

Straight Talk

Experts weigh in on the future of medicine and health care.

‘A viral threat anywhere in the world is a threat to everyone, including everyone in the United States.’

—Dr. Kevin Cain, acting director of the CDC’s Center for Global Health

‘A lifestyle medicine practitioner can help guide people to eat or exercise a certain way or to be more mindful. When combined with precision medicine, the patient will be given a system to help their physiology not manifest all the things [i.e., genetic predispositions] they’ve inherited.’

—Dr. Raja Jaber, director of the Lifestyle and Integrative Medicine Program at the Renaissance School of Medicine at Stony Brook University

‘If we fail to act on climate change, it will erode the foundations of health we all take for granted: clean air, clean water, nutrient-rich food and access to high-quality health care.’

—Dr. Renee Salas, Yerby Fellow at the Center for Climate, Health, and the Global Environment at the Harvard T.H. Chan School of Public Health

‘Eventually, doctors will adopt AI and algorithms as their work partners. This leveling of the medical knowledge landscape will ultimately lead to a new premium: to find and train doctors who have the highest level of emotional intelligence.’

—Dr. Eric Topol, author of *Deep Medicine: How Artificial Intelligence Can Make Healthcare Human Again*

‘Global health security is constrained by a dangerous cycle, where periods of crisis are followed by periods of complacency. We can no longer afford to be complacent.’

—Stephen Morrison, director of the Global Health Policy Center at the Center for Strategic & International Studies

‘[Precision medicine] is going to be completely unprecedented. It’s going to affect medicine in ways we’ve never seen before.’

—Tom Maniatis, PhD, director, Columbia University Precision Medicine Initiative

‘I’ve studied some of the world’s longest-lived populations and it is through powerful choices that we can activate the biology of longevity. We are not fated to simply just extend lifespan, without... enjoying and celebrating life itself. We can do both.’

—Dr. Kien Vuu, assistant professor of health sciences at UCLA and author of *Thrive State: Your Blueprint for Optimal Health, Longevity, and Peak Performance*

‘You can tell people to make healthy lifestyle choices, but one of the root causes of health inequities is economic adversity. We have to focus on this. Within the American Heart Association, we’re addressing economic adversity as a root driver of poor health, especially cardiovascular health.’

—Dr. Michelle Albert, president of the American Heart Association

‘The impact for society at large from Long COVID is going to be huge. Millions of people will be affected, as well as the labor market, marriages and relationships. It has wide ramifications on people’s lives.’

—Dr. Ziyad Al-Aly, a clinical epidemiologist at Washington University and chief of the research and education service at Veterans Affairs St. Louis Health Care System

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