

After I listed the suggestions of partners I make now a list of most popular risks/diseases for our project/target groups and want to ask the partners who are responsible for module contents to prepare necessary documents in order to present them in Varna.

Our risks/diseases to be inform within the project will be

- 1) Obesity and related risks (Diabetes mellitus type II, High blood pressure: hypertension, Endocrinological disease, Bone disease (Knorpel/Gelenkverschleiß), Vessel disease, Coronary heart disease)
- 2) Chronic diseases of digestion and intestines, gastro-intestinal diseases, disease of stomach
- 3) Allergic asthma
- 4) Psychological disease, chronic pain (Stress and depression)
- 5) Dental health care
- 6) Anti-aging
- 7) Chronic infections
- 8) Cancer
- 9) Methods to improve immune system and self healing abilities of the body

The following topics should be prepared as module contents to cure or prevent these diseases:

Module 1 basic medical info: to prepare by BGTM Numbers 1-3 and by HCA 4-9 listed above,

Module 2 by PI, by The Society of Pharmacognosy and Phytotherapy, by Uni Nitra and DIAN corresponding herbal remedies/therapies to these risks and diseases Numbers 1-9 (please contact each other and share the tasks)

Module 3 by Uni Nitra, The Society of Pharmacognosy and Phytotherapy and DIAN agricultural aspects related to these therapies/plants (Numbers 1-9) (please contact each other and share the tasks)

Module 5 by EBG for Germany, Uni Nitra and Euro_pro for SK , HCA for BG, DIAN for EL and The Society of Pharmacognosy and Phytotherapy for TR

Module 4 is to prepare after presenting the modules 1 and 2 in Varna:

Module 4 complementary of natural and modern medicine corresponding to the therapies suggested in Module 2 by BGTM, PI, HCA and The Society of Pharmacognosy and Phytotherapy

List of suggestions made by partners

Turkey is suggesting

1. Anti-aging
2. To prevent cardiovascular diseases
3. To prevent the problems of gastro-intestinal diseases
4. Stress and depression
5. Obesity and Diabetes
6. General information to keep healthy life

BGTM is suggesting

1. 60% of the students starting with primary school have problems with their weights because of being obese: giving general /basical information about daily eating habits in the sense oh healthy eating habits
2. >50% of adults and elderly person also having problems with their body and healthy because of being obese which causes:
 - Diabetes mellitus type II
 - High blood pressure:hypertension
 - Endocrinological disease
 - Bone disease (Knorpel/Gelenkverschleiß)
 - Vessel disease
 - Coronary heart disease
3. psychological disease (depressive disease patterns)
4. allergic asthma becuae of changed eating habits
5. disease of stomach caused by helicobacter pylori which is highly present in Turkish migrants
6. hepatitis B/C highly presented in Turkish migrants
7. dental health care important: cavity in teeth highly presented in students starting with primary school
8. home nursing for elderly people: taken into account the different cultural understanding

PI is suggesting

- Cancer, both in beginning and final stages
- Chronic deseases of digestion and intestines, including diabetes
- Alternatives to mercury in dentistry and methods of heavy metal detoxification
- Chronic pains, e.g. back pain
- Chronic infections like lyme borreliosis
- Methods to improve immune system and self healing abilities of the body

Greece is suggesting for its target group senior citizens:

- Most senior citizens, about 80%, seek the help of doctors of conventional medicine
- About 20% seek an additional opinion from a doctor of alternative medicine, mainly Homeopathic or Acupuncturist. This happens when they believe that conventional medicine does not cover their needs.
- In many cases, they follow traditional ways of treating illness as with the use of herbs that were traditionally used. This happens more often out of the urban areas where there treatments are more common.
- The main illnesses senior citizens suffer from in Greece are the same as in most countries in the world
- The average life expectancy in Greece is one the highest in the world and is attributed to the Mediterranean Diet that many Greeks still follow, which is based on olive oil.
- The biggest percentage of psychological problems appears in persons who live in isolation and face financial problems or difficulties with family relations.

Bulgaria is suggesting:

Ten leading risk factors as causes of disease burden measured in DALYs
in Bulgaria (2002)

Rank	Males		Females	
	Risk factors	Total DALYs (%)	Risk factors	Total DALYs (%)
1	High blood pressure	21.2	High blood pressure	19.5
2	Tobacco	20.1	High BMI	12.2
3	Alcohol	12.0	High cholesterol	7.2
4	High BMI	9.9	Physical inactivity	4.1
5	High cholesterol	9.3	Low fruit and vegetable intake	3.7
6	Low fruit and vegetable intake	4.9	Tobacco	3.0
7	Physical inactivity	4.5	Alcohol	2.9
8	Illicit drugs	2.4	Unsafe sex	2.6
9	Lead	1.7	Illicit drugs	1.0
10	Urban outdoor air pollution	1.0	Childhood sexual abuse	1.0

Source: Background data from WHO (2003c).