

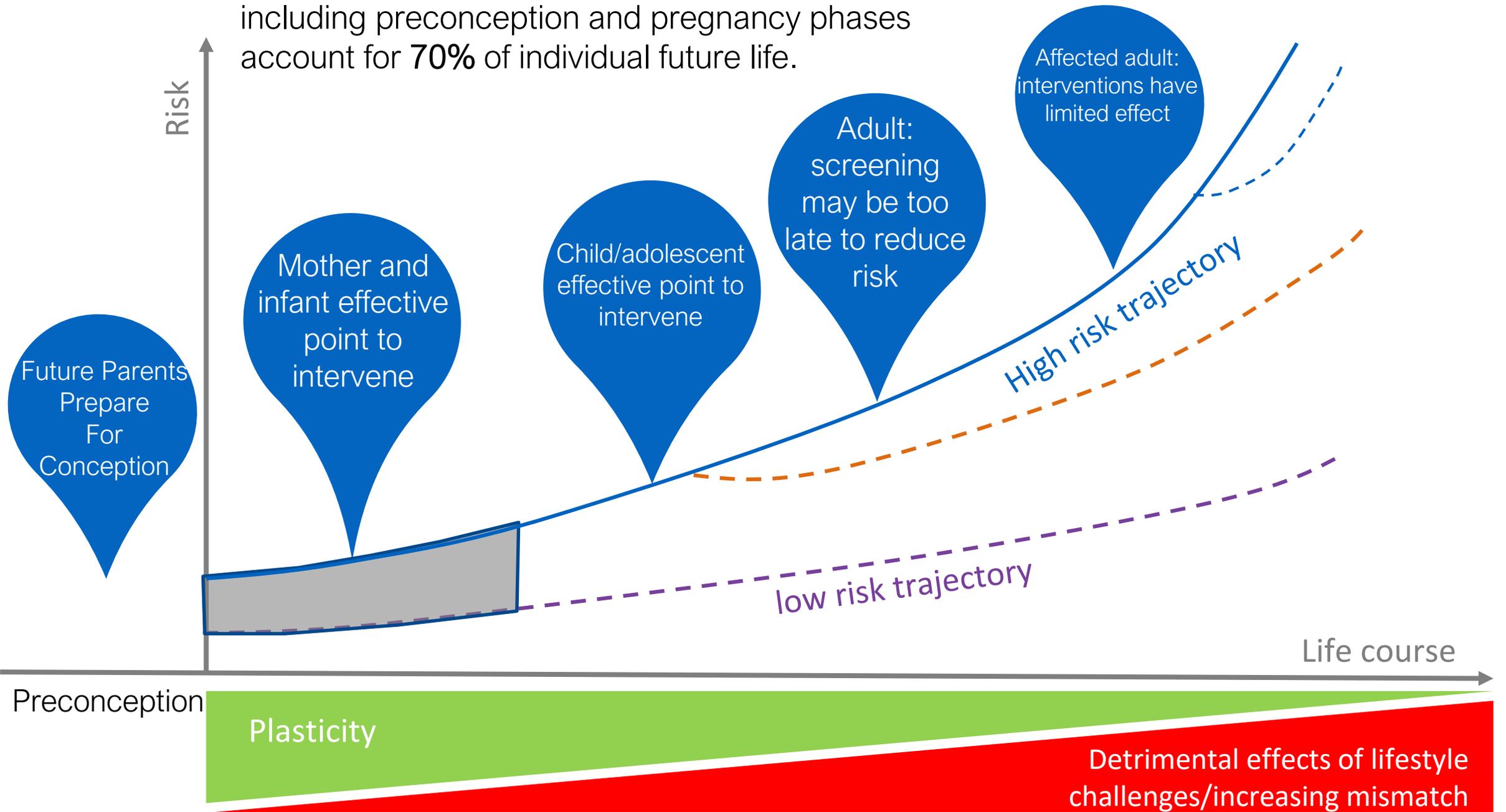


**GLOBAL WELLNESS
SUMMIT 2018**
OCTOBER 6-8 | TECHNOGYM | CESENA, ITALY

The First 1,000 Days 2.0: Matrix for Our Lifespan

Sergio Pecorelli, MD, PhD, professor, University of
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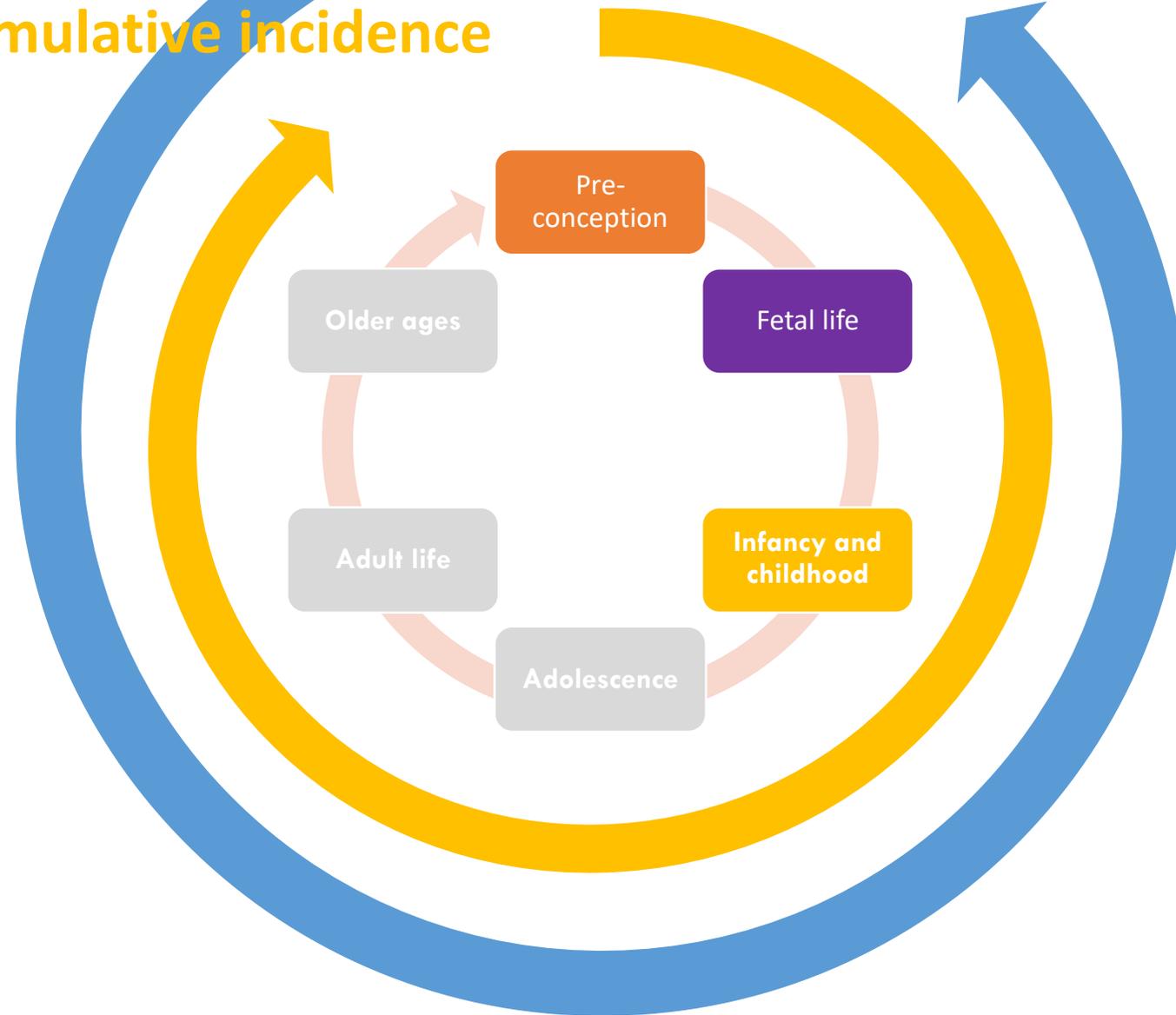
The first 1000 days of human development including preconception and pregnancy phases account for 70% of individual future life.





