



**GLOBAL WELLNESS**  
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# The Beginning of Human Life and Prevention of Chronic Disease: Reframing the First 1,000 Days Paradigm

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# The Beginning of Human Life and Prevention of Chronic Disease: Reframing the First 1,000 Days Paradigm

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PREVENTION BEGINS BEFORE CONCEPTION

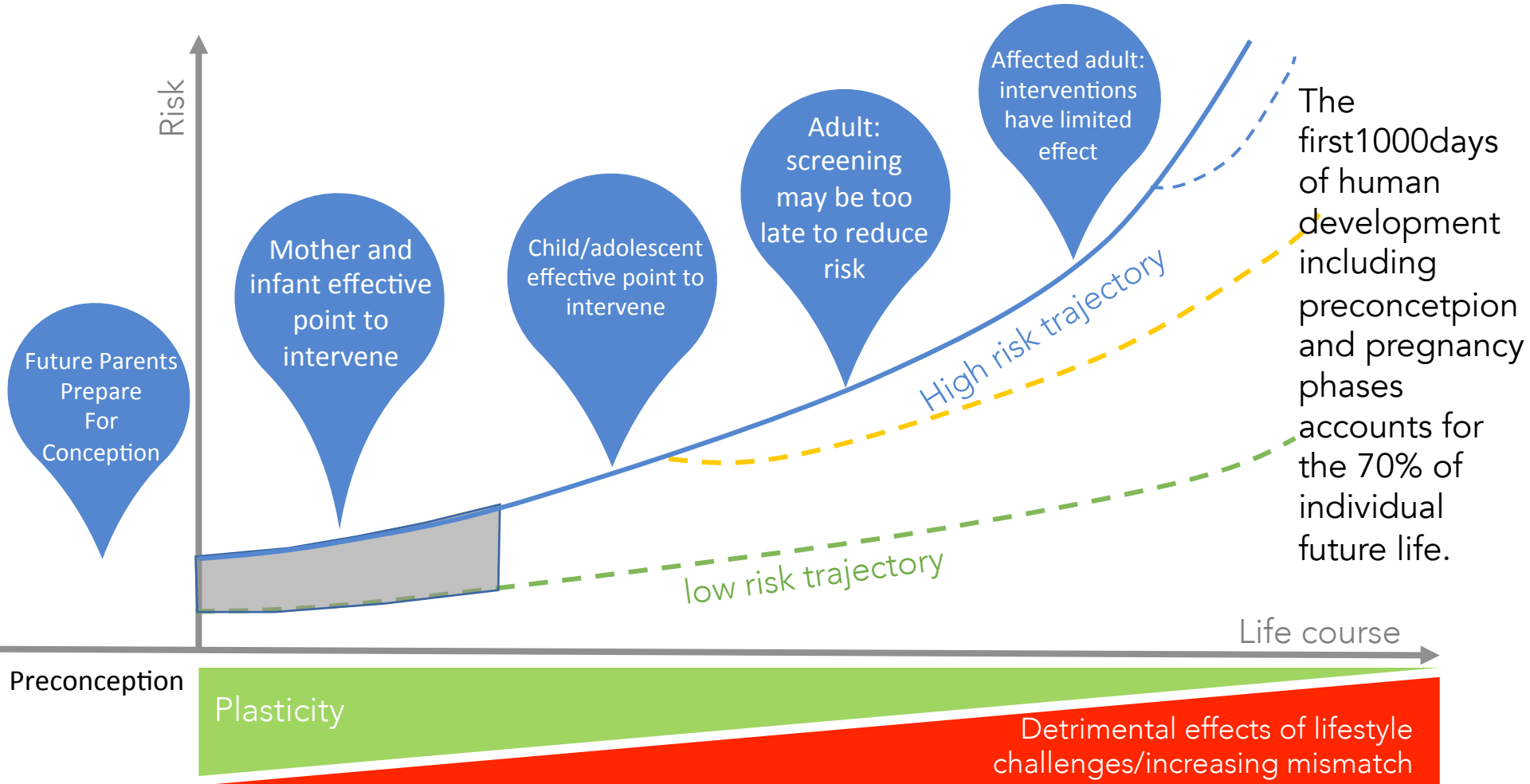
Application of knowledge and advanced technologies, to develop an innovative care process that integrates clinical molecular and exposome evaluation, education and empowerment, monitoring via wearables devices.

