



Dear clinicians, research fellows, colleagues and friends!

On the modern stage of the development the world medicine as a system of scientific knowledge and practical approaches aimed at identifying, treatment and prevention of diseases has been rapidly developing. New discoveries are being made entitled to improve the healthcare and to help the patients. The key priority for strategic development of medical science worldwide is to develop and introduce modern technologies based on latest innovative methods, which are going to safeguard health in all age groups.

During last decade the theme of precision medicine has been widely debated by the scientific and medical community. The primary goal of the precision medicine is to optimize and to personalize the prevention and treatment, to avoid side effects due to detection of individual specifics of the body. Evidently based scientific-practical interests are determined by a huge, earlier unrealized potential of a *patient-oriented approach*, which is based on the possibility to use individual indicators for planning therapeutic measures to each individual patient.

The volume of published research works, dedicated to various aspects of introduction of personalized methods into clinical practice, has been constantly growing. This confirms not only presence of growing interest but also arising questions, which have to be solved by researchers and practical doctors.

The constitutional anatomy dealing with structural and functional characteristics of the human body, his organs and systems and being viewed from the point of individual typological approach based on constitutional diagnostics has received the recognition of leading medical specialists. The constitutional-anatomical approach evaluates the influence of form-basing factors on body structures, typological features of reactivity, the higher nervous system, functioning of sensor systems, qualitative and quantitative features of muscle activities, etc. The impact of constitutional-typological features on the specifics and such processes as immunological, biochemical, neurohumoral and adaptational ones have been evidently proved. Integrating somatotypological and dermatoglyfic approaches complementing each other in the context of morphological studies, seems to be a productive field of research.

In the current issue you may read about the results of applied researches focusing on the issues of individual variability of human morphological structures. This will empower your professional competence, to widen the concept of the human somatype as a structural, genetically determined expression of the constitution. Constitutional-anatomic data in the context of personalized medicine is going to facilitate the transition from group schemes of prevention and treatment to individual typological schemes. Introduction of such data into practice will enable to accomplish critical indicators for treatment, prioritizing individual health and to improve the health of the population in all age groups.

Executive Editor

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