# Master's, Doctoral and Post-doctoral Track Program: Clinical Medicine and Public Health

## 1. Open Doors winner's skill set

Winning the Open Doors competition requires:

- knowledge of the fundamentals of normal and pathological human anatomy and physiology, and the ability to correlate them with clinical manifestations of diseases;
- understanding the basics of pharmacology, including the principles of classification and use of major groups and subgroups of medicinal products;
- knowledge of the fundamentals of etiology and pathogenesis, risk factors, clinical manifestations, and diagnostic principles of human diseases, as well as methods of pharmacological and surgical treatment, and the ability to apply this knowledge to solve clinical case-based problems;
- having a solid grasp of evidence-based medicine and the organization of scientific research in medicine, including the ability to analyze research results and present findings in both oral and written form;
- understanding the epidemiological characteristics of infectious diseases and the ability to plan preventive and control measures;
- knowledge of the criteria of public health and the ability to calculate and interpret them;
- knowledge of the approaches to health promotion and the ability to develop preventive intervention programs.

## 2. List of degree programs covered by the subject area

## 2.1. List of doctoral degree programs

- 3.1.4 Obstetrics and gynecology
- 3.1.7 Dentistry
- 3.1.9 Surgery
- 3.1.18 Internal diseases
- 3.2.3 Public health, organization and sociology of healthcare, medical and social expertise
- 3.3.3 Pathological physiology
- 3.3.6 Pharmacology, clinical pharmacology

## 2.2. List of master's degree programs

32.04.01 Public health

#### 3. Content

#### Field of science 1. Pathology

- 1. Cell injury
- 2. Dystrophy
- 3. Inflammation
- 4. Disorders of thermoregulation. Fever
- 5. Derangements of homeostasis and metabolic disturbances
- 6. Haemodynamic derangements
- 7. Immunopathology
- 8. Tumors
- 9. Diseases of the blood cell system
- 10. Diseases of the heart and cardiovascular system
- 11. Diseases of the respiratory system
- 12. Diseases of the gastrointestinal tract, liver and exocrine pancreas
- 13. Diseases of the kidney and lower urinary tract



- 14. Diseases of the nervous system
- 15. Diseases of the endocrine system
- 16. Diseases of the reproductive system (male and female)
- 17. Diseases of the oral cavity and teeth

## Field of science 2. Pharmacology

- 1. Pharmacokinetics and pharmacodynamics
- 2. Drugs affecting afferent innervations
- 3. Drugs affecting efferent innervations
- 4. Drugs regulating the functions of the central nervous system
- 5. Drugs regulating functions of organs and their systems
- 6. Drugs that control metabolic processes
- 7. Anti-inflammatory drugs and drugs affecting the immune system
- 8. Antimicrobial and antiparasitic drugs
- 9. Antineoplastic drugs

#### Field of science 3. Medicine, General and Internal

- 1. Arterial hypertension
- 2. Angina pectoris and chronic ischemic heart disease
- 3. Diabetes mellitus
- 4. Anemia: differential diagnosis
- 5. Pneumonia
- 6. Chronic obstructive pulmonary disease
- 7. Peptic ulcer and related disorders
- 8. Inflammatory bowel diseases
- 9. Chronic hepatitis
- 10. Cirrhosis liver disease
- 11. Chronic kidney disease
- 12. Fundamentals of evidence-based medicine

## Field of science 4. Surgery

- 1. Surgical anatomy of the abdomen; abdominal surgical incisions and closure and suture techniques; wounds and wound infections, and modern approaches to their treatment
- 2. Acute abdominal conditions: appendicitis, cholecystitis, pancreatitis, peptic ulcer, intestinal obstruction, and peritonitis
- 3. General principles of diagnosis and management of acute abdominal pain; differential diagnosis of abdominal pain
- 4. Hernias of the abdominal wall: classification, diagnosis, and treatment
- 5. Minimally invasive and robotic surgery: general principles of access and interventions (laparoscopic cholecystectomy and appendectomy)
- 6. Perioperative medicine: prevention and treatment of surgical infections; thromboembolic prophylaxis and treatment; transfusion, fluid and electrolyte therapy, and nutrition in the surgical patient

