



# Measured Respectful Equitable

## Measured



### Doing more does not mean doing better

The dissemination and use of new treatments and new diagnostic procedures is not always accompanied by greater benefits for patients.

Economic interests, as well as cultural and social pressures, encourage both an excessive use of health services and an expansion of people's expectations beyond what is realistic, what the health system is able to deliver. Not enough attention is paid to the environment or the integrity of the ecosystem.

**A measured medicine involves the ability to act with moderation, gradually, and essentially, and uses the resources available appropriately and without waste. A measured medicine respects the environment and protects the ecosystem.**

**Slow Medicine recognizes that doing more does not mean doing better.**

## Respectful



### People's values, expectations and desires are different and inviolable

**Everyone has the right to be what he/she is, and to express what he/she thinks.**

A respectful medicine is able to acknowledge and take into consideration the values, preferences and orientations of a person in every moment of life.

Health professionals act with care, balance and empathy.

**Slow Medicine recognizes that people's values, expectations and desires are different and inviolable.**

## Equitable



### Appropriate and good quality care for all

An equitable medicine promotes appropriate care, which is both **adequate to the person and circumstances**, and proven to be effective and acceptable for both patients and health professionals.

An equitable medicine **opposes inequality** and facilitates access to health and social services. It overcomes the fragmentation of care, and encourages the exchange of information and knowledge among professionals.

**Slow Medicine promotes appropriate and good quality care for all.**

