

Predictive, Preventive and personalized Medicine & Molecular Diagnostics

October 05-06, 2017 Chicago, USA



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PPPM (predictive, preventive and personalized medicine) as a new model of national and international healthcare services to secure a biosafety of the society

A new systems approach to disease, to pay its crucial attention on the trend would result in a new branch in the healthcare services, namely, predictive, preventive and personalized medicine (PPPM). The latter is defined as: “the capacity to predict disease development and influence decisions about lifestyle choices or to tailor medical practice to an individual”. To achieve the practical implementation of PPPM concept, it is necessary to create a fundamentally new strategy based upon the subclinical recognition of biomarkers of hidden abnormalities long before the disease clinically manifests itself. This strategy would give a real opportunity to secure preventive measures whose personalization could have a significant influence on demographics! The key benefits of PPPM would include: (i) To detect disease at a subclinical stage; (ii) To stratify patients into groups that enable the selection of optimal preventive treatment; (iii) To reduce adverse drug effects by more effective early assessment of individual drug responses; (iv) To improve the selection of new targets for drug discovery; (v) To shift the emphasis from illness to wellness. PPPM consists of a wide variety of tests and tools. The decision to utilize them or not is made at the microlevel – depending on the type of intervention, it could be ordered by administration of hospitals and infirmaries, laboratories or clinics, by doctors, and sometimes directly by individuals/patients. Coordinated measures to optimize the progress should be well-focused on solving the accumulating problems in healthcare and the concomitant economic burden that societies across the globe are facing more and more. PPPM offers great and real promise for the future, and next generations will speak about the XXI century as a time, when healthcare services became predictive and preventive, and its outcomes – secured and guaranteed!.

Biography

Sergey Suchkov, MD, PhD is a Professor in Immunology & Medicine. He did his MD in Astrakhan State Medical University, Russia, 1980; PhD in I M Sechenov First Moscow State Medical University, 1985; Doctor degree in National Institute of Immunology, Russia, 2001. He is a Post-doc Research Associate at the Institute of Medical Enzymology; Head of the Lab of Immunology, Helmholtz Eye Research Institute in Moscow; Trainee at Laboratory of Immunology, NEI, Bethesda, MD, USA; Chair at the Department for Clinical Immunology, Moscow, Clinical Research Institute; Executive Secretary-in-Chief of the Editorial Board Member of *Biomedical Science International Journal*; Chairman & Director of the Department of Personalized Medicine. He is honored as the Secretary General, United Cultural Convention, Cambridge, UK and has a membership in the New York Academy of Sciences, USA, and EPMA, Brussels.

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