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Nota di contenuto	1. Suboptimal health management in the framework of 3P medicine -- 2. Definition of SHS -- 3. Mitochondrion – The subordinated partner who agreed to come short but insists in healthy life -- 4. SHS and the economic impact to healthcare from the perspective of 3P medicine -- 5. Tools of predictive diagnostics – Status quo and outlook -- 6. Risk Factors, Health Status, and Risk Groups in Suboptimal Health Condition -- 7. Treatment algorithm tailored to individuals with non-communicable diseases: The innovative utility of suboptimal health concept from the predictive preventive and personalised medical care perspective -- 8. Approaches for measuring reversible damage to the health -- 9. Leveraging supervised machine learning for determining the link between suboptimal health status and the prognosis of chronic

diseases -- 10. Integrative approach to investigate suboptimal health status and endothelial dysfunction -- 11. Individualised Preventive Measurements of SHS -- 12. Early vascular ageing in young adults is instrumental as the screening tool to combat CVD epidemics in the population -- 13. Personalized management of physiologic/ophthalmologic particularities for predictive approach and targeted prevention of primary angle closure glaucoma applied to persons at risk -- 14. Multi-faceted medical care to meet individual needs of subjects with excessive BMI: Professional oral hygiene and periodontal health are in focus of 3PM -- 15. Systemic inflammation as the health-related communication tool between the human host and gut microbiota in the framework of Predictive, Preventive and Personalized Medicine -- 16. Conventional and traditional medicine – a “hand-in-hand” collaboration benefiting the patient and healthcare at large -- 17. Tourism, Suboptimal Health Status, and Dementia.

Sommario/riassunto

This volume demonstrates advanced strategies in biomedical sciences and healthcare focused on suboptimal health conditions in the framework of Predictive, Preventive and Personalised Medicine (3PM/PPPM). Potential benefits in healthcare systems and for society at large include but are not restricted to an improved life-quality of major populations and socio-economical groups, advanced professionalism of healthcare-givers and sustainable healthcare economy. Reactive medical services applied to healthcare resulted in epidemics of non-communicable diseases such as diabetes mellitus type 2 with currently about a half of billion patients registered worldwide. Far-reaching consequences are cascading co-morbidities with poor prognosis such as severe cardiovascular and neurological disorders, eye pathologies (e. g., proliferative diabetic retinopathy as the world leading cause of blindness) and several types of cancer, amongst others. Corresponding socio-economic burden is tremendous. The paradigm changes from reactive medicine to PPPM propagated by EPMA is, therefore, pivotal for advanced healthcare to improve the economy of medical services, life quality of populations and individual outcomes. To this end, individuals with suboptimal health condition comprise the target group for predictive diagnostics and cost-effective personalised treatments to protect affected individuals and sub-populations against health-to-disease transition, a window of opportunity for PPPM. This goal is of highest priority benefiting millions of people and societies at large.
