

# **World Healthcare Congress Europe: The patient is an unused resource for healthcare**

**The cost of innovative medicines will rise, and the only solution for healthcare system is the patient-centered health care, where patients have greater responsibility for their own health, was said in Brussels at the 5<sup>th</sup> World Healthcare Congress Europe.**

**May 28, 2009**

**By Nahkur Siim**

NHS Chief Knowledge Officer Sir Muir Gray pointed out that healthcare systems should use patients as resource for healthcare.

"You must trust people, because people want to participate in their health care," said Sir Muir Gray.

Sir Gray gave the example of a program for the transmission of laboratory results supported by NHS. All the laboratory findings are available to patients. If the cholesterol readings are over the quota, then the patient will receive an automatic message with advice about training and with a map with local vendors.

Prevention potential is very high. Speaking on behalf of one of the world's leading medical devices companies, GE Healthcare International, President Reinaldo Garcia pointed out that 70-80% of the health care costs will go for treatment of chronic diseases, all of which require the patient to participate actively in the healing process. 90% of type 2 of diabetes, of heart disease 80% and 50% of cancer are preventable, provided the patients are actively involved with their health care, use proper feeding and are able to reach the prevention guidelines.

"We have all the necessary technical resources to ensure that patients were closely involved in the treatment process," pointed out American insurance company UnitedHealth Group Vice President Reed V. Tuckson. "Patients should be engaged in the treatment process through information," he said.