

Dagmar Herzog GmbH
z. Mr. Thomas Nehm Wornbrunner Str.
40a

82031 Grunwald

Phone: 0921/55-2880 or-2881 Fax:
0921/55-2886

Internet <http://w.v\,v.uni-bayreuth.de/departmentsllw.html>

mail: 

Bayreuth, November 18, 2004

Statement on the Herzog Method

Dear Mr. Nehm,

The German health care system is facing a quality problem that is also linked to a financing problem. So-called diseases of civilization, in particular, are increasingly dominating the discussion in health science.

In Germany, for example, all in diabetes care is estimated at over €15 billion per year. The annual costs of malnutrition alone are estimated at around €70 billion. At the same time, the results of care for diabetes and other chronic diseases are rather mediocre in international comparison. The health care of the future will also be increasingly confronted with psycho-social problems. Changing life biographies, which are associated with more frequent changes in the workplace, mean that "behavioral and lifestyle-oriented" illnesses are gaining in importance. Recent studies in the USA, for example, estimate that depression-related illnesses cost employers about \$31 billion per year (Jama 2003; 289:3135-3144).

At the same time, the working environment itself plays a major role in the development of depressive disorders. Future care services must therefore be much more strongly oriented to the individual patient's environment and must also be fully integrated.

The method must also take into account the patient's life situation. An example of this is the Herzog method,¹ which enables doctors and patients alike to help themselves and, based on the findings of current emotion research, aims to eliminate the cause of disorders. However, self-help and prevention measures can only serve as a means of differentiation between service providers and health insurance companies in a competitive environment. Consequently, a sensible prevention policy has to start with the degrees of freedom in the provision of services and to focus on the quality of care.

With warm greetings

am l

/hr