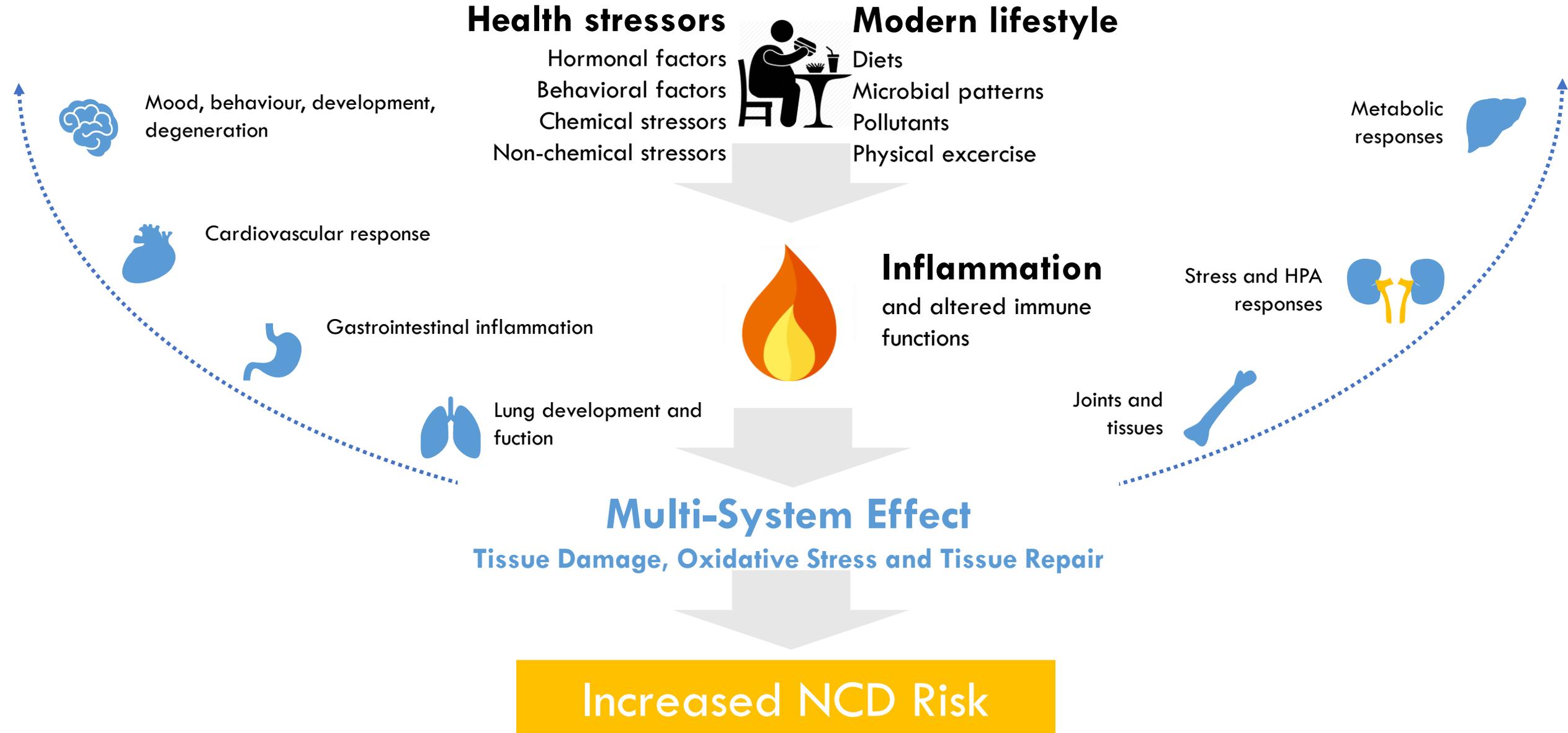
Preventable risk

Cumulative incidence

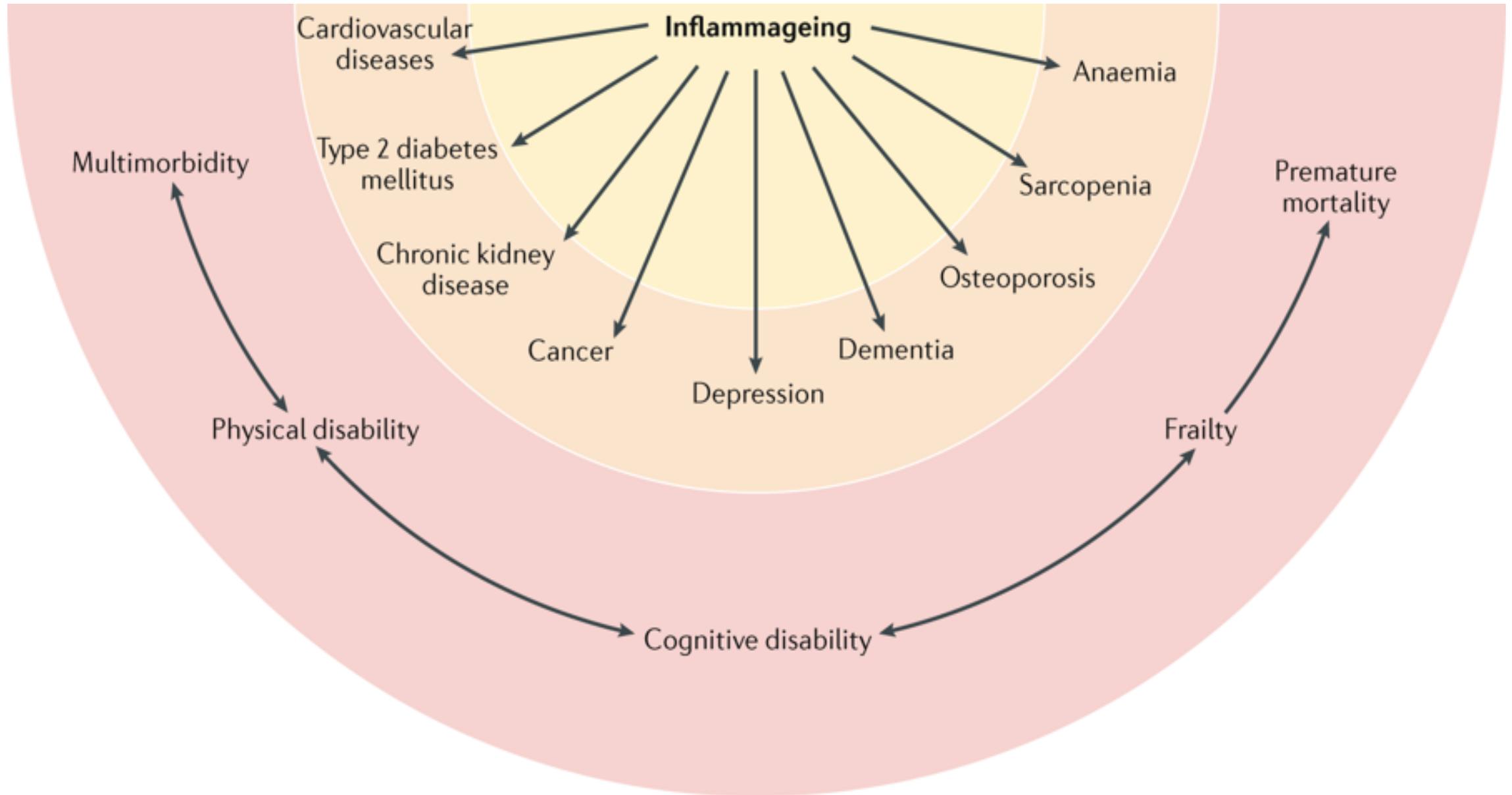


Chronic
Disease
Prevention:
a life course
approach

Lifestyle-Caused Inflammation as Driver of NCDs



