare systems. As a member of EPMA YPS, I will promote the PPPM approach among scientists in Israel as well as in a global scale.

Alexandra Dorman

September 2013