

Motivation Letter:

In our current healthcare system we mostly react when disease-specific symptoms occur, rather than to analyse the patient on pathology-specific molecular patterns to predict the individual risk and then to start early enough with the individual treatment mainly through preventive measures. That is not sustainable economically (whereas prevention is definitely the most economical method to obviate disease) as well as ethically (low life-quality, worse long-term prognosis etc.) in particular when we consider the developments of diseases like DM with its secondary pathologies, Cancer, neurodegenerative pathologies such as Alzheimer's and Parkinson's disease.

Therefore, it is of great importance to raise awareness in the society for the mistakes and defects of our healthcare system and promote directly the alternative: A personalised healthcare approach in which one (re)turns to focus each patient, makes use of new technologies (genomics, proteomics) and provides preventive measures to avoid best possible disease onset.

Especially in the young generation (students etc.) who form the future it is necessary to inform and to make sure what professionals are already able to do and which potential we leave unused if we stay in the traditional form of healthcare.

As members of this generation, which will be confronted with the aftermaths of our current healthcare system, we are affected by the decisions made now. So it is important that we try to involve ourselves, our attitude, interests and opinions to work together with professionals and experts on the "medicine of the future".

As a member of EPMA- YPS I am totally convinced, that PPPM is the right way to treat Medicine in the future and so I am willing to promote the ideas of the Predictive, Preventive and Personalised Medicine in Germany with special regard on the younger generation. Furthermore the commitment and cooperation between so many countries of EPMA is a real great chance to establish the approach of PPPM.

Helena Stricker

August 2013