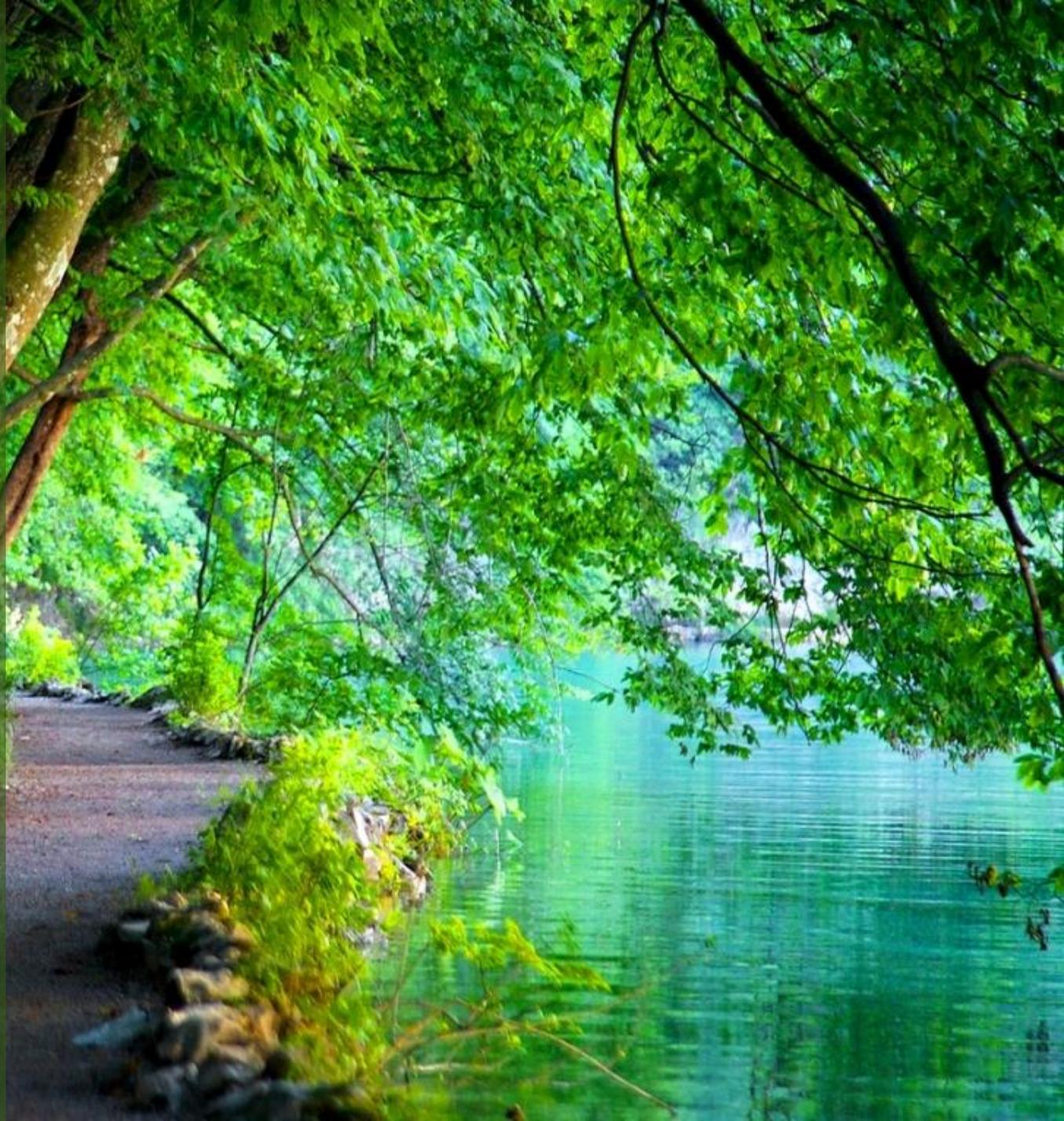
Inflammation + ageing = Inflammageing



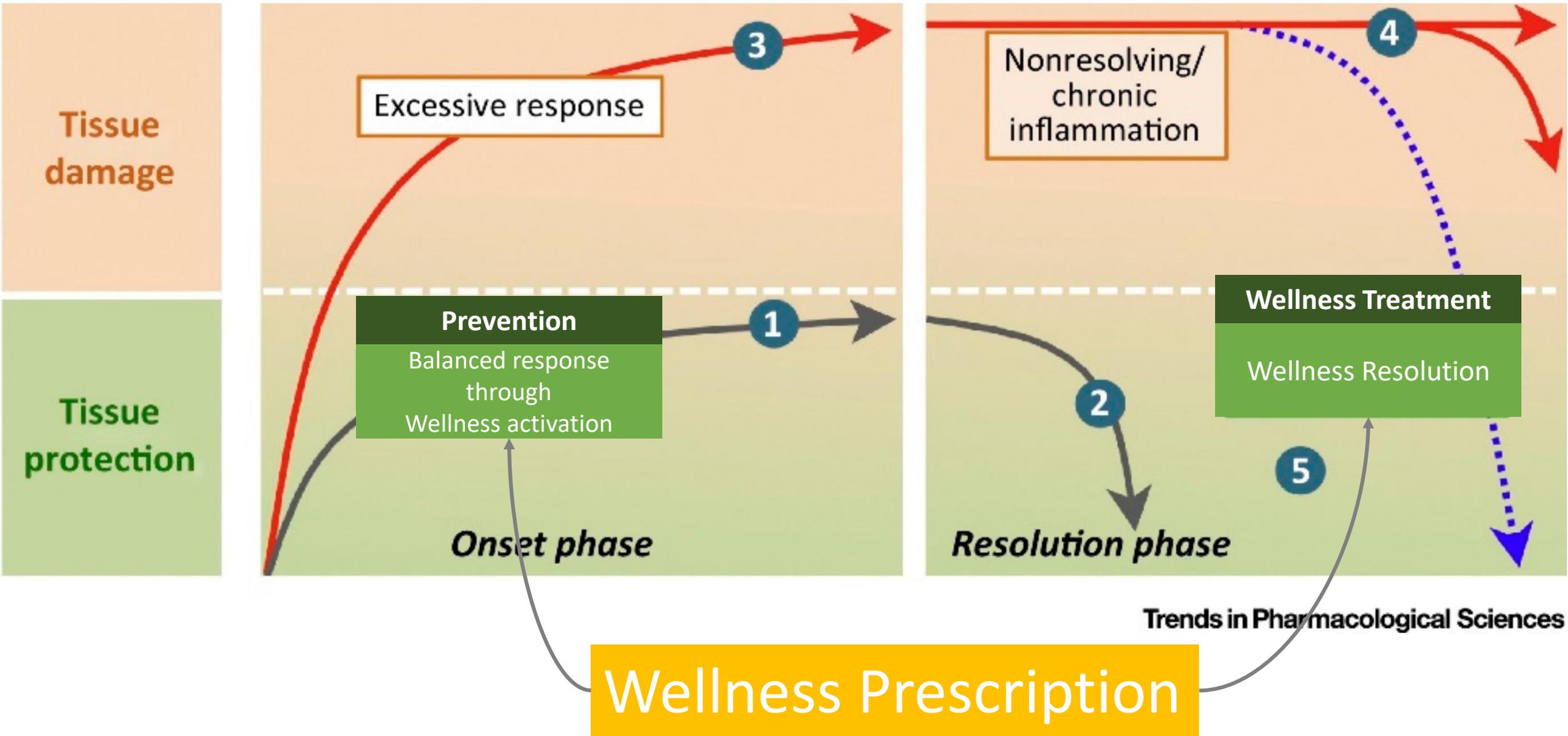
Definition of Wellness

Wellness is the optimal state of health of individuals and groups. There are two focal concerns: the realisation of the fullest potential of an individual physically, psychologically, socially, spiritually and economically and the fulfillment of one's role expectations in the family, community, place of worship, workplace and other settings.

