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Conference Abstract

## Chronic disease management model in Acibadem Mobile Health

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### Abstract

**Introduction:** In the last century, due to the rapid development of science, changes in dietary habits, in parallel with these, newly developed drugs and vaccines, which led to take control of communicable diseases, has caused to an increase in life expectancy. The increase in life expectancy also increased the incidence of non-communicable chronic diseases.

Especially in developing countries every year eight million premature deaths, which are under the age of sixty, occur. These are called "preventable" premature deaths.(WHO, 2008) According to the report of "An Unhealthy America : The economic burden of chronic diseases", which was declared by United States Center for Disease Control and Prevention (CDC), the seven chronic diseases (hypertension, Heart Disease, Lung Disease, Diabetes, Stroke, Psychiatric Disorders and Cancers) cost 1.3 trillion \$ annually to the USA . And if necessary precautions are not taken in the year 2050, this cost will reach 7.5 trillion \$. According to the data given by Turkish Republic Social Security Agency, in 2010 the treatment of chronic diseases cost 18.7 billion \$ (Turkey Budget Revenues in 2010: 133 billion \$, Expenses: 161 Billion \$) In 2010, the cost of diabetes was 500 billion \$ to world, it was 7.2 billion \$ to Turkey.

The seven most common chronic diseases in Turkey and in the world

- Hypertension
- Heart Disease
- Trachea, Bronchus and Lung Disease
- Diabetes
- Cerebrovascular Diseases

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- Neuropsychiatric Disorders

- Cancers

**Objective:** To reduce the incidence and prevalence of chronic disease, to reduce complications, to intervene emergent situations immediately, to improve quality of life, to reduce health expenses

**Design and Methods:** We tried to create a Patient-Centered, Evidence-Based, Interactive, Proactive model.

**Result:** Chronic disease management in Acibadem Mobile Healthcare

Figure 1: Chronic Disease Management Model Of Acibadem Mobile Health

Our Model is based on the following steps.

1. Raise awareness (setting preventive precautions, education, trying to raise health literacy, promote behavioral change such as healthy eating, smoking cessation and doing exercise.) doktorsensin is a health portal where you can find health- related videos and get expert consultancy [<http://www.doktorsensin.com>] Medical coaching, Health consulting, Mobile Laboratory, Medical Call Center

2. Early Diagnosis and Treatment (Mobile Health Check-Up At Home/ Job- We do Blood Tests, Urine Tests, Fecal Occult Blood Test, Lung X-ray, ECG of heart, From top to toe full body Physical Examination, Biological Risk Assessment, Genetic Risk Assessment, Psychological Assessment)

3. Prevention of chronic disease progression and reduction of complications (Telemedicine Device, Dietitians, Psychologists, Physicians, Medical Coaching, Emergency Medical Services, Ambulance&Hospital Support)

**Conclusions:** Chronic diseases are already the major cause of death in almost all countries, and the threat to people's lives, their health and the economic development of their countries is growing fast. Our chronic disease management model has the potential to save lives and resources. Our model may not result in immediate changes, but a long-term perspective we believe that we will reduce the incidence and prevalence of non communicable diseases, reduce the frequency of chronic disease complications, reduce the healthcare expenses and improve life quality.

## Keywords:

**non communicable chronic diseases management, tele health, telemedicine, healthcare, mobile health**

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