A novel ground-breaking effort that will collect pregnancy-related samples and data from parents and children from before conception to about two years of life.

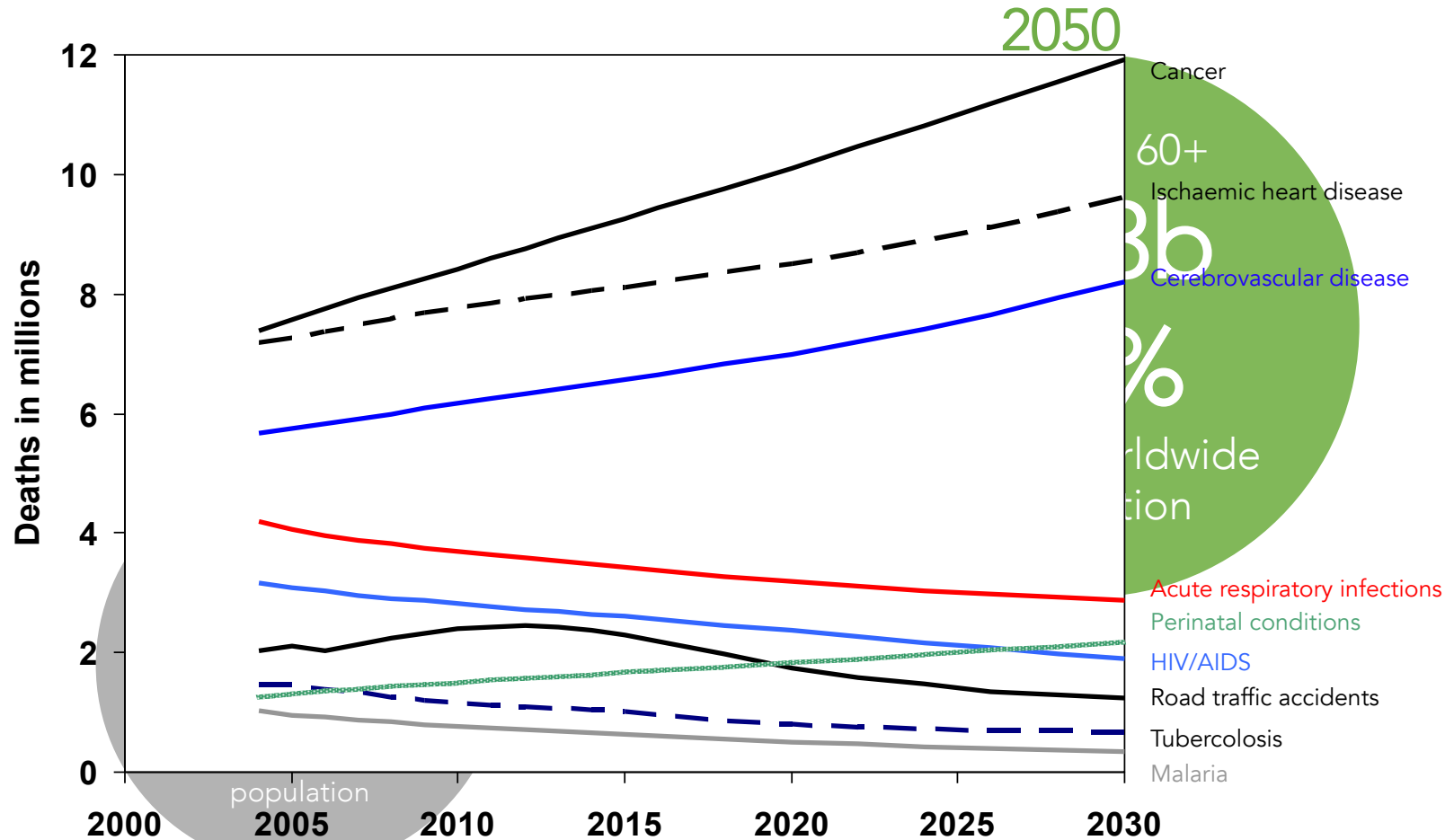


A multi-disciplinary approach providing translational tools for early diagnosis/treatment of obstetrical, developmental and chronic disorders affecting children and future generations.

