

"Every day, new scientific studies and information emerge. Learning from them is fascinating – but we also need to be able to recognize what to trust. Only when we stand on solid evidence can we make the right decisions."































"Evidence-Based Health Care means, for me, the assurance that as a methodologist I can build recommendations on the best available evidence, and as a patient I can trust that the care I receive is safe, effective, and respectful of my needs."



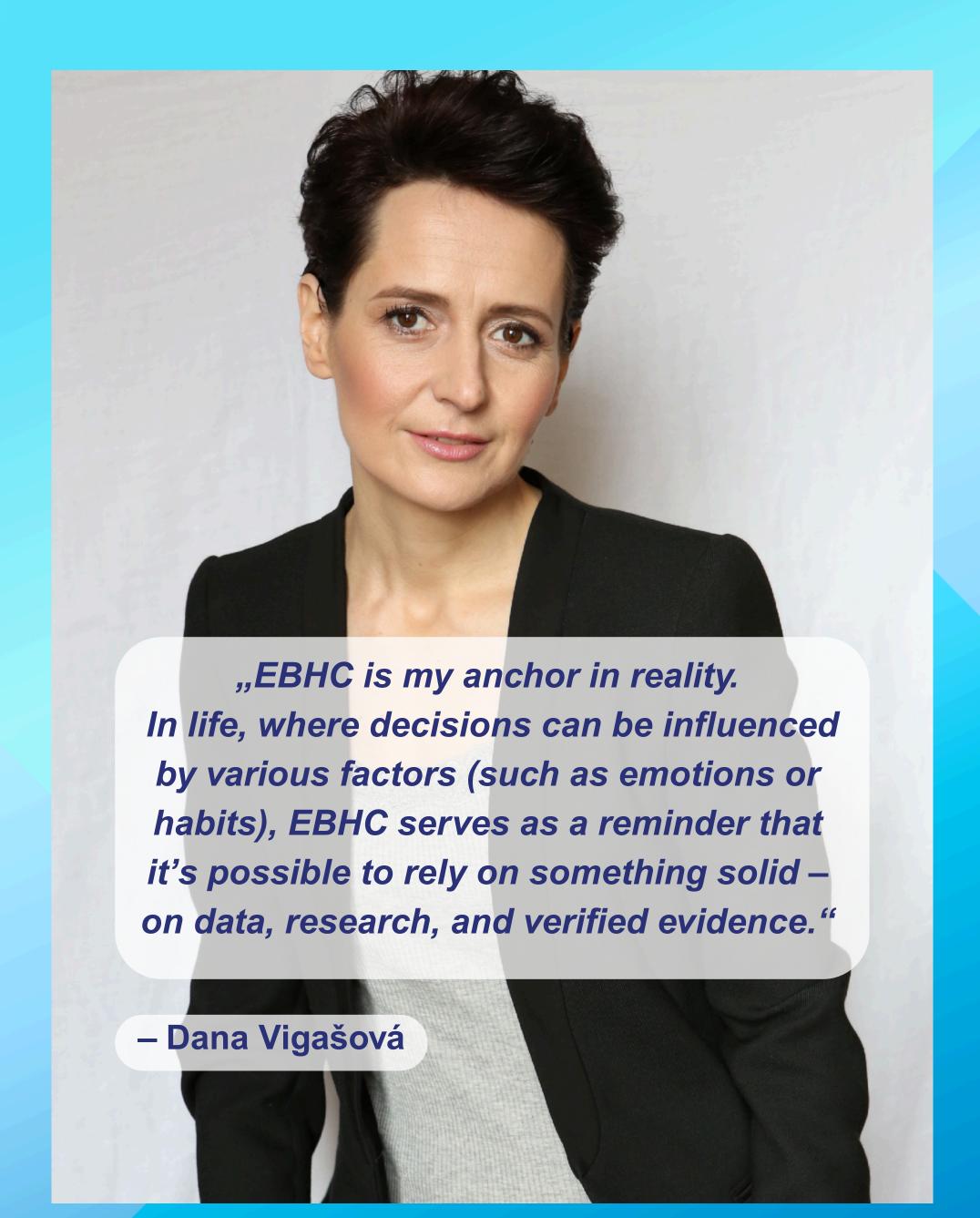












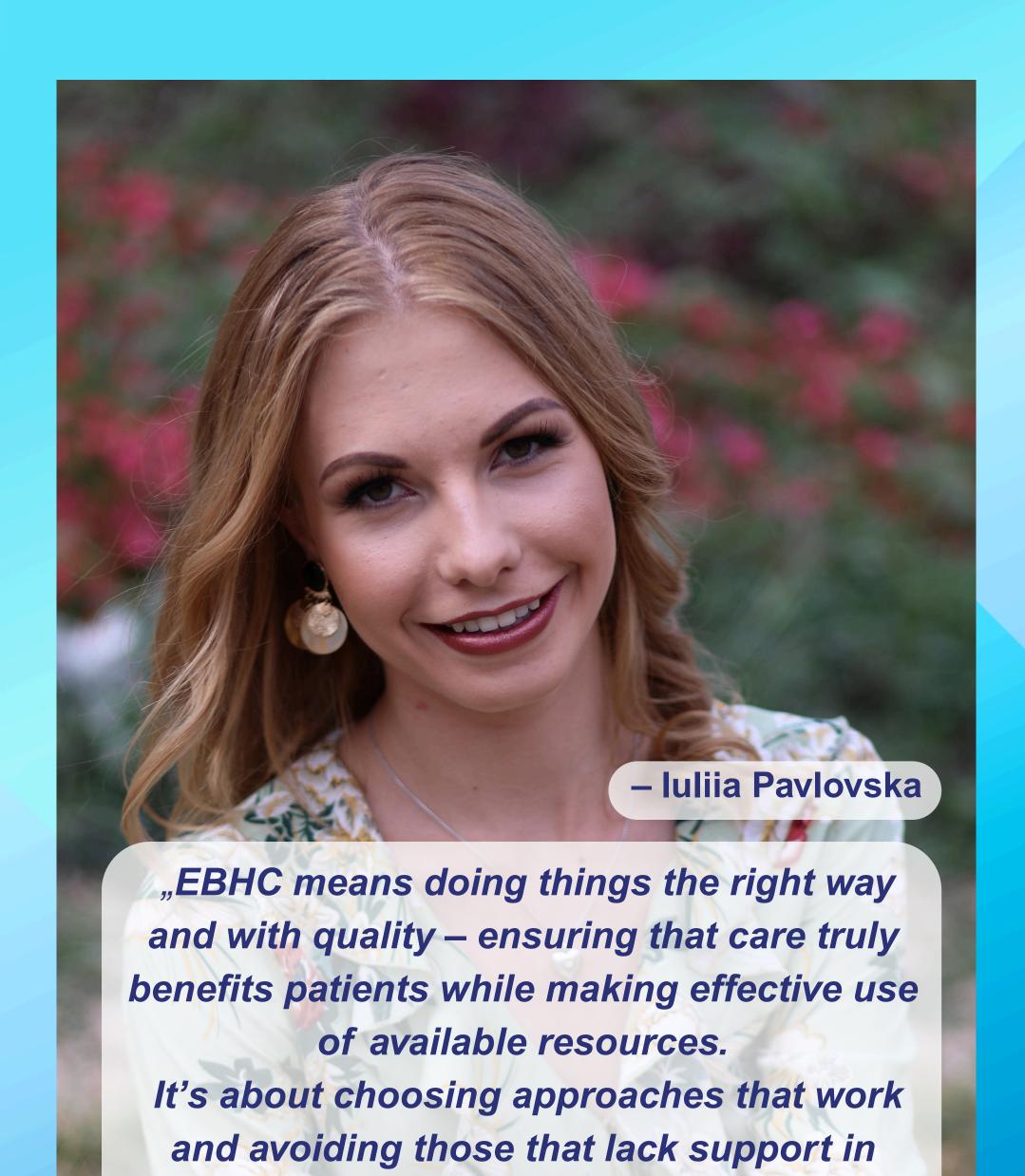












evidence."











"For me, EBM represents a fundamental professional attitude: decisions in medicine must not be based on impressions, momentary feelings, unverified practices, subjective perceptions, personal experiences, or intuition."



































"The EBHC approach can, to some extent, be compared to mountain hiking: reliable information and good planning are essential. When I head into the mountains, I don't rely solely on intuition or the advice of others — I verify facts, study the map, and adjust the route to my abilities. Similarly, a physician applying the principles of EBHC does not make decisions based on habit or tradition, but on scientific evidence, expert experience, and the individual needs of the patient."



















