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The combination of personalized medicine and evidence-based medicine: What benefits for patients?

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Personalized medicine is currently being developed for individual patient care, especially in oncology. It involves, among other things, advanced science (molecular biology, genetics). On the other hand, Evidence Based Medicine (EBM) is becoming a must in modern medicine. However, it has some limitations, especially in the management of the patient. Our work consists in associating the two paradigms knowing that personalized medicine is one of the pillars of the EBM tripod (best external evidence, individual clinical expertise and patients values & expectations). We conducted a study on the management of gall bladder lithiasis by considering two groups of patients: The first group benefited from EBM approach alone while the second group benefited from EBM in combination with personalized medicine. The comparative study used the PICO criteria (Patient Intervention Comparison Outcome). The results obtained with the second group were better. In conclusion, personalized medicine is a plus value to EBM which can be regarded as the “princeps” paradigm of personalized medicine.

Biography

Salim Loudjedi has completed his Surgery studies from universities of Tlemcen and Oran, Algeria. He has practiced General Surgery at Tlemcen Hospital. He is specialized in Hepatobiliary Surgery and his Post doctoral thesis deal with EBM. He has published more than 10 papers.

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