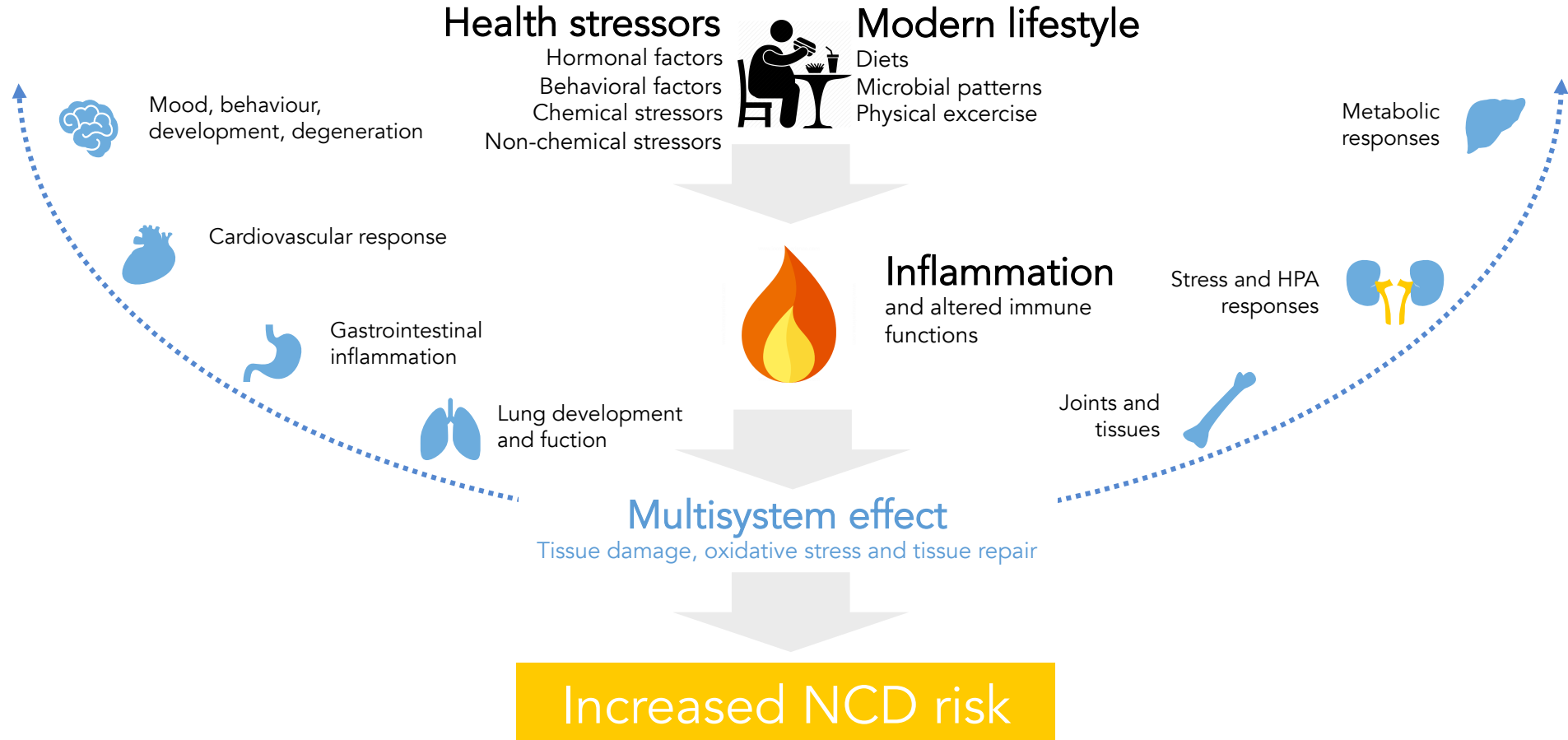
# 1000 days in a lifetime



# Aging population and chronic diseases rise

