

# Humanimal Trust

## Creative Awards 2024

### 16 yrs upward



### Time to Connect with Animals

The phrase 'One Medicine' is a very old phrase, but there was not a definitive definition until Humanimal Trust created one. Dr Rudolf Virchow, the father of modern pathology and Sir William Osler, the Father of Modern Medicine, were both outspoken advocates of the concept One Medicine. It was also more recently mentioned in the 1984 edition of Calvin Schwabe's 'Veterinary Medicine and Human Health'. The veterinary and medical pathology professions are steeped in a rich history of One Medicine.

The term One Medicine means that vets, doctors and researchers work together to benefit humans and animals to cure diseases, create vaccines and keep us all healthy. This is why it is important we make 'Time to Connect' with each other, both as humans and animals and to build those connections between the medical professions, to be that bridge between their worlds.

We want to see a world where doctors, vets, researchers, nurses, and other allied professionals work together so humans and animals equally benefit from the work they do. Humans and animals are as important as each other and deserve the same respect, so it is right they should benefit equally from progress and breakthroughs in healthcare.

There are so many similarities between human animals and other animals that it makes sense to work together to find cures, to prevent illnesses and control illnesses that affect humans and animals. It would save time, lives, money as well as being more sustainable for the planet.

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**So, what do pyramids and cows along the Nile have to do with One Medicine? If we look at the history of medicine, Dr Calvin Schwabe, thinks that animal medicine came before human medicine. In Ancient Egypt, livestock were highly valued due to the expense in producing meat and dairy products. Cattle being kept by Ancient Egyptians lead to knowledge of their bodies and health. When this knowledge was then applied to humans, it is thought that this led to the beginnings of human medicine.**

**Did you know that 60% of infectious diseases are shared between humans and animals? 75% of emerging infectious diseases are shared between human and animals. That is why we can all benefit from sharing knowledge, we have such strong connections with animals. This really shows how connected we are in our health, how our bodies work and how important One Medicine is.**

**Methicillin-resistant Staphylococcus aureus (MRSA) is a cause of staph infection that is difficult to treat because it has developed a resistance to some antibiotics, both animals and humans can suffer from this disease and both are treated with antibiotics. If doctors and vets worked together on antimicrobial resistance this would mean we would have fewer diseases that are resistant to antibiotics. Anti microbial resistance is one of the key areas that we focus on in Humanimal Trust as a candidate for collaboration.**

**Spinal surgery is something that happens in both humans and animals, do watch this short film with Professor Noel Fitzpatrick which outlines the similarities between the human and canine surgery. <https://www.youtube.com/watch?v=gA5KPVnlhw> If we work together to create a One Medicine world, we can improve the lives of humans and other animals much more effectively, without taking the life of an animal. This can be done by using the information and data that is already available through naturally occurring disease in animals and humans.**

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**Animals are also like humans in that they are sentient beings, they can experience feelings and sensations, including pain. They are phenomenal at cheering us up when we are sad and that it is important that we recognise when they are sad too. Watching their body language or their face can tell us so much about how they are feeling – then we can cheer them up, maybe take them for a walk or play with them, whatever it is they enjoy. For example, getting out and about with our dogs is great for our physical and mental health too!**

**So, let's take that Time to Connect – whether it is walking outside and watching your local wildlife or spending time with your own companion animals who share your home.**

**In Humanimal Trust's 10th anniversary, we want you to let your creative ideas go wild and show how it is Time to Connect. Create a piece that shows why it is Time to Connect the human and animal world. You may want to create your own piece on One Medicine, the benefits of One Medicine going forward and your thoughts on why you feel it is so important.**

**We are #StrongerTogether #TimetoConnect #beinspired**