WHO – World Health Organization

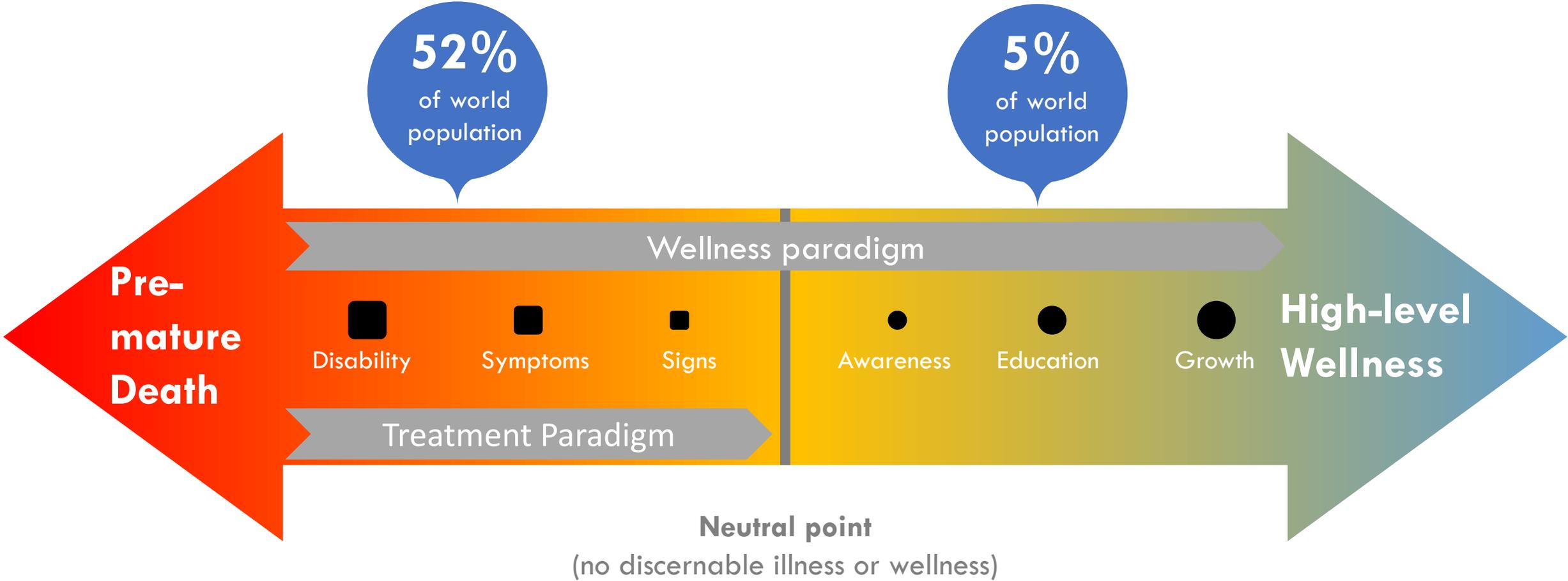


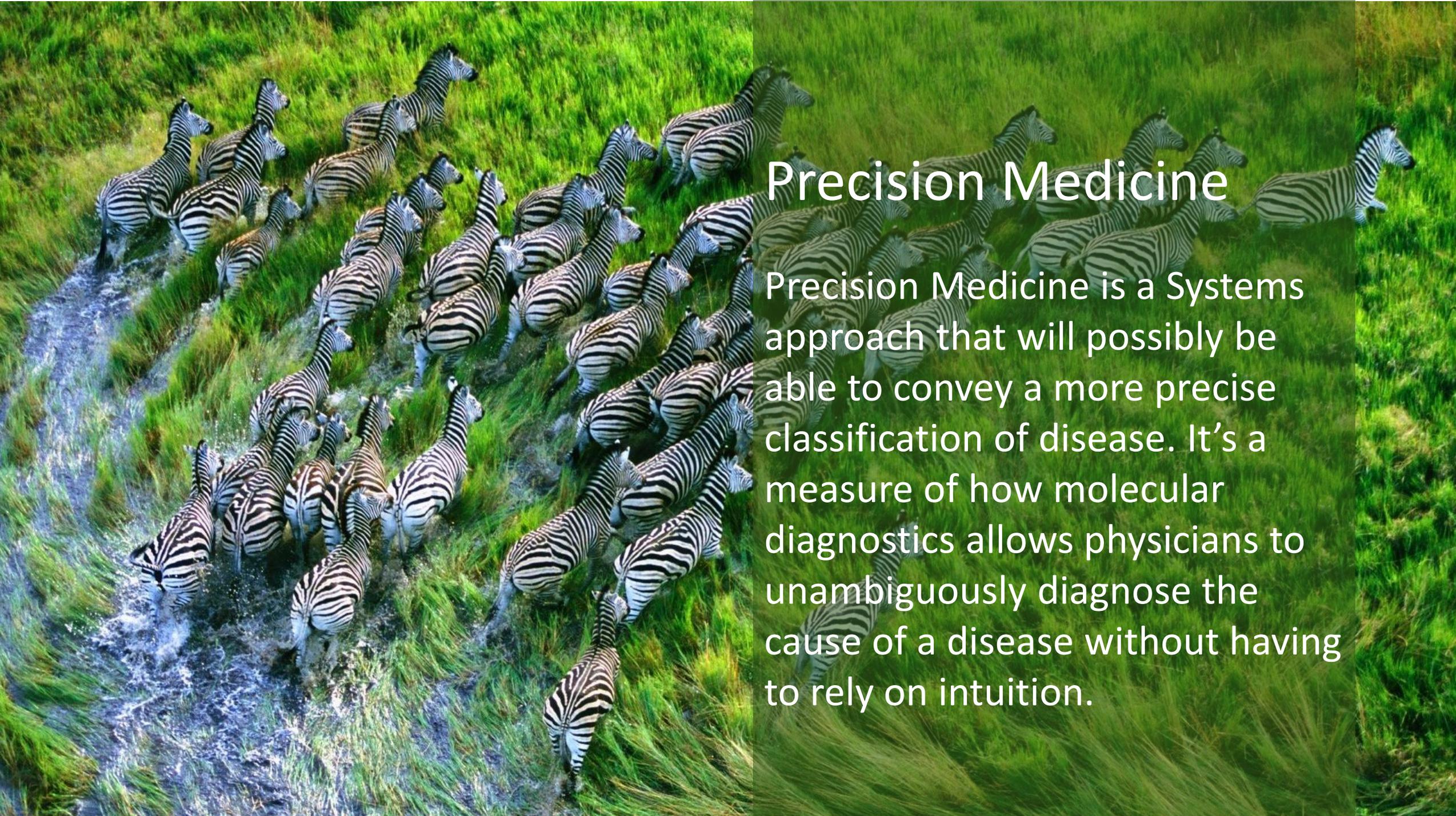
Wellness as a prescription to protect tissues and resolve chronic inflammation



Illness-Wellness Continuum

“Wellness educates for healthy lifestyles and promotes prevention.”



A large herd of zebras is running through a river in a savanna. The zebras are moving from the top left towards the bottom right of the frame. The water is splashing around them, and the surrounding grass is green and tall. The background is a blurred savanna landscape.

Precision Medicine

Precision Medicine is a Systems approach that will possibly be able to convey a more precise classification of disease. It's a measure of how molecular diagnostics allows physicians to unambiguously diagnose the cause of a disease without having to rely on intuition.

Precision Wellness

Comprehensive integration and personalization of physical, meditational, intellectual, musical and other activities to increase self awareness and connection of the inside with the outside.