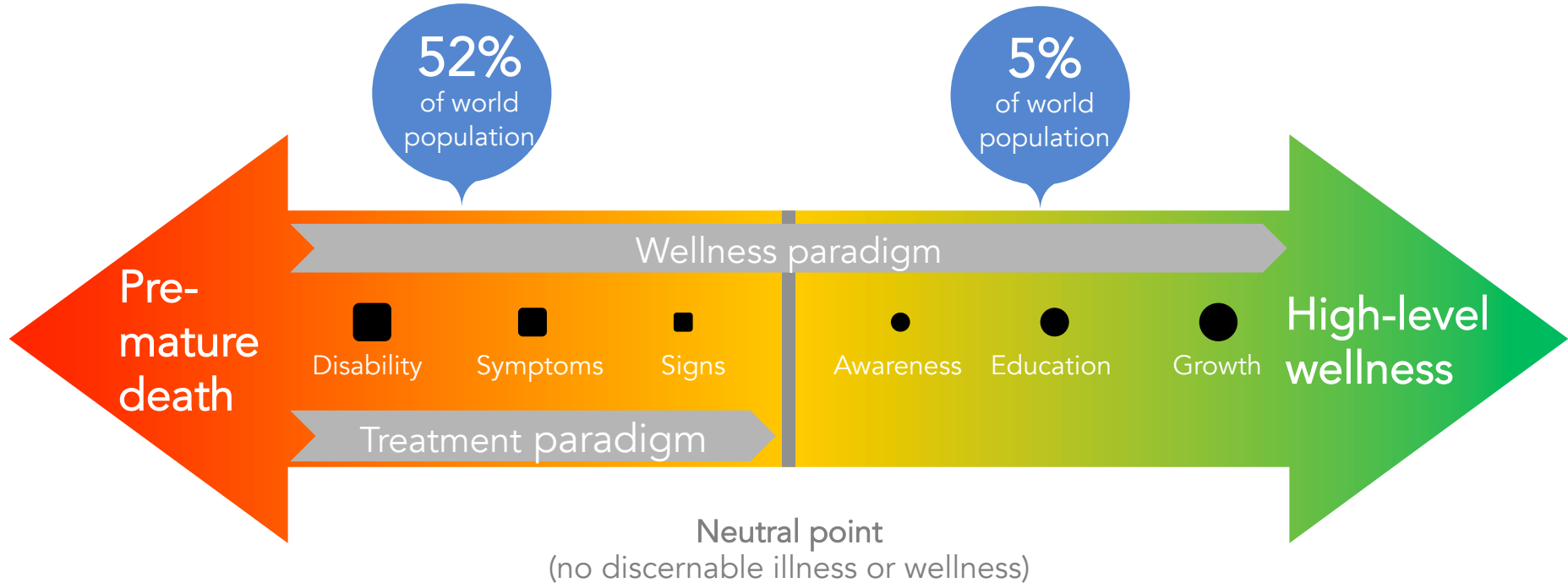


# The most effective anti-inflammatory medicine



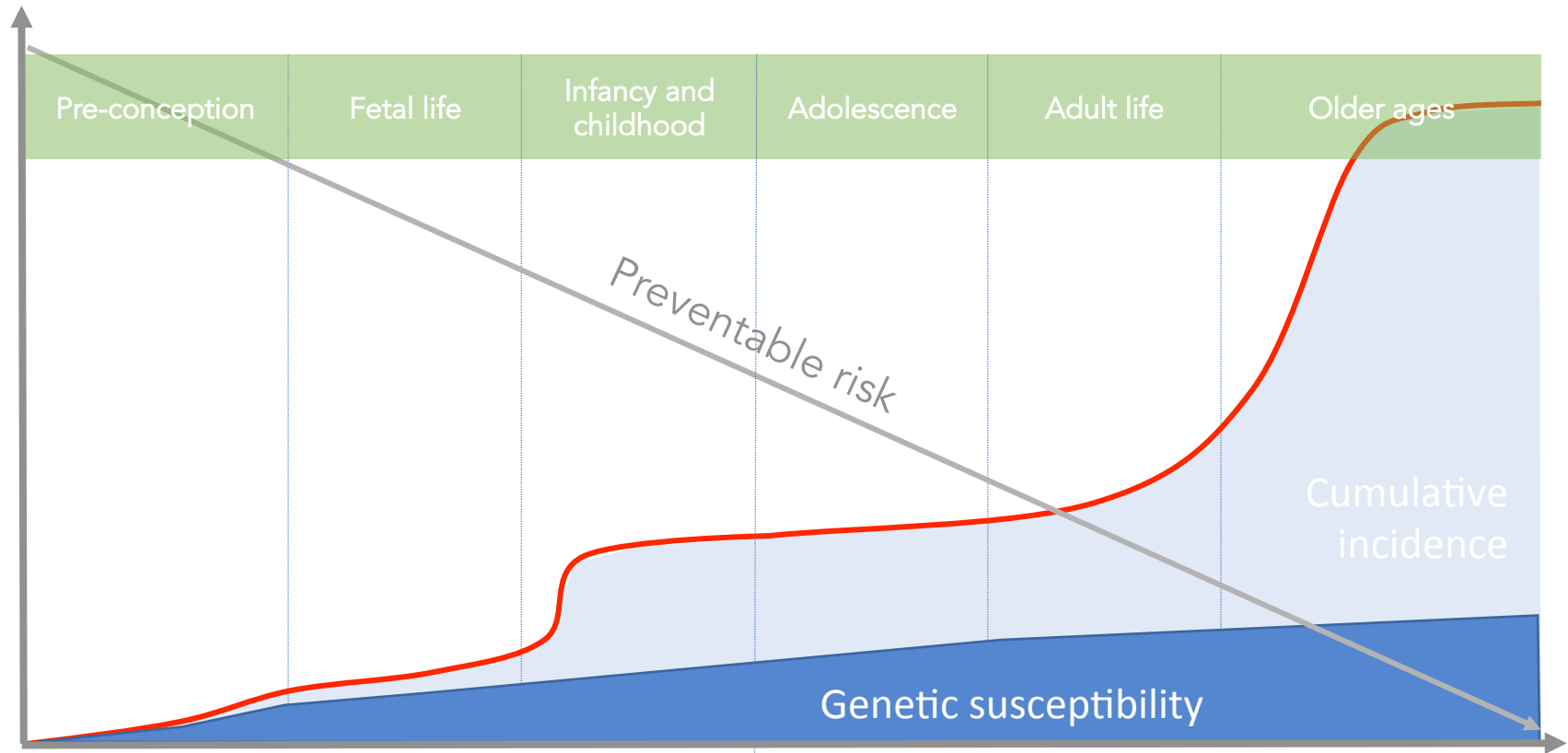