## Field of science 5. Dentistry, Oral Surgery and Medicine

- 1. Anatomy of the maxillofacial system
- 2. Organization of dental care
- 3. Examination of the dental patient
- 4. Classification, diagnosis and treatment of dental diseases (caries, abnormalities of tooth structure, pulpitis, periapical periodontitis, periodontal diseases)

- 5. Anaesthesia in dental practice
- 6. Tooth extraction methods
- 7. Prevention of dental diseases
- 8. Oral and maxillofacial surgery: fundamental principles of diagnosis and management for dental, jaw, oral soft tissue and related anatomical disorders

#### Field of science 6. Infectious Diseases

- 1. Morbidity: definition and key terms, causes, patterns, indicators
- 2. Epidemic process (transmission dynamics): definition and key terms, epidemiological triad, prevention strategies, core theories (chain of infection model, natural foci theory, self-regulation of parasitic systems, social-ecological theory)
- 3. Sources of infection: types and disease classification by source
- 4. Transmission of infectious diseases: mechanisms, routes and factors
- 5. Susceptibility to infectious diseases, herd immunity
- 6. Immunization: timeline and basic concepts of immunology, types of vaccines, vaccination schedule
- 7. Etiology, pathogenesis, clinical manifestations, diagnostic approaches, treatment and prevention of infectious diseases

#### Field of science 7. Public Health

- 1. Public health and its determinants
- 2. Public health and epidemiological methods. Biostatistics: organization of statistical research, types of data, methods for analyzing and finding correlations
- 3. Medical and social aspects of demography: subject of study, branches, indicators, trends
- 4. Disability as a medical and social problem: definition, causes, trends, rehabilitation approaches
- 5. Noncommunicable diseases
- 6. Risk factors: classification and assessment
- 7. Preventive medicine: types, goals and objectives of prevention, preventive effectiveness and strategies (population, high-risk and individual)

## 4. Preparation materials

## 4.1. Recommended reading

#### Field of science 1. Pathology

## **Reading list in English**

Harsh Mohan. Textbook of pathology 6th edition. Jaypee Brothers Medical Pub, 2010. 933 p. URL: https://drive.google.com/file/d/1jhA1AqpsOlR7NE5MyWvd6nPyVIL7CMkK/view

Pathological Anatomy: textbook / ed. by V. S. Paukov. Moscow: GEOTAR-Media, 2022. 752 p. URL: https://www.rosmedlib.ru/book/ISBN9785970471135.html

P. F. Litvitsky, S. V. Pirozhkov, I. A. Budnik. Pathophysiology 4th edition. Moscow: GEOTAR-Media, 2025. 376 p. URL: https://medknigaservis.ru/product/rathophysiology-concise-lectures-tests-cases/

#### Field of science 2. Pharmacology

## Reading list in English

Alyautdin R. N. Pharmacology. Illustrated textbook. Moscow: GEOTAR-Media, 2020. 312 p. URL: https://www.rosmedlib.ru/book/ISBN9785970456651.html

Janet Stringer. Basic Concepts in Pharmacology: What you Need to Know for Each Drug Class: 4th edition. McGraw-Hill Companies, 2011. 254 p.

URL: http://lib.ysu.am/disciplines\_bk/027d2400206777244b5e2b8259a56efb.pdf



Kerry Layne, Albert Ferro. 100 cases in Clinical Pharmacology, Therapeutics and Prescribing. CRC Press, 2020. 249 p. URL:

https://repository.unar.ac.id/Kerry\_Layne\_Albert\_Ferro\_100\_cases\_in\_clinical\_pharmacology.pdf

Kharkevitch D. A. Pharmacology: textbook. Translation of Russian textbook, 12th edition, revised and improved. Moscow: GEOTAR-Media, 2023. 680 p.

