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A REVIEW OF CURRENT STRATEGIES IN PERSONALIZED MEDICINE

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Topicality. Personalized medicine is an evolving field of medicine, used in treating, diagnosing and preventing many conditions, in which “one size fits all” doesn’t fit all. Personalized medicine is particularly important in treating and preventing oncology, asthma, type 2 diabetes, cardiovascular and neurodegenerative diseases with early onset. It is expected to have better outcomes and less side effects as the treatment is recommended for the particular patient. It considers the individual’s features, including his mutational status and proteome characteristics. This approach is based on the breakthrough in the understanding of how each person’s unique genetic profile makes them predisposed to certain diseases. Personalized medicine holds promise to administer the best treatment with less side effects and costs.

The aim: to assess modern methods and strategies used in the field of personalized medicine today, their application and contribution to the outcome and effectiveness of treatment; to analyze tendencies in the development of personalized medicine; to reveal social awareness about personalized medicine.

Materials and methods. The latest scientific articles were studied. Publicly available databases were searched. Clinical trials, using current strategies of personalized medicine were analyzed. An online survey of 140 people was carried out and the results were evaluated.

Results. Results of an online survey showed that 40% of the participants had never heard of personalized medicine, and 60% had never applied it. The survey showed that 36% of the participants would like to have a possibility to apply it, 91% were ready to cover the expenses of personalized medicine partially, but only 54% of them would acquire an insurance if there was a possibility. Almost 9% of the participants have undergone genetic testing in order to have choice in treatment, so there are strong reasons for further development of personalized medicine in Belarus.

Conclusion. Personalized medicine is only beginning its path to “the right treatment to the right person at the right time”. Even though many discoveries in genetic variations have been made and a lot of strategies and methods are constantly being developed, the price is still high and not affordable for most of the population. It is clear that personalized medicine will not replace the traditional medicine, but will make healthcare more efficient and safer for individuals.