# Illness-wellness continuum

*"Wellness educates for healthy lifestyles and promotes prevention"*

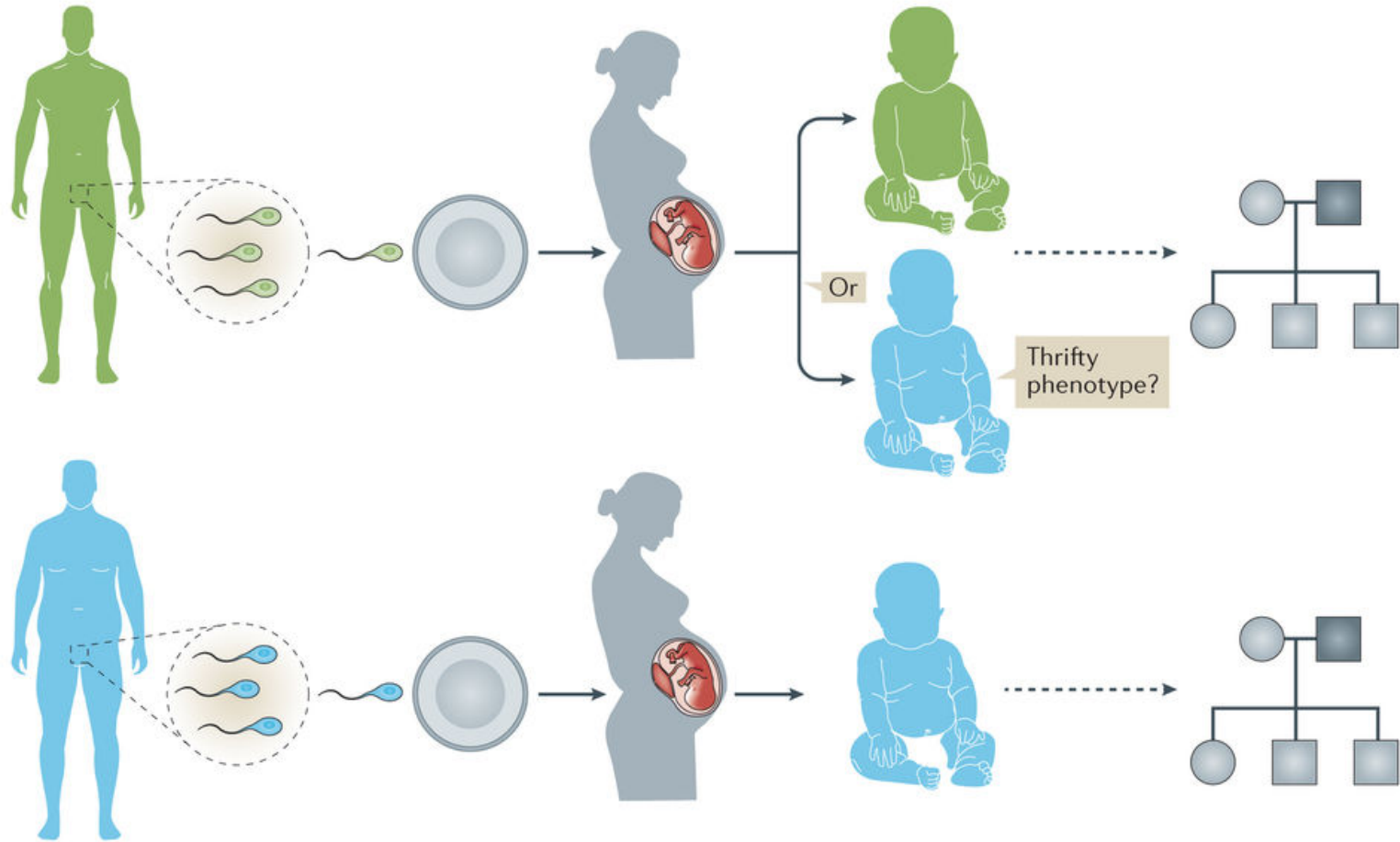




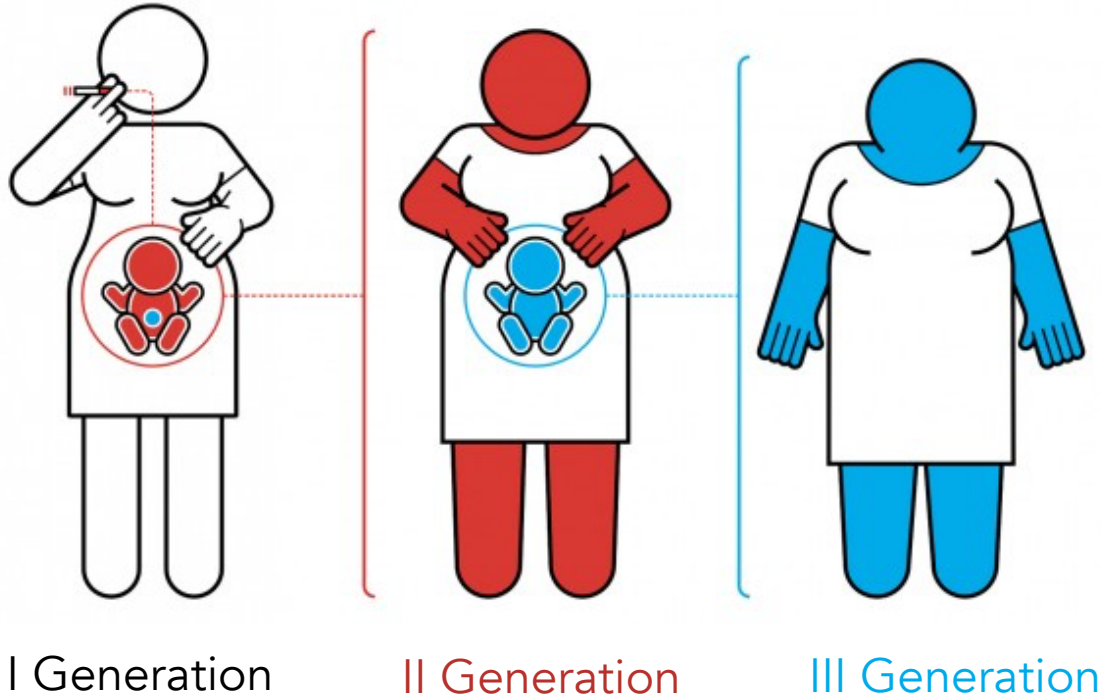
# Chronic disease prevention: a life course approach



