

# **Systems Medicine**

## ***Integrated models in clinical practice and new therapeutic solutions***

*Thursday 5 May 2022 - opening hours: 9.30 a.m.-5.45 p.m.  
live streaming from Sala Napoleonica - University of Milan*

### ***Introduction***

Over the last twenty years, thanks to **Systems Medicine**, we have been witnessing a real paradigm shift in Medicine from a strictly biomedical and specialized vision of human physiopathology to an interdisciplinary vision which also includes scientifically validated therapeutic approaches of Conventional Medicine.

This new paradigm of medicine should lead to a personalized diagnostic approach to patients considering all the physical, emotional, mental, social, cultural, and environmental aspects of the etiopathogenesis of their disease.

This new paradigm should also lead to the goal of an integrated and personalized medical approach to patients, i.e., the achievement and maintenance of their physical, psychological, and social balance and well-being, by using all the tools offered by Medicine in the 21<sup>st</sup> century, and in compliance with Hippocratic Principle *primum non nocere*.

### ***Aims***

This Symposium has been organized for medical doctors. It aims to enhance their therapeutic approach to *Integrated Medicine* as a consequent expression of the paradigm of *Systems Medicine* which today represents one of the most convincing models in the medical interpretation of health and disease.

This Symposium aims to explore and offer possible answers to some of the main questions of 21<sup>st</sup> century medicine: how to deal with *non-existent therapies*(lack of therapies, *non-responders*, orphan diseases)?

How to satisfy the needs of *a patient-person*, especially in clinical conditions increasingly characterized by chronicity and multimorbidity, through the tools of predictive medicine and precision medicine in compliance with a personalized vision of each single patient?

## ***Purpose***

Sharing visions and experiences in the healthcare management of a patient-person according to:

- A ***multidisciplinary approach*** to medical science, which allows a "new" understanding of disease, recognizing, and giving importance to multi- and comorbidities as well as to endophenotypes for a definitive and detailed understanding of personalized medicine and, above all, for its real application to clinical practice.
- An ***integrated paradigm*** of Medicine that must not and does not want to be different because it is antithetical, but the expression of the different possibilities offered by medical-scientific knowledge within a unique Medicine. This Medicine is considered as *Integrated Medicine*, respecting the unifying, and characterizing element of this new vision: the central role of the patient as a "person", an expression of the complexity of the human being as a wholeness of body, mind, and spirit.
- A ***broad*** and ***systemic vision*** of health and disease, which is also consistent and like the emerging concept of *One Health*, sanctioned by the WHO, and including the entire ecosphere – human beings, animals, plants, climate, and environment - in the vision of human well-being.

## Program

9.30-10.00 a.m.

### Institutional Welcome:

- Prof. U. Solimene, Director of the World Health Organization (WHO) Collaborating Center for Integrative Medicine State University of Milan (ITALY)
- WHO Geneva (video)
- Dr Marco del Prete, President of the International Academy of Physiological Regulating Medicine (PRM) -

10.00-11.30 a.m. **Session 1**

### **Systems medicine: research models and clinical application**

- 10.00 a.m. Prof. A. Molinari "**Neuroinflammation as a brain aging factor and role of low dose BDNF**"
- 10.15 a.m. Prof. D. Lauro
- 10.30 a.m. Prof. J. Maier "**Networks, interactions and circuits in the phenotype of health and disease**"
- 10.45 a.m. Prof. A. Genazzani "**Administration of low dose oestradiol in cases of hypothalamic amenorrhea: how to use the *feedback* mechanisms to induce therapeutic effects**"

11.00 a.m. Round table discussion: Prof. P. Inghilleri

11.30 a.m.-12.45 p.m. **Session 2**

**Inflammation: common thread of systemic alteration. Possible solutions**

- 11.30 a.m. Prof. G. Bellelli: "The role of chronic low-grade inflammation in the development of " frailty syndrome "in the elderly"
- 11.45 a.m. Prof. A. Modesti "The Inflammatory process: Microenvironment, cells and extracellular matrix. The local and systemic communication starts again"
- 12.00 Prof. M. Clerici "The inflammasome in human pathology"

12.15 p.m. Round table discussion: Prof. F. Esposito

2.30p.m.-4.15p.m. **Session 3**

**Overlapping: strategic therapeutic choice of integrated medicine**

- 2.30 p.m. Prof. S. Masiero "The multidisciplinary project in Physical and Rehabilitation Medicine"
- 2.45 p.m. Prof. G. De Benedittis "Hypnosis in Medicine: the future has an ancient heart"
- 3.00 p.m. Prof. G. Bona "Therapeutic convergence and *overlapping* in immunomodulation treatments in children between existing evidence and future perspectives"
- 3.15 p.m. Prof. A. Migliore
- 3.30 p.m. Prof. M. MatucciCerenic "The *management* of rheumatic diseases: monotherapy, combination therapy and now also supportive therapy?"

