

## PERSONALIZED MEDICINE

### THE CHALLENGE FOR THE HEALTH CARE SYSTEM AND THE COMMUNITY

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Personalized medicine is a new concept of individualized medicine which is based on interaction of body and soul and orientated toward physical, psychological or common disease symptoms. Mind has powerful impact on physiological processes which can define certain emotional and physical state. Recognition of psychological and emotional needs of patients suffering from somatic diseases is guarantee for quality treatment. The psychosocial context may also act through complex cognitive factors, such as anticipation and expectation of an outcome, beliefs, trust and hope. Majority of neurological conditions embrace psychological components.

Personalized medicine emphasizes heterogeneity of patients, diseases and treatment options. Identical pathological state, in different patients, presents itself through different pathophysiological mechanisms which define different progression rate and differ-

ent therapy outcome. Patient in focus of medical care provides possibility of individually adjusted medical treatment.

Neurological disorders often have intensive emotional superposition and can not be explained by any known mechanism of neurological diseases. Interaction of biological, psychological and social aspects of neurological diseases provides understanding of biopsychological features of pathological condition. Therefore, multidisciplinary approach in pharmacotherapy and psychotherapy is warranted. Hallmark of personalized medicine is holistic approach in patient management thus advantages of personalized approach embrace: choosing optimal therapy for individual patient, increased treatment safety and reduction of costs in health policy. Recognition of psychological and emotional needs of patients suffering from somatic diseases is guarantee for quality treatment.