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# Focuses on new treatment options to reduce disease progression and improve patients' quality of life

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## ABSTRACT

In recent years, the field of medicine has witnessed significant advances in the development of new therapeutic options aimed at reducing the progression of chronic and degenerative diseases. These treatments, which include biological therapies, personalized medicine, and emerging technologies such as artificial intelligence and telemedicine, aim not only to slow down the advancement of health conditions but also to substantially improve the quality of life of patients. This literature review explores the most promising innovations, highlighting their impacts on clinical practice and their benefits in terms of efficacy, safety, and quality of life. The study also addresses the challenges and opportunities that come with these new therapeutic approaches.

**Keywords:** Innovative treatment, Chronic diseases, Quality of life, Personalized therapies.

## INTRODUCTION

The advancement of medical sciences has allowed the development of new therapeutic strategies that go beyond symptomatic control, focusing on reducing the progression of chronic diseases and promoting a better quality of life for patients. Chronic conditions, such as autoimmune, cardiovascular, and neurodegenerative diseases, profoundly impact the lives of individuals, requiring more personalized and effective approaches to their management.

In this context, the emergence of innovative biological therapies, the advancement of digital health technologies, such as artificial intelligence, and telemedicine, have revolutionized health care, providing faster and more accurate interventions.

This study explores the new treatment options that have shown promising results in both slowing disease progression and improving patients' quality of life, highlighting the latest innovations and their implications for clinical practice.

## METHODOLOGY

The literature review was carried out using a systematic approach in the PubMed, Scielo and Google Scholar databases, with the objective of identifying the most recent advances in medical treatments aimed at reducing the progression of chronic diseases and improving the quality of life of patients. Search terms such as "innovative therapies for chronic diseases",

"personalized treatments", "artificial intelligence in health", and "quality of life in chronic patients" were applied.

The selection of articles was limited to studies published between 2018 and 2023, preferably peer-reviewed and with access to full texts. Publications in English, Portuguese, and Spanish that addressed emerging therapies, technologies applied to health, and pharmacological or non-pharmacological interventions to improve the prognosis of patients with chronic diseases were included.

Exclusion criteria were repeated studies or studies that did not have robust clinical results. The analysis of the selected articles was qualitative, focusing on the impacts of these new therapeutic approaches on disease progression and patients' quality of life.

## RESULTS

The literature review reveals significant advances in treatment options aimed at reducing the progression of chronic diseases and improving the quality of life of patients. Biological therapies, such as cytokine inhibitors and immune modulators, stand out for their effectiveness in treating autoimmune diseases, such as rheumatoid arthritis and psoriasis, providing greater control of inflammation and delaying the evolution of symptoms. In addition, personalized medicine, based on individual genetic profiles, has been widely adopted to improve the accuracy and effectiveness of treatments, especially in oncological diseases such as lung and breast cancer, reducing side effects and increasing the response rate to treatment.

Another relevant advance is the integration of technologies, such as artificial intelligence (AI), in clinical practice, which has allowed for a more accurate early diagnosis and the personalization of therapies based on analysis of large volumes of data. Telemedicine has also established itself as an effective tool in the continuous monitoring of patients, facilitating access to treatment and allowing rapid interventions in cases of worsening of the disease. These technological advances, combined with new therapies, are transforming the health scenario, providing better clinical outcomes and greater quality of life for patients.

## CONCLUSION

The new treatment options present remarkable advances in the approach to chronic and degenerative diseases, providing promising results both in reducing the progression of diseases and in improving the quality of life of patients. Biologic therapies, the personalization of treatments based on genetic data, and the increasing use of technologies such as artificial

intelligence and telemedicine demonstrate the potential to revolutionize the field of medicine, allowing for more effective and less invasive treatments.

These innovations not only transform the prognosis of complex diseases, but also broaden the prospects of longevity and well-being for patients, highlighting the importance of continuous and integrated follow-up to maximize the benefits of these emerging therapies.

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