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Future Perspectives of Preventive Medicine for Urologists in Asia

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Asia is a continent composed by countries with wide different spectrum of races, cultures and social-economic back grounds. Thereafter, a variety of different medical care and public health systems exist in Asia. Asian physicians also face great challenges of social changes in geriatric population. From public health point of view, preventing diseases from occurrence is more important than the treatment of late stage diseases. Basically, a well-functioning public health system decreases the future expense for medical care. No matter what type of medical system exists in a country, preventive medicine should be regarded as a vital element to be implemented into the national health policy. Urology, is in the midst of an ever growing globalization process. A good urological training program should help equip young urologists with skills and expertise of not only medical care but also public health to face the changing medical environment. Traditionally, the detection of gross appearance of a disease depends on the ability of physician's perception such as what one sees, hears or feels. Unfortunately, such macro-detection is neither sensitive nor specific enough to provide good patient care. The development in molecular biology and advanced imaging technology in this millennium have helped us understand more to predict the outcomes of certain diseases better. The same logic will be applied to health care system. The future trend of urological diseases will change. Facing the fact that urological cancer (particularly prostate cancer) incidence increases rapidly, prevention and early detection of cancer will become a major public issue in the next decade in Asia. Improved by personal hygiene, sexual transmitted disease will become less and less, except in some poorly developed countries. Food pollution, such as melamine induced urinary tract stones is a good example of food related urological disease. We need to gain an edge on bio-informative, genomic, and molecular epidemiology and tailor health care for public health provision. In the future, all health related promotions and programs should be tailored by molecular epidemiology data obtained from mass population studies. Future public health issues needs to be conducted cost-effectively.