

A Step-by-Step Guide

for Institutions Looking to Integrate **4P Approaches**



The Four Pillars of 4P Medicine

Prevention



Proactively preventing disease through early intervention and risk management.

Prediction



Using genetic and biomarker data to forecast who is at risk of disease or likely to respond to

Precision

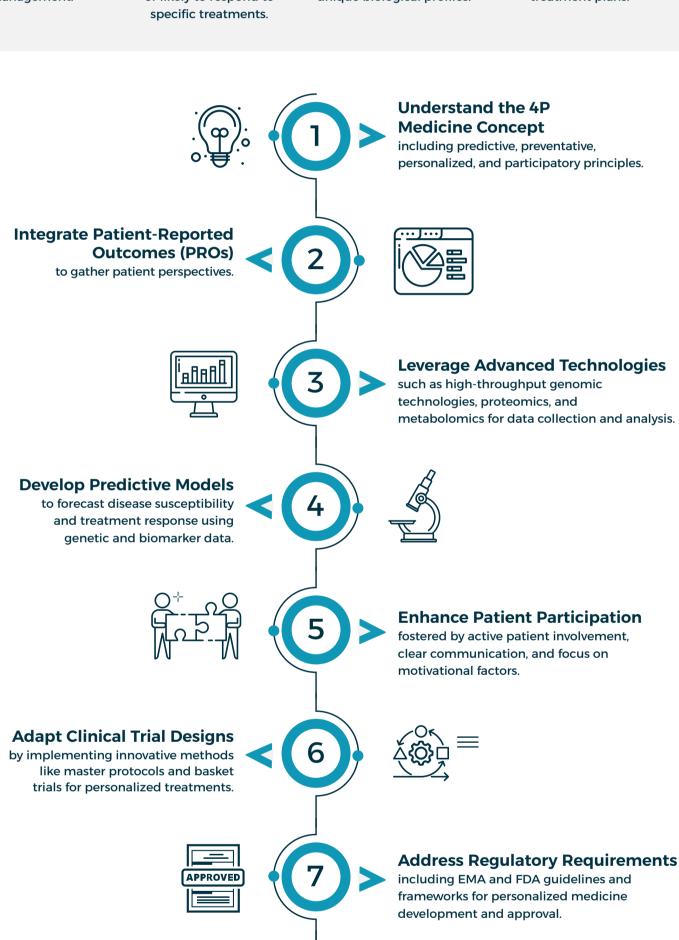


Tailoring medical treatments to individual patients based on their unique biological profiles.

Participation



Engaging patients as active participants in their care-based decisions and treatment plans.



Incorporate Systems Medicine

by employing a holistic approach integrating biological data sources and social networks.







Ensure Multidisciplinary Collaboration

by engaging a diverse group of specialists for comprehensive patient research and care.

Evaluate and Iterate

to continuously assess the effectiveness of 4P approaches and refine strategies based on outcomes and feedback.





The shift towards personalized medicine requires novel clinical trial designs focusing on individual patient

responses rather than average outcomes, leading to more effective and safer treatment options.