Marrying

Precision Medicine

with

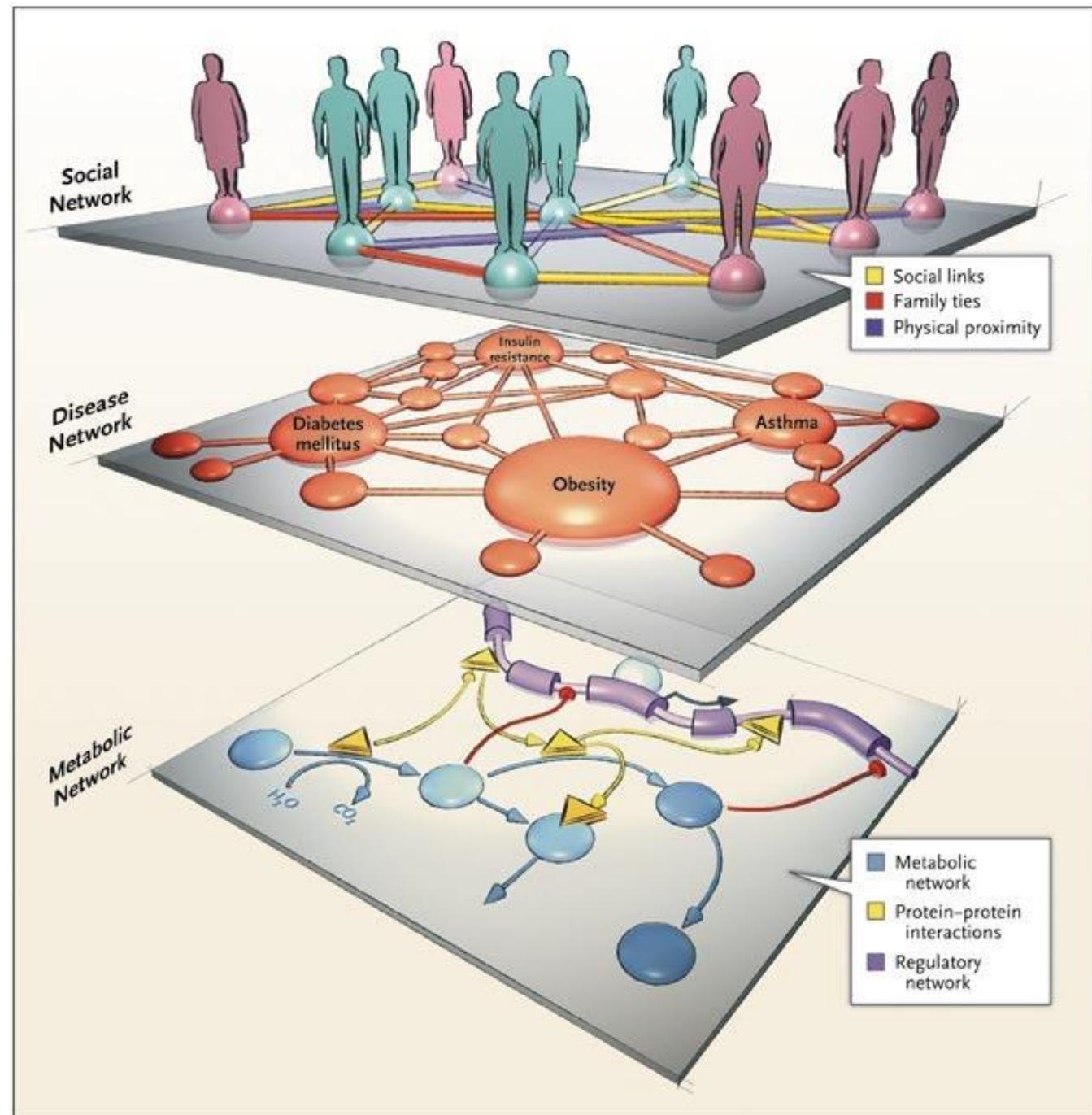
Precision Wellness

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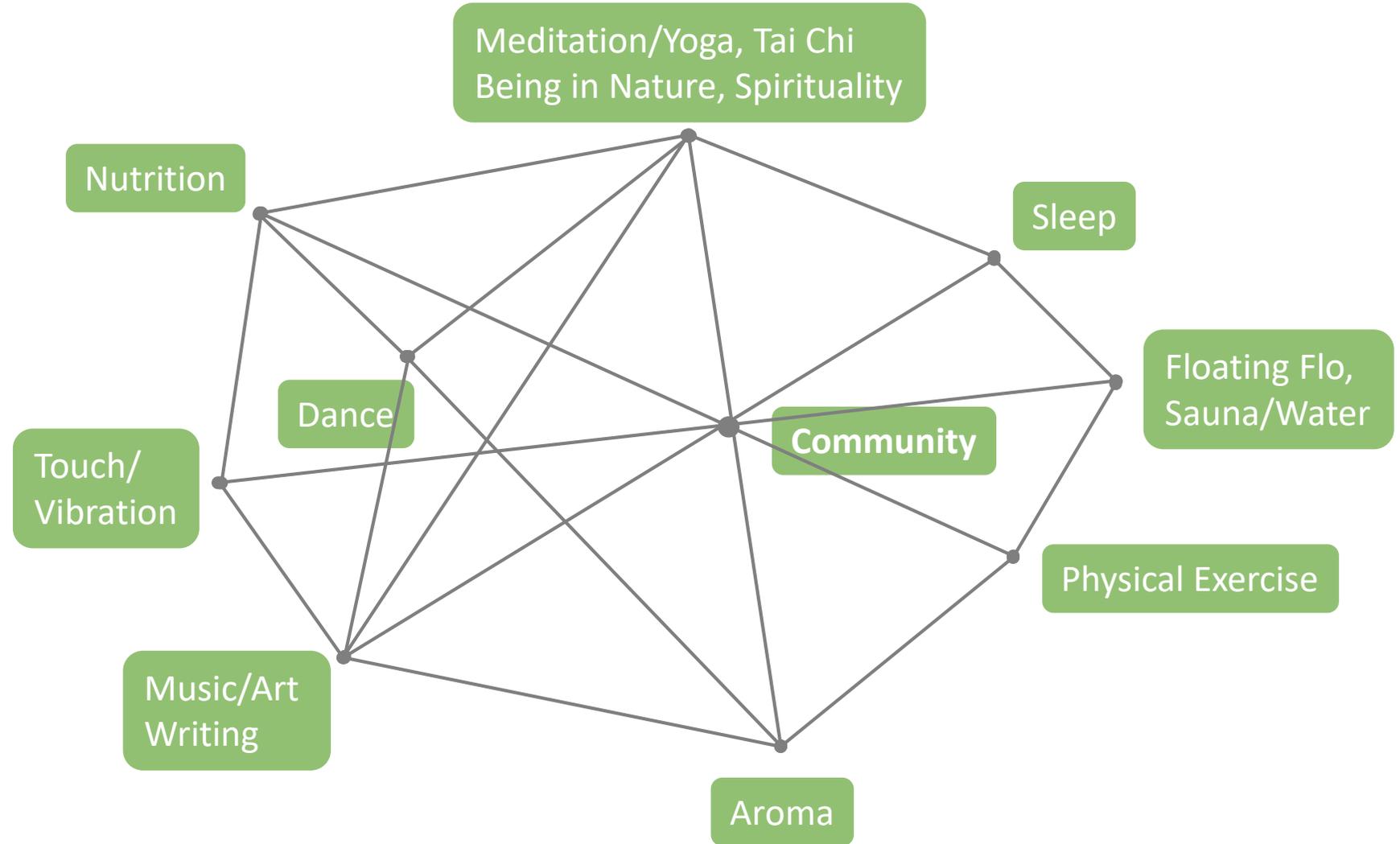
Precision Health