3.45 p.m. Round table discussion: Prof. U. Solimene

4.15-5.45 p.m. **Session 4**

**New Patient Needs: Systems Medicine Response**

- 4.15 p.m. Prof. P. Inghilleri "**Systems medicine as common good for the care and well-being of each single person and the community**"
- 4.30 p.m. Prof. V. Santilli "**Information survey on the use of complementary medicine and alternative medicine**" (*Published in the Journal "Medicina" Volume 58, Issue 1*)
- 4.45 p.m. Prof. S. Bernasconi "**Therapeutic choice and respect for the environment**"
- 5.00 p.m. Prof. E. Minelli, Dr. R. Gatto "**A new patient for the new Systemic Medicine: contribution of the WHO**"

5.15 p.m. Round table discussion: Prof. M. Clerici

## FACULTY

Prof.	Giuseppe Bellelli	Associate Professor, University of Milan Bicocca. Director of the School of Specialization in Geriatrics and Gerontology Director of the Acute Geriatric Unit of San Gerardo Hospital, Monza
Prof.	Sergio Bernasconi	Full Professor of Paediatric Clinic; former Director of the Paediatric Clinic of the Universities of Parma, Reggio Emilia and Modena.
Prof.	Gianni Bona	Full Professor of Paediatric Clinic; former Director of the Paediatric Clinic of the University of Eastern Piemonte "A. Avogadro", Novara. Head Physician at the University Hospital Maggiore della Carità - Novara.
Prof.	Mario Clerici	Full Professor of Immunology and Immunopathology, University of Milan.
Prof.	Giuseppe De Benedittis	Associate Professor of Neurosurgery, University of Milan.
Dott.	Marco Del Prete	President of the International Academy of Physiological Regulating Medicine, Milan.
Prof.	Fabio Esposito	Full Professor of Physical Exercise and Sport Sciences, University of Milan.
Dr.	Roberto Gatto	Vice President of Italian Chinese Medical Association.
Prof.	Alessandro Genazzani	Associate Professor of Obstetrics and Gynaecology, University of Modena and-Reggio Emilia.
Prof.	Paolo Inghilleri	Full Professor of Social Psychology, University of Milan.
Prof.	Davide Lauro	Full Professor of Endocrinology, University of Rome "Tor Vergata". Director of Endocrine, Diabetes and Metabolic Diseases Unit - Department of Medicine, Foundation Policlinici di Tor Vergata, Rome.
Prof.ssa	Jeanette Maier	Full Professor of General Pathology and Clinical Pathology at the Department of Biomedical and Clinical Sciences L. Sacco, University of Milan.

Prof.	Stefano Masiero	Full Professor of Physical and Rehabilitation Medicine, University of Padua.
Prof.	Marco MatucciCerinic	Full Professor of Rheumatology, University of Florence.
Prof.	Alberto Migliore	Director of the Rheumatology Unit, San Pietro Fatebenefratelli Hospital, Rome.
Prof.	Emilio Minelli	Deputy Director <i>WHO (World Health Organization)Expert Advisory, Panel Member Clin. Research on integrative Medicine.</i>
Prof.	Andrea Modesti	Full Professor of General Pathology, University of Rome, "Tor Vergata".
Prof.	Claudio Molinari	Associate Professor of Human Physiology, University of Eastern Piemonte, Vercelli.
Prof.	ValterSantilli	Full Professor of Physical and Rehabilitation Medicine, University of Rome, "La Sapienza".
Prof.	Umberto Solimene	Director of <i>WHO (World Health Organization)Collaborating Centre for Integrative Medicine State University of Milan (Italy)</i> ; President of FEMTEC ( <i>Worldwide Federation of Hydrotherapy and Climatotherapy</i> ).