

## **Medicine and its Preventive Excesses**

16<sup>th</sup> February 2018, 2 to 4 pm (30 min for the speaker's presentation, 90 min for the debate with the audience)

Open Seminar

Instituto de Saúde Pública da Universidade do Porto, Portugal

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**Juan Gervas**

[Juan Javier Gervas Camacho](#) (born in Lorca, Spain; 1948). MD and PhD. Spanish general practitioner (“*medico de cabecera*”), professor and researcher in Primary Health Care and Public Health. [jjgervas@gmail.com](mailto:jjgervas@gmail.com) [www.equipoCESCA.org](http://www.equipoCESCA.org) @JuanGrvas <http://www.actasanitaria.com/category/el-mirador/>

### **AREA OF EXPERTISE**

With a vast curriculum in topics concerning prevention, health care organization, public health, political decisions, patient and doctor relationship, patient’s rights and welfare, Juan Gervas is an enthusiastic and moving speaker that touches the audience beyond the subjects. With a controversial and fracturing way of being, thinking, writing and talking about very important issues, his message echoes further away.

He is a quite radical and independent opinion leader that proposes and defends hot topics.

Professor between 1971 and 2003 at the University of Valladolid, at the National University of Distance Education and at the Public Health School at Johns Hopkins University in Baltimore (United States of America). Since 1991 he is Visiting Professor of Primary Health Care at the National School of Health in Madrid. He also is an Honorary Professor at the Autonomous University of Madrid.

General Practitioner in the Spanish National Health System since 1974 to 2010. In 2000, he integrated the Primary Health Care team of the Health Center of Buitrago del Lozoya (in the mountains, North to Madrid), with extensions in Canencia de la Sierra, Garganta de los Montes and El Cuadrón. He is retired from clinical practice, together with his wife and colleague Mercedes Pérez Fernández, since 2010.

Tutor of medical students and residents /interns of Family and Community Medicine. He also carried out continuing education activities in his Health Centre.

He coordinates *Equipo CESCA*. (Multidisciplinary research and teaching group) since its inception in 1980).

He is the coordinator of the Innovation Seminars of Primary Health Care since 2005; last in Lleida, Spain (number 36). Next in Río de Janeiro (Brazil), Santiago (Chile) and Zaragoza (Spain).

Speaker at numerous conferences, seminars, and national and international scientific meetings.

He has published over four hundred scientific papers, mostly on health organization, in Spanish and international medical journals.

He also published and coordinated several books and articles on topics of health interest in the media.

### **EXPECTED CONTRIBUTION OF THE SEMINAR TO THE RESEARCH WORK OF STUDENTS IN MASTERS AND PhD PROGRAMES**

It is expected that this controversial approach about excesses in prevention and medicalization will condition masters and PhD students to adopt a more critical way of thinking about this subjects. Not everything that is done in terms of prevention in medicine or in public health has beneficial and fair effects on people lives or even on community. It is important to analyse critically the best evidence in order to take decisions that influence political choices. Being familiar with concepts as prevention with limits, “less is more”, “choosing wisely” and disease mongering contributes to a broader view concerning public health.

### **INTEGRATION OF THE SUBJECT TO BE DISCUSSED IN PUBLIC HEALTH PRACTICE AND/OR RESEARCH**

With practical examples based on the real impact of medicalization in people lives and on the results from relevant and well designed studies, Juan Gérvas analyses the importance of certain screening programmes as breast cancer, thyroid cancer, the relevance of health check-ups and the impact of certain vaccines. He discusses the examples of Public Health Programs in some countries and its null or negative effect in terms of health indicators and quality of life results.

He also approaches the concept of timely diagnosis (“diagnóstico oportuno”) as opposed to the concept of early diagnosis (“diagnóstico precoce”) applying these concepts and their consequences in the specific case of certain diseases as dementia or cancer. His proposals are innovative and rational.



## KEY REFERNCES FOR THE SEMINAR

Is clinical prevention better than cure?. Gérvas, J., Starfield, B., Heath, I. Lancet 2008; 372: 1997-99. <http://equipocesca.org/is-clinical-prevention-better-than-cure/>

Prevención de la población al paciente y viceversa. ¿Es la prevención una función de la atención primaria?. Starfield, B., Gérvas, J. El Médico; 2009; 11 04 (Noviembre): 34-6. <http://equipocesca.org/prevencion-de-la-poblacion-al-paciente-y-viceversa-es-la-prevencion-una-funcion-de-la-atencion-primaria/>

The concept of prevention: a good idea gone astray?. Starfield B., Hyde J., Gérvas J., Heath I. J Epidemiol Community Health 2008; 62: 580-583. <http://equipocesca.org/the-concept-of-prevention-a-good-idea-gone-astray/>

Gérvas J. El uso del “PSA” en el cribado del cáncer de próstata. <http://sano-y-salvo.blogspot.com.es/2017/04/el-uso-del-psa-en-el-cribado-del-cancer.html>

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Gérvas J. Ovarian cancer screening: could you recommend it? Evid Based Med. 2016. 10.1136/ebmed-2016-110385. <http://equipocesca.org/ovarian-cancer-screening-could-you-recommend-it-no/>