

Common diseases from the patient's point of view

We take a patient's perspective to address the development of large-scale precautionary measures that affect several million people, notably high blood pressure, but more of these so-called common diseases will follow.

We are not medical doctors. However, we have noticed that media have been fueling the fear of the consequences of hypertension and now of type 2 diabetes, as well, with the terms "silent killer" and "insidious threat" throughout two generations. Hypertension was identified as "the leading cause of death" – with no objection from physicians or statisticians. These frightening constructs that have no informative value whatsoever and the fact that between 5 and 35 million people are high-risk patients triggered our search for facts:

Germany's adult population totals 69.3 million people.

The number of people who, according to medical guidelines, may face late effects caused by:

- **overweight** **36.7** **million**
- **blood pressure** **24.0** **million**
- **diabetes** **5.2*** **million**
- **cholesterol** **4.9** **million**

Together, these amount to 70.8 million

*Conservative numbers. Latest news: The German Diabetes Society is fueling the fear of a "Diabetes Tsunami" with an increase from today's 7 million to approximately 12 million diabetics 20 years from now. Published in *Ärztblatt.de* and the *Bild* newspaper (24.05.2019 front page).

Source: Demographic data - de.statista.com >Bevölkerung Deutschlands nach Altersgruppen (German population by age groups).

Overweight - Statistisches Bundesamt Pressemitteilung Nr.14 vom 2.04.2019 (Federal Bureau of Statistics, press release no. 14 dated April 2, 2019). Hypertension, diabetes and cholesterol - www.arzneimittelatlas.de Bluthochdruckmittel, Diabetesmittel Lipidsenker- Arzneimittel - Bedarf und Versorgung 2017 (hypertension medication, diabetes medication, lipid-lowering agents – pharmaceuticals – requirements and supply 2017. The data from the „Arzneimittelatlas“ only apply to persons insured by statutory health insurance, who account for about 75% of the German population. Therefore, the figures for all adults could be higher by up to 25%.

All guideline committees responsible for these areas provide their practicing physicians with a potential in the order of 70 million treatments, even though there are people affected by several of these categories. We did not find any information on the number of perfectly healthy people in Germany. However, from the committees' point of view, they are certainly a minority.

Most of the people affected have one thing in common: they do not necessarily feel sick, they simply exceed the limits stipulated as the norm, which are arbitrary and are ever tightening. To us, it looks like an attempt to standardize biological diversity. For all the areas listed above, results of countless studies justify treatments, either because the patients examined are almost twice as likely to be at risk or because preventive care suggests a 50% decrease in diseases at a later time. The supply of medicines resembles some kind of insurance to prevent future diseases rather than a cure for acute health issues. At nearly 70 million treatments, this market is gigantic.

So far, we have not been able to find success stories describing comprehensibly what exactly has been achieved in the last few decades.

Instead, we found more and more new study results, more and more new risk warnings, drug scandals and television programs describing the side effects on a scale beyond any category contained in the package insert.