

# Threats of digital life in professional practice

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The digitalization of the reality in which we live is advancing inexorably, altering our perceptions, our relationship with the world, and our coexistence; one of the most striking consequences of this phenomenon is the fact that we live in a world in which information and technology have become central players in our existence.

It would seem that in the information society, only those capable of navigating in a universe defined by digital screens will be free, while the rest will live lives far removed from their true desires and interests.

To avoid slipping into despair or depression, nowadays so popular, it is necessary to face this state of affairs and not fear or deny it, imagining going back to times when life had a more leisurely rhythm and the balances achieved were much more long-lasting.

In light of this reality, genuine change implies adaptation but not resignation because today's lifestyle means accepting individualistic proposals that only focus on production and consumption, neglecting digital rationality, which requires the ability to listen, reason, and learn.

Medicine is no stranger to this state of the art, as it is in constant flux and is subject to continuous variations that create tensions between the various aspects that make it up.

Scientific-technological advances in our practice are mutually reinforcing and pose a scenario of increasing complexity; following the industrial revolution and information technology, we are now in the midst of a sort of technological revolution which impacts fully in medicine: patient care, professional training, care, and management are developing at a pace and with a growth that is very difficult to keep up with.

It would seem that it is becoming increasingly difficult to combine science and humanism since sometimes there is complete medical submission to technology with highly

negative results; thus, patients are becoming trapped in a modernity lacking support, while physicians are becoming increasingly detached from the needs of the people who suffer. We find it very difficult to maintain the balance between science and art when it comes to accompanying our patients.

On the other hand, we cannot but acknowledge that the terrible effects of the pandemic we have just gone through would be even more painful and unfortunate had it not been for the tremendous technological development that made it possible to synthesize vaccines that reduced the dreadful costs of the disease; this fact validates the path of research and the advance of new technologies as a fundamental way to face the challenges of the future: bioinformatics, proteomics, genomics, biotechnology and the progress in innovative surgeries are opening up a panorama of growth that was unimagined years ago.

We must try to overcome the false dichotomy of humanism versus technology: this is a trap we must not fall into. Both are fundamental to continue advancing in an increasingly inclusive medical model capable of meeting the needs of society as a whole.

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