Modern medicine is about to expand radically due to new discoveries, such as iPS cell. Time seems to have changed drastically from the time we studied medicine. However, patients’ mistrust of medicine is mounting up. The age of post-iPS cell will come in the near future. The age of longevity, or the 100-year life will start. Then, the big question arises as to how we live and maintain good health to keep active for 100 years. At the same time, medical expenditure becomes an issue. As Japan’s birthrate declines, the population of the younger generation that is expected to support the older generation will shrink. Accordingly, cost-effectiveness in medicine will be required.

The theory of Salutogenesis argues that health and disease are on the same continuum. Life begins with birth (healthy state), moves through preclinical, functional, organic, and terminal illnesses and ends with death. In this movement, preclinical and functional illnesses require more attention. They emerge when homeostasis is disturbed. The disturbance of homeostasis results from destructive lifestyles. As William Osler pointed out, habits (i.e. destructive lifestyles) cause diseases.

It is individual patients in real life who choose their lifestyles. In order to enjoy health and longevity, they should realize how self-destructive their lifestyles are and become responsible for their health (i.e. self-care, self-medication, and behavior change). If more patients learn to discipline themselves and adopt healthy lifestyles, medical expenditure can be reduced.

Modern medicine works best on the treatment of organic diseases while it does not have as much effect on functional and terminal diseases.

On the other hand, hyperthermia, climatotherapy, and physical therapy have long been used to maintain people’s health in Japan. These therapies have been studied by the Japanese Society of Balneology, Climatology and Physical Medicine (BCPM). They are highly cost-effective. In addition, they have been well-known as an easy way of maintaining health and preventing illness, and therefore widely practiced by people. Nonetheless, scientific evidence is scarce as yet. It is inevitable to gather enough evidence through scientific research.

Today, global situation is far from peaceful and safe. There is a lot of potential cause for concern both at home and abroad. Under such circumstances, people are more likely to develop anxieties for their health, just as history shows.

The current situation allows BCPM to play an important role. Combined with comprehensive medicine, BCPM will open up new possibilities for medicine and medical practice, and ensure people healthy longevity. This is what I consider the contribution it will make.