URL: https://www.rosmedlib.ru/book/ISBN9785970470886.html

## Field of science 3. Medicine, general and internal

## Reading list in English

Goldman L., Schafer A. Goldman-Cecil Medicine, 2-Volume Set. 27th edition. Elsevier, 2023. 3040 p. URL: https://shop.elsevier.com/books/goldman-cecil-medicine-2-volume-set/goldman/978-0-323-93038-3

Kasper D., Fauci A., Hauser S, Longo D., Jameson J., Loscalzo J. Harrison's Principles of Internal Medicine. 19th edition. New York: McGraw Hill Education, 2016. 3984 p. URL: https://archive.org/details/Principles of Internal Medicine

Sharon E. Straus, Paul Glasziou, W. Scott Richardson, R. Brian Haynes. Evidence-Based Medicine: How to Practice and Teach EBM. Elsevier, 2019. 324 p. URL:

https://books.google.ru/books?id=BkRPDwAAQBAJ&printsec=frontcover&hl=ru#v=onepage&q&f=false

V. T. Ivashkin, A.V. Okhlobystin, K.V. Ivashkin. Propedeutics of internal diseases. Textbook. Moscow: GEOTAR-Media, 2024. 776 p. URL: https://medknigaservis.ru/product/propedeutics-of-internal-diseases-textbook-el-versiya/

## Field of science 4. Surgery

#### **Reading list in English**

A. Thoma, S. Sprague, S.H. Voineskos, Ch.H. Goldsmith. Evidence-Based Surgery. A Guide to Understanding and Interpreting the Surgical Literature. Springer Cham. 2019. 360 p. URL: https://doi.org/10.1007/978-3-030-05120-4

Brunicardi F. C., Andersen D. K., Billiar T.R., Dunn D.L., Kao L. S., Hunter J.G., Matthews J.B., Pollock R. E. Schwartz's Principles of Surgery, 11th edition. McGraw Hill, 2019. 2224 p. URL: https://centlib.mui.ac.ir/sites/centlib/files/amin-lib/ebooks/Schwartz's Principles of Surgery.pdf

Fiona Myint. Kirk's Basic Surgical Techniques 8th edition. Elsevier Health Sciences, 2024. 264 p. URL: https://shop.elsevier.com/books/kirks-basic-surgical-techniques/myint/978-0-443-11367-3

Gossage J., Modarai B., Sahai A., Worth R. 100 cases in surgery. 2nd edition. CRC Press, 2013. 241 p. URL: https://umfmed.wordpress.com/wp-content/uploads/2013/03/100-casessurgery.pdf

#### Field of science 5. Dentistry, Oral Surgery and Medicine

## **Reading list in English**

Oral Surgery: textbook / ed. by S. V. Tarasenko. Moscow: GEOTAR-Media, 2023. 640 p. URL: https://www.rosmedlib.ru/book/ISBN9785970470800.html

Preclinical course of dentistry. Part I. Introduction to dentistry: textbook / eds A. V. Sevbitov, A. E. Dorofeev. Moscow: GEOTAR-Media, 2024. 184 p.

URL: https://www.rosmedlib.ru/book/ISBN9785970482735.html

The Oxford Handbook of Clinical Dentistry 6th ed. Oxford University Press, 2014. 813 p. URL: http://81.143.226.227/books/medical/Oxford Handbook of Clinical Dentistry 6e - Laura Mitchell.pdf



## Field of science 6. Infectious Diseases

## **Reading list in English**

David D. Celentano, Moyses Szklo. Gordis Epidemiology 6th edition. Elsevier, 2019. 434 p. URL: https://dl.konkur.in/2022/12/Epidemiology2019-%5Bwww.konkur.in%5D.pdf

Kenrad E. Nelson, Carolyn Masters Williams. Infectious Disease Epidemiology: Theory and Practice. Jones & Bartlett Learning, 2014. 981 p.

URL: https://alraziuni.edu.ye/uploads/pdf/book محة علمة/Kenrad-E.-Nelson-Carolyn-Masters-Williams-Infectious-Disease-Epidemiology\_-Theory-and-Practice-Jones-Bartlett-Learning-2012.pdf

Yushchuk N. D., Vengerov Yu. Ya. Infectious diseases: textbook. Moscow: GEOTAR-Media, 2020. 464 p.

URL: https://www.rosmedlib.ru/book/ISBN9785970455043.html

#### Field of science 7. Public Health

## **Reading list in English**

Begun D.N., Borshchuk E.L., Begun T.V. Course book for practical training in the sphere of public health and health care. Orenburg: OrSMU, 2018. 121 p.

URL: https://www.orgma.ru/files/kafedry/kafedra-obshzestvennogo-zdorovya-i-zdravoohraneniya-1/info\_stud/new/FF2/Textbook.pdf

Gorbunov V. I., Vozzhennikova G. V., Isaeva I. N., Gorbunov M. V. Public health and Healthcare: main ways of cognition: textbook. Ulyanovsk: UlSU, 2017. 182 p.

