

Medical Experts (Clinicians and Researchers): goals and future socio-health scenarios

At the University of Milan conference dedicated to the **Systems Medicine**
May 5, 2022

Achievements in medicine have prolonged life expectancy, defeated a great deal of disease and produced numerous successes therapeutic, designing new scenarios for the treatment of conditions considered incurable up to a recent past. Today, this approach is no longer sufficient and is no longer sustainable. Modern medicine must also - and above all - to ensure that the human being persists in a condition of health and well-being, while preserving national health systems, e possibly by consequently limiting the social and health expenditure. This is the message launched by 21 experts, university professors from various medical faculties Italians, who met - last May 5 - on the occasion of conference entitled "**Systems medicine - models of integration in clinical practice and new therapeutic solutions**". During the event, held at the University of Milan with the collaboration of Who Collaborating center for integrative medicine of the university and of the International academy of physiological regulating medicine (Prm) - Independent medical association promoter of medicine centered on the person and respectful of human physiology, with the patronage of the Ministry of Health and Fnomceo (National Federation of Orders of Surgeons and Dentists) and the non-conditioning support of Guna Spa, the socio-economic scenarios were illustrated current and future healthcare that make it necessary to define a new paradigm of medicine. "The goal - says **Umberto Solimene** , Director of the WHO Collaborating Center for Integrated Medicine at the University of Milan - and President of Femtec (World Federation of Thermalism) was to deepen the innovative value of systems that today represents one of the most convincing models in the medical interpretation of health and disease. It is also the positive concrete result of an intense long collaboration between institutional scientific structures (universities, hospitals) and private (scientific associations) ". The Rector of the Statale **Elio Franzini opened the meeting** - followed by institutional greetings from the Lombardy Region Welfare Councilor **Letizia Moratti** and the Deputy Minister of Health **Pierpaolo Sileri** - who, in a letter addressed to Solimene , underlined how by now "there is no doubt that personalized medicine and the concept of personal well-being cannot be separated from integrated and multidisciplinary approaches, in which the concept of health, as the WHO mentions, and confirmed in the message of **Zhang Qi** of the Geneva office, is declined in all the broadest facets. Because health is made up of the biomedical aspect but also of prevention, wellness , lifestyles for a cure as much as possible focused on individual needs of the person". Systems Medicine - emerged from the conference - proposes an approach where the patient is no longer just a 'fragmented' patient, a confluence of various pathologies, but a man in his complexity of body, mind and emotions and an informed and aware subject to devote personalized care. "We have gone from a hyperspecialization - says **Mario Clerici**, professor of Immunology at the University of Milan - in which each doctor took care of a very small part of the patient to a much wider breath in which one realizes that the disease does not and of apparatus but of a system ". Hence the need - it was reiterated - to turn attention to the individual in his globality to treat the disease but also to support its psycho-physical and social balance and well-being. The approach to systems medicine - it was said during the work of the conference - aims to propose a change also at the level of health policy, an opportunity for a rethinking that sees the construction of health models not only more

efficient but also more economically sustainable. The conference then concluded with the signing by all participating professors of a document, the "**Declaration of Milan 2022** " which, as underlined by **Alessandro Pizzoccaro** , president of Guna (an Italian pharmaceutical company specializing in low dose medicine) "wants to represent the foundation stone of this new approach, the way we understand medicine today and in the future for a social and health vision that is increasingly attentive to the patient, understood as a man as a whole. "Among the new objectives of medicine, contained in **the 'Milan Declaration 2022'**: the need for new therapies that allow a complex approach to the patient, in which interventions pharmacological (synthetic or of biological or natural origin) and non-pharmacological and complementary medicines can harmoniously intervene on the individual and a real and effective transdisciplinary integration. health policy because the systemic view of health and disease - yes reads in the document - is now shared by a growing part of the population. An opportunity that health policy must be able to seize in order to promote real health promotion centered on prevention and to activate a rethinking aimed at building health models that are not only more efficient and compliant with the needs of patients, but also more economically sustainable.