

Patient patients and searching researchers: exchange of knowledge and experience for health promotion

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Opinion

Recently, there have been breakthrough discoveries in different fields of science and technology, including medicine. However, there are still a huge number of diseases with lack of understanding of their underlying causes and absence of efficient treatment, particularly those known as multifactorial diseases such as diabetes and different types of cancer. A tremendous number of papers are published by researcher authors worldwide. In addition, many conferences, seminars, lectures, workshops, etc. are organized frequently in order to exchange and discuss scientific discoveries for the purpose of solving problems facing humanity, particularly those related to human health. Nevertheless, it often takes a long time to provide the patient with a new drug that have been proved to be sufficiently efficient and safe, after years of experiments done *in vitro*, *in vivo* and completed with full clinical investigations. Statistical studies have been shown that the prevalence of many diseases is rising continuously, like Alzheimer's disease,¹ diabetes,² and cancer.³ This means that the number of patients among the global population is remarkable and cannot be neglected, therefore, it is of vital importance to take the necessity of patients' awareness about their diseases' facts and recent discoveries into consideration.

While patients are those for whom all this research is being conducted, a great number of them are not obtaining updates about the latest discoveries and advances achieved on the diseases they are suffering from. Herein, I am writing this paper to propose certain ways to enable the patient to get clear and newest information on their illness, and the advantages of that on both patients' health and scientific research development.

The scientific communication language in published papers and scientific and academic society meetings is highly technical and rich in scientific terms, which is difficult for most patients to understand. Herein, I present in the following passage certain ways to overcome this hindrance and their benefits for both patients and research promotion. For instance, scientific journal publishing review papers and new findings in medicine are invited to publish a simple yet clear and precise version of their journals especially for patients and their caregivers. This would be greatly helpful for patients to get much courage and more understanding of their disease, which might help them recovering better. Necessary information for their caregivers is also highly required, particularly when the patients are unable to help themselves. I suggest that this version published particularly for patients and their families should involve a simple language that explains the disease mechanisms, the therapeutic drug targets and strategies and the advances achieved in the field. This could further sensitize the patient to the necessity of administering medicines on time, to more understand their disease, and to be more conscious about the precautions and daily life habits they might consider to improve their health state. Moreover, I propose that patients should be invited to assist seminars, conferences and other scientific events

that are related to their diseases, which would allow them to talk about their illness symptoms and history, which is highly important for scientists to more understand the illness directly through the patients sharing their health problems experience. This ought to further give the patient more support through allowing them to participate in the scientific research, development, and through knowing that a huge number of researchers are continually working and meeting with the purpose of helping them fight their disease.

In summary, the great efforts of researchers in the field of medicine and related fields are dedicated to providing better health state for patients suffering from different diseases. Hence, we suggest involving the patients in the work under the endeavor of science improvement, through inviting them to share their best knowledge about their illness symptoms and disease history, and at the same time to provide them with the latest discoveries and achievements related to their health problems through a simple and clear language. The suggestions proposed in this paper would auspiciously help to promote health through building stronger links of communication between patient patients and continuously searching researchers.

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Conflicts of Interest

The author declares that there is no conflict of interest.

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