

ANTECEDENTS

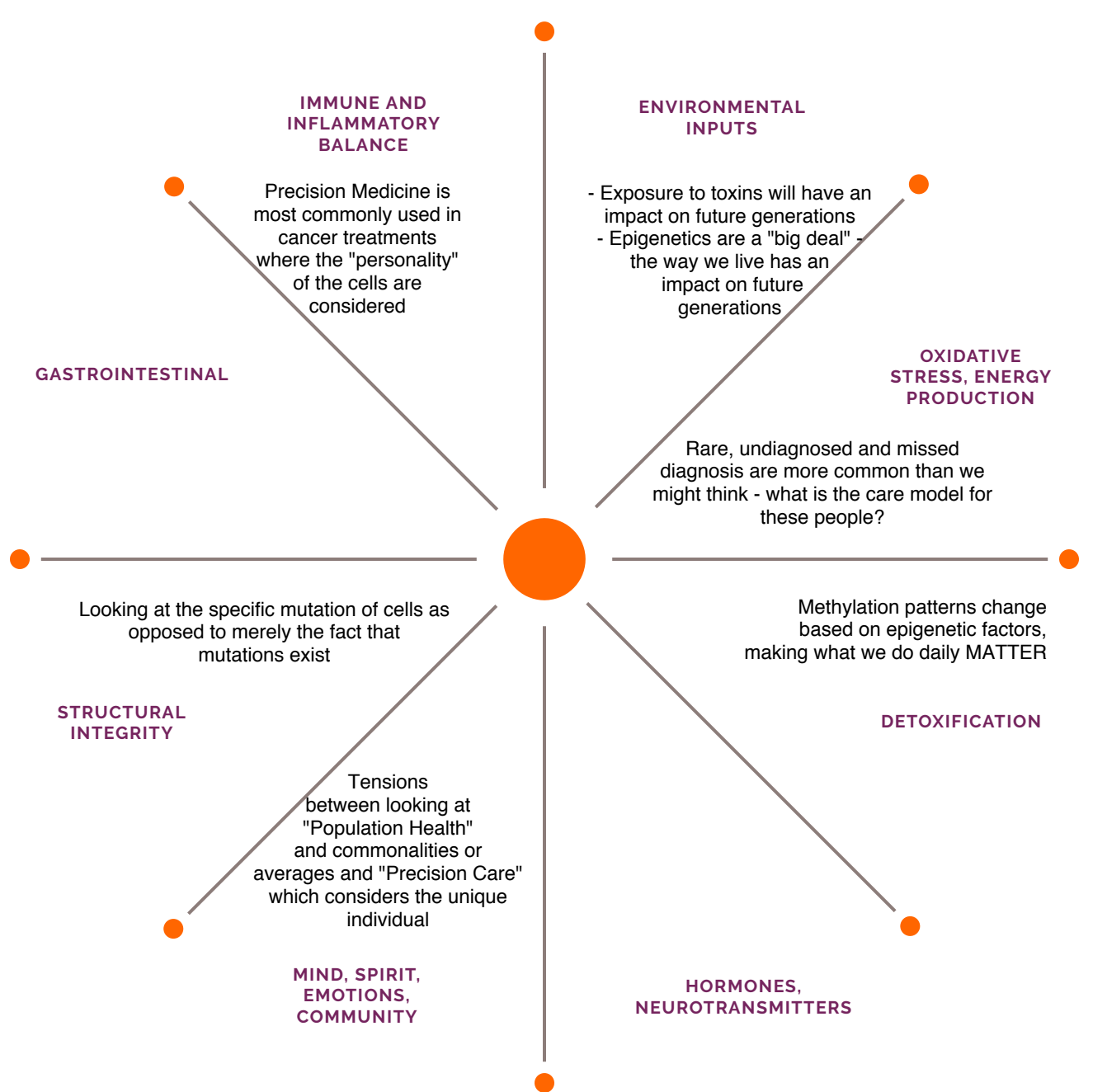
- Precision Medicine = a way of thinking of an individual person and how they are different than everyone else.
- Tailoring a protocol to the person and their unique needs (vs. averages alone)
- Whole person approach along with looking at genetics
- Precision care working with those who have rare diseases

TRIGGERING EVENTS

- The way past generations lived and environment will impact future generations health.
- Look at the whole person = How do they sleep? What do they eat? Do they exercise? Where do they live or did they grow up? (And how does this impact risk?)

MEDIATORS

Precision medicine can lower the cost of care if done correctly



SLEEP/RELAXATION

EXERCISE/MOVEMENT

How you exercise will impact your future generations

NUTRITION/HYDRATION

Unique needs must be considered
What you eat impacts you and your future generations

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS

Consider EVERYTHING that makes a difference