URL: https://www.ulsu.ru/media/uploads/iriskor%40mail.ru/2017/10/27/Public%20health.pdf

James F. McKenzie, Robert R. Pinger, Denise M. Seabert. An Introduction to Community and Public Health 9th edition. Jones and Bartlett Learning, 2018. 558 p.

URL: https://students.aiu.edu/submissions/profiles/resources/onlineBook/L8i4G3\_Introduction to Community and Public Health-2016.pdf

Jekel's Epidemiology, Biostatistics, Preventive Medicine, and Public Health. 5th edition. Elsevier Science, 2020. 432 p. URL: https://www.us.elsevierhealth.com/jekels-epidemiology-biostatistics-preventive-medicine-and-public-health-9780323642019.html

World Health Organization and World Bank. World report on disability. 2011. 350 p. URL: https://apps.who.int/iris/handle/10665/44575

World Health Organization. Global health risks: mortality and burden of disease attributable to selected major risks. 2009. 64 p. URL: https://apps.who.int/iris/handle/10665/44203

## 4.2. Recommended online courses

Field of science 1. Pathology

Online courses	Link	Course description
in English		
Cell Injury and	https://sechenov.on	The course provides an introduction to the different
Cell Death	line/course/cell-	types of cellular adaptations that can occur, both
	injury-and-cell-	physiologically and pathologically, in response to
	death	damage. The course also discusses the various types
		of cell death, such as apoptosis, autophagy, and
		necrosis, and the different subtypes that can occur if
		cells are unable to adapt. The course includes lecture
		materials accompanied by presentations and video
		recordings. The course promotes a deeper
		understanding of the complexities involved in the
		various factors that can cause cellular damage,
		including chemical, physical, as well as factors

		within the cell.
General	https://openedu.ru/	The course examines the subject and methods of
Pathophysiology	course/spbu/GENP ATHOPH/?session =spring_2023	pathophysiology, including general nosology, which deals with the concepts of health and disease, the general etiology and pathogenesis of pathological
		processes and states. The course includes lectures and self-assessment quizzes. The course provides a systematic overview of typical pathological processes such as arterial, venous, and combined hyperemia, stasis, inflammation, immunopathological processes including allergies and autoimmune disorders, acute
		phase responses, fever, shock, and other related topics.
Pathology	https://www.classc entral.com/course/x uetangx-pathology- 369493	The course covers issues of general pathology, including cell and tissue damage, circulatory disorders, inflammation, and neoplasms. The course includes lecture materials accompanied by presentations and video recordings. The course enables students to apply acquired knowledge to real-world scenarios in pathology.

Field of science 2. Pharmacology

Field of science 2. Pharmacology		
Online courses	Link	Course description
in English		
Introduction to	https://www.classc	The course provides an introduction to
Pharmacology	entral.com/classroo	pharmacology. The course includes lecture materials
	m/youtube-	accompanied by presentations and video recordings.
	pharmacology-	The course facilitates the acquisition of experience in
	80239	classifying drugs, including their categories, names,
		and schedules, as well as methods of administration,
		pharmacokinetics, pharmacodynamics, and the main
		groups of medications.
Pharmacogenomi	https://www.classc	This course provides an introduction to
cs -	entral.com/classroo	pharmacogenomics, examining how individual
Understanding	m/youtube-	genetic variation influences drug metabolism,
Personalized	pharmacology-	therapeutic efficacy, and adverse reactions. Learners
Medicine	pharmacogenomics	will explore the role of genetic profiles in optimizing
	-made-easy-433675	treatment strategies across various medical
		conditions. The course features lecture content
		supported by presentations and video materials,
		offering insight into current trends, applications, and
		professional practices in the field of
		pharmacogenomics.
Pharmacology of	https://stepik.org/c	The course introduces key concepts and approaches
Antibacterial	ourse/123136/prom	in pharmacology of antibacterial agents. It consists of
Agents	0	11 modules that cover important aspects such as
		rational use, pharmacology, pharmacokinetics,
		indications, contraindications, and side effects
		associated with both natural and synthetic antibiotic
		classes. The course includes lectures and self-

assessment quizzes. The course is structured to
advance knowledge and skills relevant to antibiotic
therapy.

