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Olga Golubnitschaja (Ed.)

Flammer Syndrome

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Unmet healthcare needs of young populations and individuals in suboptimal health conditions are the key issue of currently observed epidemics of non-communicable disorders. Moreover, an unprecedented decrease in the average age of onset of these disorders is recorded. The majority of non-communicable disorders carry a chronic character by progressing over a couple of years from a reversible suboptimal health condition to irreversible pathology with collateral complications. The time-frame between both conditions is the operational area for predictive diagnosis and identification of persons at risk by innovative screening programmes followed by the most cost-effective personalised treatment possible, namely primary prevention tailored to the person. The book propagates the paradigm change from delayed, costly but frequently ineffective medical services to the holistic approach by predictive, preventive and personalised medicine clearly demonstrating multifaceted benefits to the individual, healthcare sector and society as a whole. The book is focused on the needs of young people: teenagers, adolescents and young adults; regardless of the age, individuals in suboptimal health conditions, who are interested in remaining healthy by optimising their modifiable risk factors-both endogenous and exogenous ones; several patient cohorts demonstrating similar phenotype of Flammer syndrome. The book is based on the multi-professional expertise, scientific excellence and practical experiences of the world-acknowledged experts in Flammer syndrome, predictive diagnostics, targeted prevention and personalised medicine, amongst others. The topic of this book is particularly relevant to general practitioners, experts innon-communicable diseases, phenotyping, genotyping, multilevel diagnostics, targeted prevention, personalised medicine, as well as the readers interested in advancing their health literacy.



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