# Putative effects of exercise and obesity on the predisposition to metabolic diseases



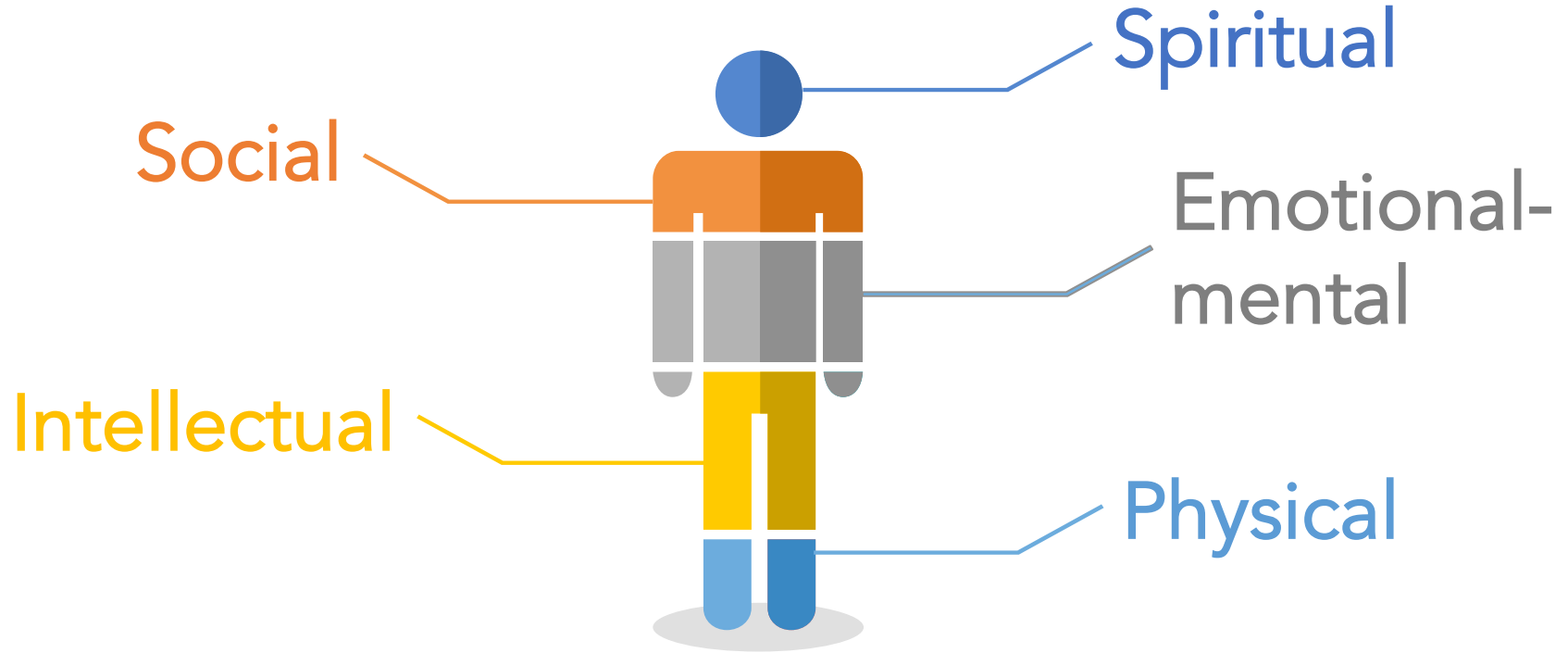
# The epigenetic inheritance



Wellness lifestyles (especially exercise training) have the potential to modify the epigenome of human reproductive cells and could have an unprecedented affect on the health of future generations influencing offspring health and disease risk.

## Dimension of health and wellness

Health and wellness are a multi-dimensional entangled universe



Sound scientific evidence proves that **wellness** plays a key role in population's health in synergy with the traditional medical paradigm



**Children's wellness** (pre-conception and the first 1000 days) represents a critical period to prevent Non Communicable Diseases and to enhance the **individual mindfulness** for the rest of the lifespan



Health and wellness professionals should promote and apply the **educational role of wellness** for primary and secondary prevention in shaping the new prevention paradigm and ensure the sustainability of the Healthcare systems.





Thank you!

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