Field of science 3. Medicine, General and Internal

Online courses	Link	Course description
in English		-
Diabetes Mellitus and Ischemic Heart Disease – important issue in modern medicine	https://sechenov.on line/course/diabetes -mellitus-and- ischemic-heart- disease-important- issue-in-modern- medicine	The course focuses on a significant topic in modern medicine: the connection between ischemic heart disease and diabetes mellitus. The course includes lecture materials accompanied by presentations and video recordings. The course is designed to develop students' understanding of diagnosis, evaluation of risk for complications, and treatment choices for diabetes mellitus and ischemic heart disease.
Normal electrocardiogram s (ECG)	https://sechenov.on line/course/normal- ecg	This course provides a comprehensive introduction to the interpretation of fundamental electrocardiographic (ECG) rhythms. It examines the underlying pathophysiology, etiological factors, clinical manifestations, and diagnostic criteria associated with key ECG patterns. Instruction is delivered through lectures, supported by presentations and video materials. Upon completion of the course, students will be able to accurately interpret normal ECG tracings, as well as identify characteristic changes associated with myocardial infarction, atrial fibrillation, and atrioventricular conduction disorders.
Internal Medicine	https://www.classc entral.com/course/x uetangx-internal- medicine-369519	The course offers a foundational introduction to internal medicine, with each module dedicated to a specific aspect of the discipline. Instruction is delivered through a combination of lectures and self-assessment quizzes, enabling students to consolidate their knowledge progressively. The course supports the development of practical competencies in the diagnosis and treatment of internal diseases, in accordance with established principles of general medical practice.

Field of science 4. Surgery

Online courses	Link	Course description
in English		
Abdominal and	https://www.lecturi	The course introduces key concepts and approaches
Genitourinary	o.com/medical-	in common causes of abdominal trauma, such as
Emergencies	courses/abdominal-	penetrating injuries, appendicitis, pancreatitis,
	and-genitourinary-	diverticulitis, visceral perforation, biliary diseases,
	emergencies.course	and primary peritonitis. The course includes lectures
	#/	and self-assessment quizzes. The course focuses on
		the development of core competencies in abdominal
		and genitourinary emergencies.

Basic of Surgery	https://sechenov.on	The course provides an introduction to general
	line/course/basic-	surgery. It consists of three modules. The first
	of-surgery	module covers the surgical anatomy of the abdomen,
		the second module focuses on common conditions in
		general surgery, and the third module deals with a
		specific type of surgical pathology - obstructive
		jaundice. The course includes lecture materials
		accompanied by presentations and video recordings.
		The course promotes a deeper understanding of
		human anatomy from the perspective of a surgeon
		and develops clinical reasoning skills.
Basic	https://sechenov.on	The course covers the fundamental principles of
Symptomatology	line/course/pancrea	anatomy, physiology, and the complex regulation of
of Pancreatic	tic-diseases	pancreatic exocrine secretions. It examines current
Diseases		understandings of the causes, progression, and
		classification of both acute and chronic pancreatitis.
		The course includes lecture materials accompanied
		by presentations and video recordings. The course
		facilitates the acquisition of experience in clinical
		manifestations, diagnostic methods, and treatment
		options available for pancreatic diseases.

Field of science 5. Dentistry, Oral Surgery and Medicine

	Dentistry, Oral Surge	
Online courses	Link	Course description
in English		
Introduction to	https://stepik.org/c	The course offers an in-depth examination of the
Dental Materials	ourse/54265/promo	properties and standard quality characteristics of
Science	?search=72220907	laboratory dental materials used in various fields of
	64	dentistry, including alginate hydrocolloid and
		elastomeric impression materials, gypsum products,
		and dental ceramics. The course includes lectures and
		self-assessment quizzes. The course enables students
		to apply acquired knowledge to real-world scenarios
		in dentistry.
Introduction to	https://www.classc	This course provides an introduction to dental
Dental Medicine	entral.com/course/d	medicine, covering the anatomy, pathology, and
	entmedpenn-2902	treatment of the mouth, jaw, and teeth. The course is
		structured to progress from fundamental concepts to
		advanced topics, including current research
		developments and emerging technologies in the field.
		The course includes lecture materials accompanied
		by presentations and video recordings. The course is
		structured to advance knowledge and skills relevant
		to dentistry.
Oral Health Care	https://alison.com/c	The course explores the anatomy of the mouth,
	ourse/oral-health-	identifies common oral health issues, and explains
	care	the preventive dental procedures used to address
		them. The course includes lecture materials
		accompanied by presentations and video recordings.
		The course facilitates the acquisition of experience in

