



COMITÉ PERMANENT DES MÉDECINS EUROPÉENS
STANDING COMMITTEE OF EUROPEAN DOCTORS



The role of the doctor in prevention

Vitamin D Nutritional Policy in Europe - The Need for Prevention,
Education & Consumer Choice, 23 March 2010, EP Brussels



CPME

Comité

Permanent des

Médecins

Européens

Standing

Committee of

European Doctors

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President



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Standing Committee of European Doctors (CPME)

- International, not for profit association of the national medical associations from 27 European countries. It also unites associated specialized European medical organizations.
- Aims to promote the highest standards of medical practice in order to achieve the highest quality of health care for all citizens of Europe.
- Is concerned with the promotion of public health, the relationship between patients and doctors and the free movement of doctors within the EU



Prevention in medicine

- **Primary** prevention avoids the development of a disease
- **Secondary** prevention is aimed at early disease detection increasing opportunities for interventions to prevent its progression and emergence of its symptoms
- **Tertiary** prevention reduces the impact of an existing disease by restoring normal organ function and reducing disease-related complications
- **Quaternary** prevention is the set of health activities that mitigate or avoid the consequences of unnecessary or excessive interventions in the health system



Role of doctors (and doctors' organizations)

- **Promoting** a healthy lifestyle and **advising** patients/public about health conserving measures
- **Recommending** patients/public what kind of early diagnostic tests to do and how to prevent/slow down disease development
- **Recommending** patients best treatment in order to minimise disease complications and patient disability
- **Advising** to the public/politicians how to rationalise health expenditures and efforts



Vitamin D deficiency

- bone softening diseases (rickets in children and osteomalacia and osteoporosis in adults) leading to deformations and fractures
- cartilage degradation leading to disability
- neuromuscular and immune disorders
- new data: higher risk of colon and kidney cancer, worse asthma run



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Thank you very much for your attention

Konstanty Radziwill