

# Medical Science and Health Paradigm Change

13-14-15 October 2017

Milan, Regione Lombardia, Italy, Ospedale Maggiore – Ca Granda



## Introduction to Medical Science and Health Paradigm Change

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*Socrates..... Well then, could we ever know what an art makes the man himself better, if we were ignorant of what we are ourselves ? Alcibiades: Impossible ! (Plato)*

There is an urgent necessity to promote consensus in the scientific community for formalizing the deep epistemological change happened in health sciences in the last forty years through the change of the paradigm of neurobiology,<sup>1 2</sup> the birth of quantum biology,<sup>3 4</sup> the development of epigenetics,<sup>5 6 7 8 9 10</sup> the change of physiology with the concept of "Allostasis",<sup>11</sup> the opening of new interactionist investigation fields like Psycho-neuro-endocrine-immunology<sup>12</sup> and the Affect science.<sup>13</sup> At the same time there has been the integration of Medicine with human sciences such as cognitive psychology, psychoanalysis, counseling. This change can be considered an indeterminist revolution of medical science, similar to the shift to quantum physics, from the Newtonian determinism and mechanism created by the supremacy of positivism (Claude Bernard) and the Descartes dualism and has been theorized by the Relativity Theory of Biological Reaction,<sup>14 15</sup> built in 1996 in the light of the fall of the Selye's mechanic stress-answer biological linear causality caused by the psycho-neuro-endocrine immunology and neuro-endocrinological investigation<sup>16 17</sup>. The progress of basic sciences and human sciences, have founded two main epistemological concepts: the interactions between three orders of variables belonging to subjectivity, biology, and environmental physical - relational stimuli<sup>18</sup> and the teleology of human nature, revealed by the human possibility of the making meaning, that means the natural tendency of the person to truth, love and beauty. The human symbolic work of interpreting information giving a right or wrong meaning for survival, life and health to these, creates an analogy with the biological interpretation work made by the cell membrane for answering to the adaptation requests. Health appears relative and related to human individual symbolic answers, impossible to animals, which interpret internal and external possibilities received, correspondent to biological information to the biological organism through biochemical and quantum signals, learnt and/or memorized sent by the person, who pilots the interaction between the three worlds of variables naturally addressed to look a unitary meaning: the being a human person, according to a mysterious quest for constituting a true meaning of life. A disease, suffering, physicians are a personal experience of life belonging to existence, that call for a right or wrong meaning that can't be explained by empirical variables that interact with these, building in such way a relativity to this interpretation and the consequent coping and behavior possibilities and quality.<sup>19 20 21</sup>

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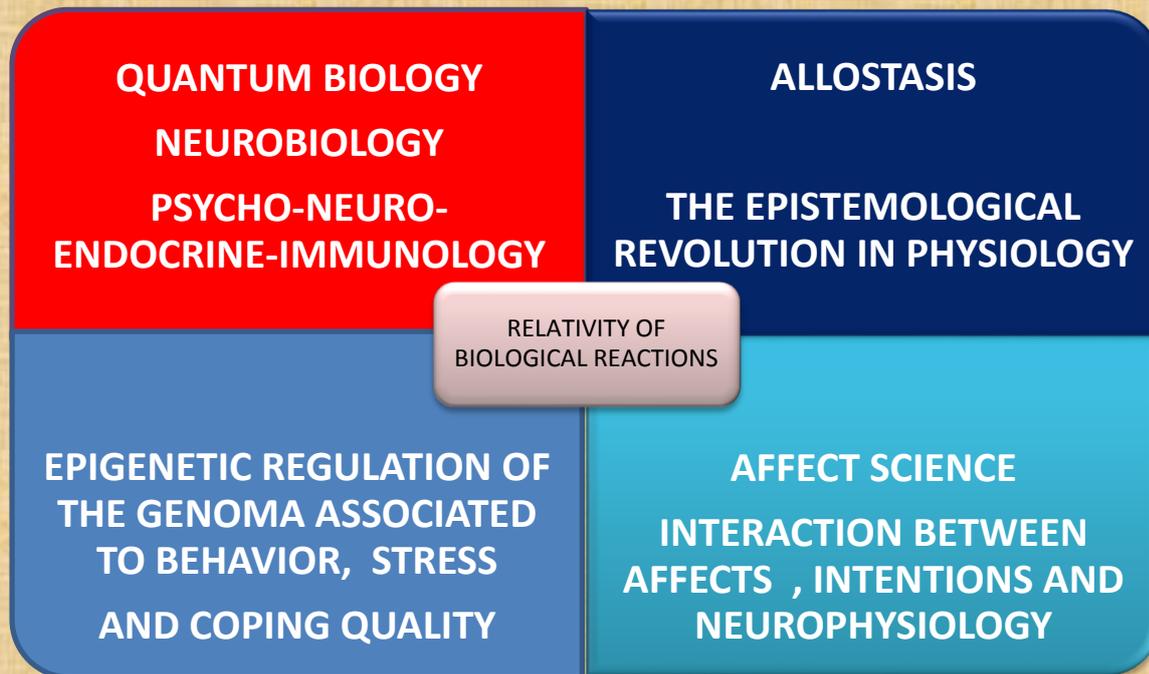
<sup>22</sup>Health appears based on a semantic hologram. The epistemological change of medical science has brought to the birth of Person Centered Medicine paradigm (1998) <sup>23 24 25 26</sup>, the derived Person Centered Medicine Clinical method <sup>27 28</sup> and the Person Centered Health concept<sup>29</sup> that in 2011 I proposed to WHO <sup>30</sup> defined like “The choice of the best possibilities for being the best human person”, call the physicians to be “Person Centered Health anthropologists” and to re-conceive medicine like an “Anthropology of the human nature”. Clinicians, to date, should be able to conceive their work like a “Maieutics” of the person’s individual nature, creating for the patient possibilities for interpreting a clinical event like an existential one, reformulating the diagnosis as “Person centered”, looking interactions among the three worlds of variables and the disease also like a possibility for discovering a hidden meaning and to improve quality of life in a social and environmental context, giving the right meaning to the perceived possibilities for it. The person in this way cannot be reduced to an abstract bio-technological diagnosis, only necessary in a biological survival emergency not only based on a stimulus-answer linear causality diagnosis and therapy, but this approach is a risk factor for health if excludes the right multifactorial and teleological interactionism, to date right epistemological reality of a person centered health and medical science, in the light of the medical science progress, obligatory in primary care, prevention, research and pre-post degree medical education. The 95% of pathologies from non-communicable diseases come from a lifestyle<sup>31</sup> built on the true or false quality of being a person depending on the right or wrong quality of the interpretation of the perceived possibilities and from right or wrong choices for the wellbeing. <sup>32</sup> Communicable diseases are epidemic where there aren’t health policies addressed to create possibilities for health, changing environmental and social conditions that create more vulnerability to infections and transmission of diseases, taking also in account that peace is a necessary protective factor for health. To date we know that we cannot separate existence from science and both from health and Medical science and the construction of a right society where health and life are possibilities for all the human beings !

On 13-14-15 October in Milan, Lombardia Region, Italy the Conference “ Medical Science and Health Paradigm Change” has been held, addressed to create a scientific consensus, discussion and further confirmation of theories through scientific contributions about this revolutionary change for a new health concept, impeding a schizophrenic evolution of Medicine, dissociated from basic sciences with a necessary shift for building right policies oriented to the person’s freedom and human rights.

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**Fig.1 The scientific basis of the medical science and health paradigm change**

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