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## Field of science 6. Infectious Diseases

Course description
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ww.classc The course introduces methodological tools essential
n/course/e for epidemiology and how they can be applied to
pgy-733 real-world public health challenges. It focuses on
various issues, including cardiovascular and
infectious diseases, both locally and globally. The
course includes lecture materials accompanied by
presentations and video recordings. The course
focuses on the development of core competencies in
epidemiology.
chenov.on The course explores the main features of the
e/immun infectious process and diseases, different types and
forms of infections, pathogenic factors of
microorganisms, current methods of protecting the
body against pathogens, and immunobiological
drugs. The course includes lecture materials
accompanied by presentations and video recordings.
The course supports the development of research-
based approaches to preventive measures and
specific therapies for infectious diseases.
chenov.on The course introduces key concepts and approaches
e/special- in bacteriology, including the basic biological
ogy properties of bacteria, pathogenicity factors, and the
antigenic structure of pathogens. It also examines the
epidemiology of bacterial infections, modern
laboratory diagnostic methods, and
immunobiological drugs used for prevention and
treatment. The course materials include lectures,
presentations, and video recordings. Upon
completion, students will be able to apply the
acquired knowledge to address practical problems in the field.
chenov.on The course covers viruses that cause human disease,
e/virolog the epidemiology of viral infections, laboratory
diagnostic techniques, and methods of prevention.
The course includes lecture materials accompanied
by presentations and video recordings. The course
promotes a deeper understanding of the complexities

# Field of science 7. Public Health

Online courses	Link	Course description
in English		
Data and Health	https://www.classc	The course is designed to develop students'
Indicators in	entral.com/course/d	understanding of the role of epidemiology in public
Public Health	ata-public-health-	health and the problem-solving methodology used

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Practice	8921	within it. The course emphasizes the importance of using reliable data, explaining how it is gathered using traditional public health techniques and systems and how this data is used to calculate the impact of disease on a population. The course includes lecture materials accompanied by presentations and video recordings. The course
		equips students with theoretical and practical tools for public health.
Elements of	https://sechenov.on	This course introduces key concepts for biostatistics,
Biostatistics for	line/course/element	including population, sample size, mean, variance,
Medical Students	s-of-biostatistics-	and standard deviation. The course is designed to
	for-medical-	develop students' understanding of graphical
	students	representations of data distribution and the
		application of the least squares method in time series
		analysis. The course includes lecture materials
		accompanied by presentations and video recordings.
		The course teaches how to use discipline-specific
T		methods and tools to investigate complex issues.
Introduction to	https://sechenov.on line/course/researc	The course offers an introduction to research
Research Methodology		methodology, covering various research designs and
Wiemodology	h-methodology	stages of the research process. It includes lectures, presentations, and video recordings. The course
		enables students to understand methods of scientific
		inquiry and data analysis in research. Participants
		learn how to search for, retrieve, interpret, and
		critically evaluate the results of statistical analyses.
Population health:	https://www.classc	This course aims to develop students' analytical
Fundamentals of	entral.com/course/f	skills in the field of public health administration,
Population Health	undamentals-	enabling them to understand contemporary health
Management	population-health-	challenges and formulate effective solutions from a
	managemen-13057	public health management perspective. Instructional
		materials include lectures, presentations, and video
		recordings. The course provides foundational knowledge of core theories and key concepts in the
		discipline.
Public Health as a	https://sechenov.on	The course introduces key concepts and approaches
key resource for	line/course/public-	in public health. It covers risk factors, methods to
the wellbeing of	health	prevent non-communicable diseases, and ways to
society		promote health. The course includes lecture materials
		accompanied by presentations and video recordings.
		The course equips students with both theoretical and
		practical skills to effectively analyze and interpret
		health data in the field of preventive medicine.