It is the Integration of Precision Medicine and Precision Wellness
to Improve the Health of an Individual.

Network Medicine: A System of Integrated Complex Networks



Network Wellness



The anti-inflammatory systemic effect of the wellness network

In Italy, we've been doing that since quite some time...



Healthy food



Music



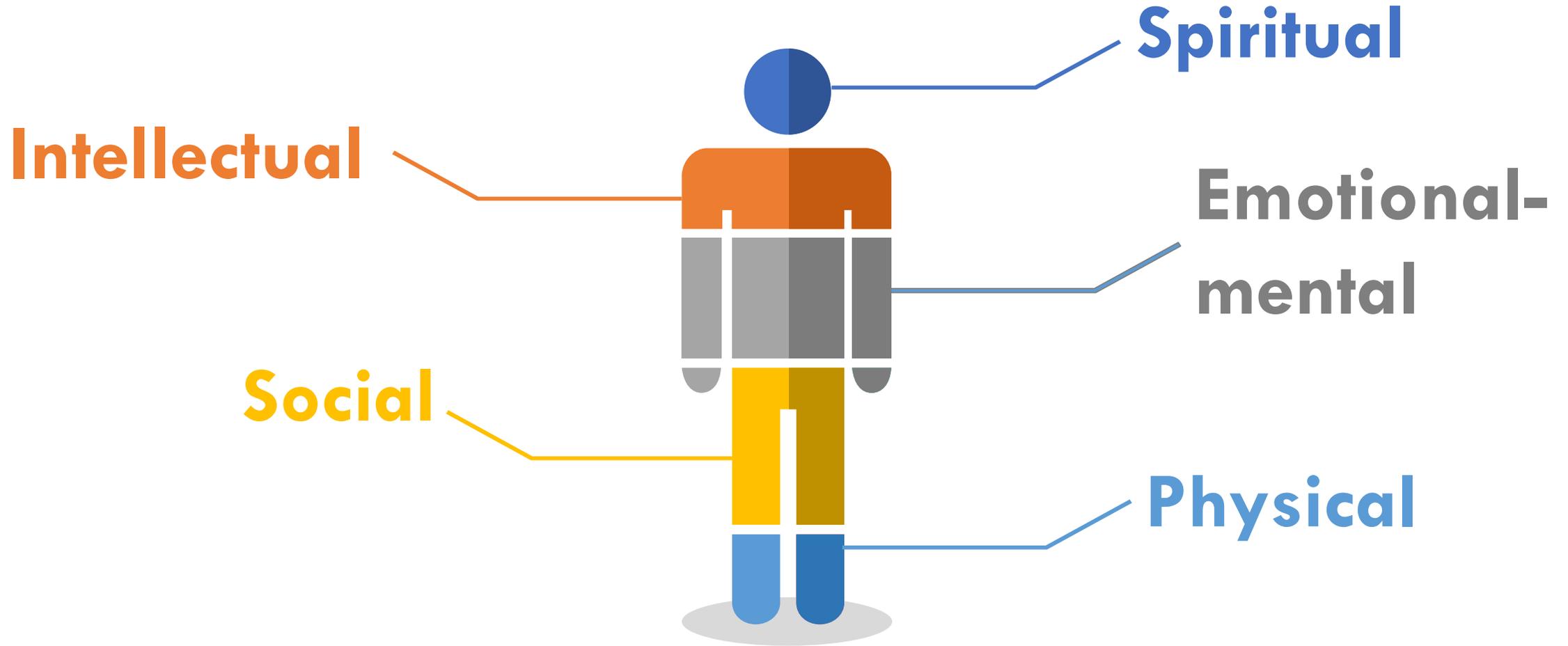
Sport



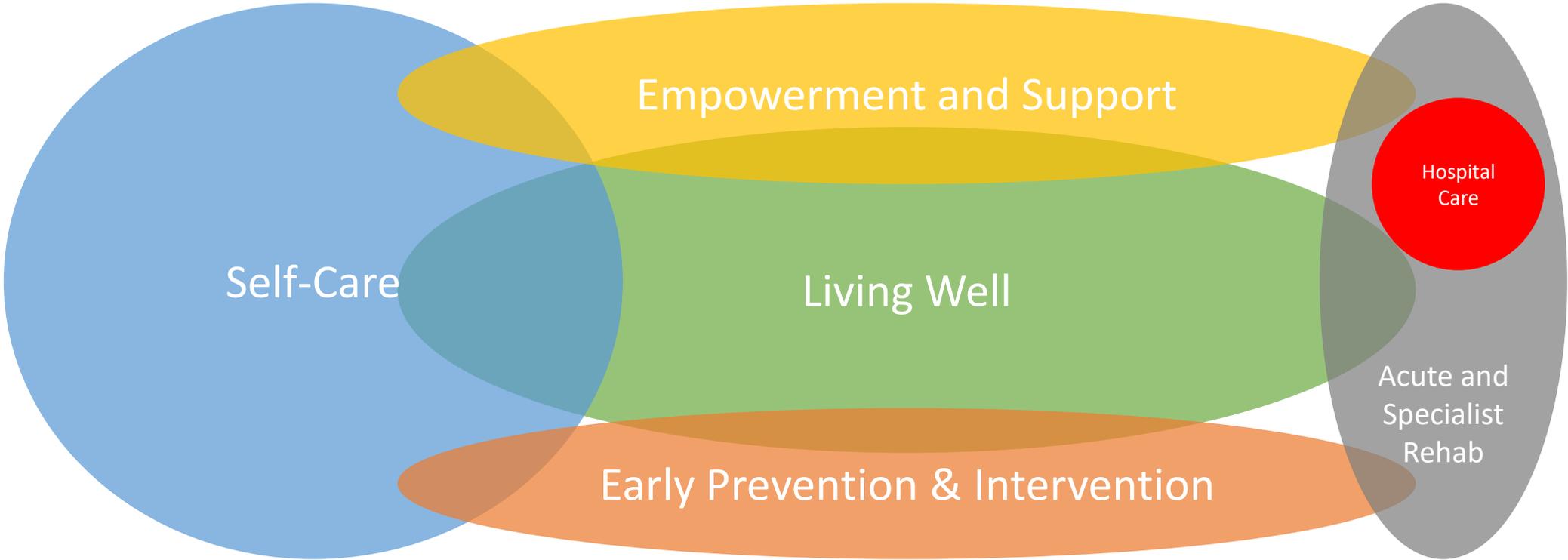
Great Sex

Dimension of Health and Wellness

Health and Wellness are a Multi-dimensional Entangled Universe

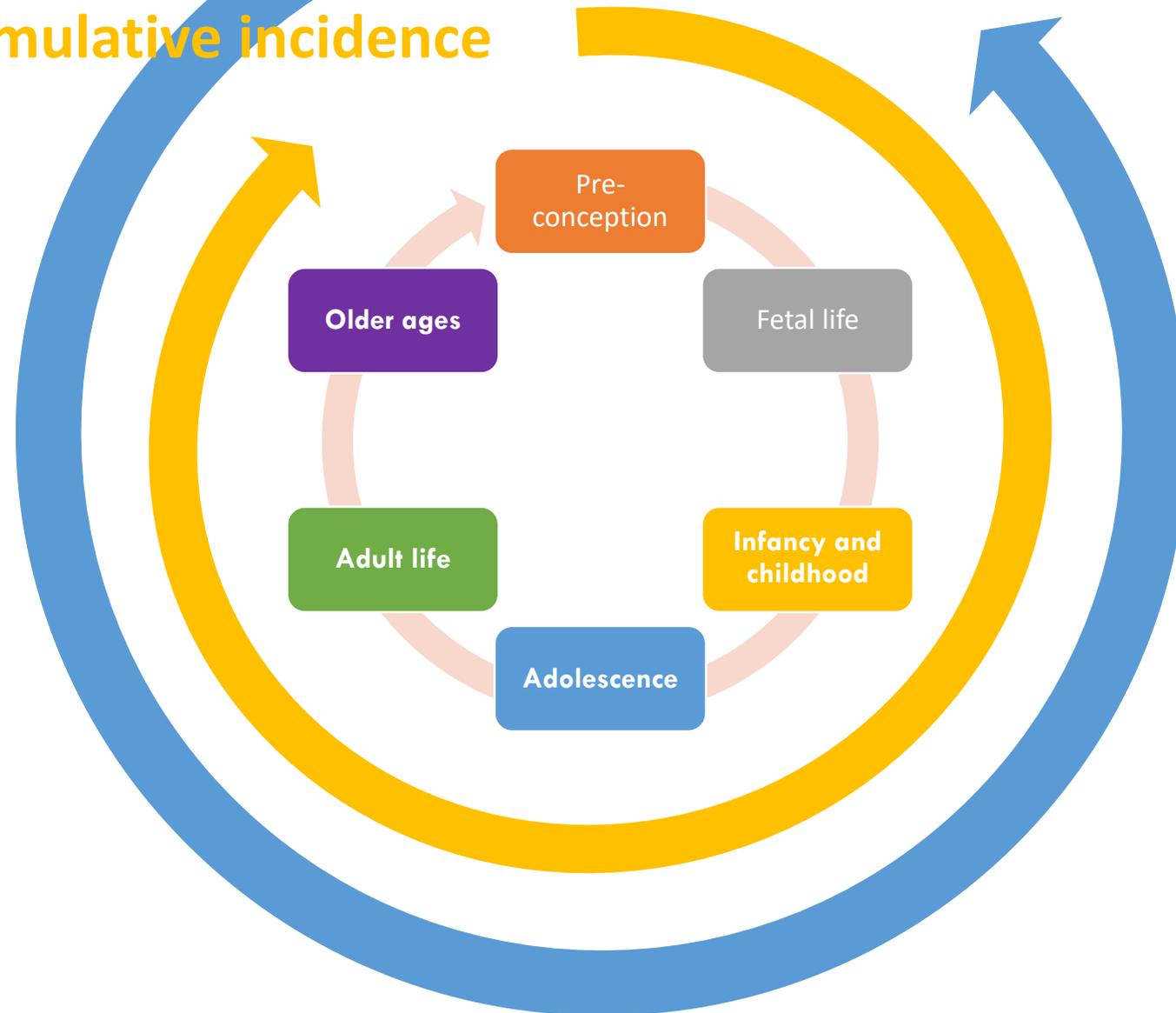


Future Sustainability of the Healthcare System



Preventable risk

Cumulative incidence



First 1000 days prevention of chronic diseases continues throughout the lifespan

Key Take-aways

- Current society urgently needs to establish a comprehensive and **integrated systems approach** to tackle the burden of chronic diseases.
- The UN General Assembly unanimously adopted a **political declaration** mobilizing accelerated effort to address non-communicable diseases (NCDs) on **September 27, 2018:**

"Time to Deliver: Accelerating our response to address NCDs for the health and well-being of present and future generations".

Key Take-aways

The First 1000 days: A Matrix for our Lifespan

- Starting from **Preconception to the First 1000 days**, and continuing through adolescence to adulthood (**First 8000 days**) healthy lifestyles and personalized wellness approach may prevent painful and expensive cures and provide the optimal conditions for health and wellbeing throughout the lifespan.
- The concept of **Network Wellness** is new and must be integrated with the concept of Network Medicine.
- **Precision Wellness** represents the most cost-effective model to safeguard public health as well as a great ethical business.

Precision Wellness is the Vaccine to Chronic Diseases

SHAPING THE
BUSINESS OF



WELLNESS

Thank you!

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