

**ANTECEDENTS**

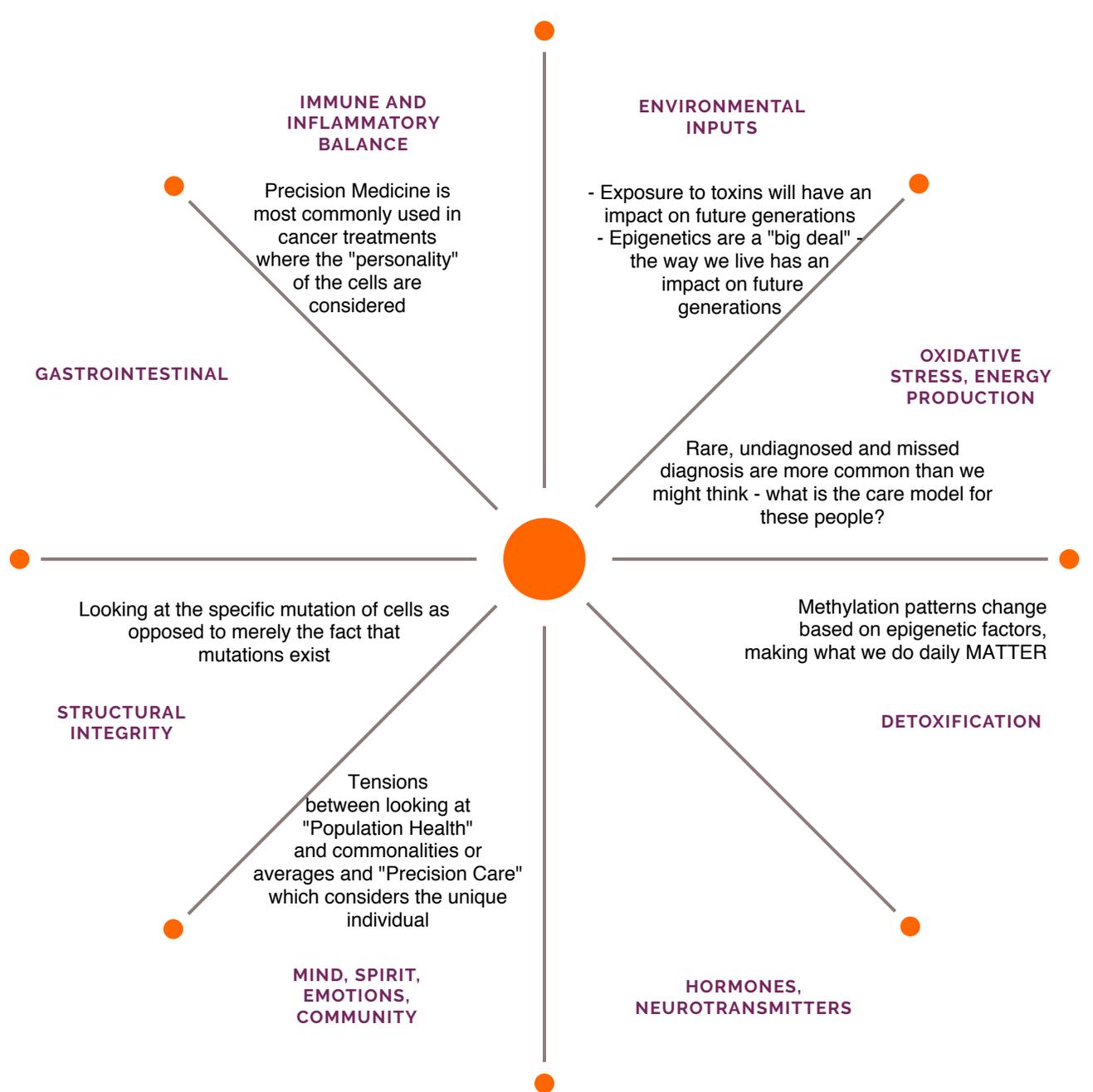
- Precision Medicine = a way of thinking of an individual person and how they are different than everyone else.
- Tailoring a protocol to the person and their unique needs (vs. averages alone)
- Whole person approach along with looking at genetics
- Precision care working with those who have rare diseases

**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