

## **IMI consultation on advanced therapies**

### **Response from Pablo Caballero**

Dear all,

This fabulous initiative would be an excellent opportunity to make wider the concept of medical treatment of a disease. People's health is strongly related to personal habits and routines, and medicines can deal with some physiological issues, but can't change habits. There are plenty of science evidence about the impact of sleep, rest, physical activity, mental health and nutrition in a lot of diseases, from the origin to the evolution of it. If we as society put the focus exclusively in medicines, ignoring scientific tools that can save trillions in medical attention, we are being very little responsables with the use of our resources.

So to address in a real life health problems in an effective way, is needed to use tools to make easier the prevention, management and control of habits with an strong influence in the people's health and certain diseases.

Apps, software, experts systems, personalized nutrition (medical nutritional therapy), and medical wereables are strong tools than can complement to the medicines in the whole treatment of diseases.

Kind Regards

Pablo Caballero

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