IMPROVING THE MEDICAL FIELD AND MEDICAL EDUCATION IN THE CONTEXT OF SUSTAINABLE DEVELOPMENT

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The entire history of human existence and development into a global human society that jointly maintains own existence and economic development shows that economic development has always followed the success of medicine in overcoming certain socially significant diseases along with the health and well-being improvement and increase of life expectancy. Moreover, the industrial growth of 19th and 20th centuries was made possible by the development of global measures to control infectious diseases, such as disinfection, including water chlorination, vaccination, mandatory and effective hand washing, antibiotics, which stopped many epidemics, greatly improved the health of all mankind and led to the increase in life expectancy from 40-50 years in the 19th century to 70 years in the 20th century. People simply got the opportunity to do this because, thanks to a longer life, they had more time to accumulate more knowledge, and thanks to better health, they could implement this knowledge.

Therefore, it is logical that in the Sustainable Development Goals (SDGs) by 2030, proposed in 2015, one of the first goals (Goal 3) is "Good Health and Well-being: Ensure healthy lives and promote well-being for all at all ages" along with its subsection Goal 3.8 „Achieving Universal Health Coverage (UHC)".

In our literature review, based on current scientific publications, we analyzed the current global state of human health and quality of life, as well as the actions and approaches of the medical field to improve it. Our goal was to understand whether the medical sector is working efficiently enough to meet the goals set for 2030, and what needs to be improved to increase its efficiency. Based on the analyzed scientific publications, we concluded that unfortunately we are still far to the announced, healthy lives and well-being for all at all ages", and that the medical sector should immediately and more effectively implement into medical practice the approaches and compounds already developed by medical science, many of which are relatively simple to implement, relatively inexpensive and such that can be implemented globally. It is wrong way to develop new and new approaches or compounds from scratch, because it is very expensive, while the funding of medicine is already disproportionately large. Moreover, current scientific data show that these scientifically known while not yet implemented in clinical practice approaches and/or compounds can significantly improve situation with very common and fatal systemic diseases - cardiovascular and cerebrovascular diseases, chronic diseases of the respiratory organs and lung, diabetes, cancer, neurodegenerative diseases, as well as to prevent severe course of new diseases that appear more and more often. Furthermore, they can prevent and/or treat the pathophysiology of all these diseases simultaneously, because they target causes that are common causes to all systemic diseases.

Thus, in order to achieve the declared goals by 2030, it is necessary to introduce into clinical practice approaches and/or compounds that are able to prevent many diseases at the same time and that can be implemented worldwide, while already scientifically known and developed, which will save financial resources for others sectors of the economy.