

## Therapy Recommendations Report

### Allopathic Medicine Recommendations

#### Your Health Query:

What are my therapy options?

#### Patient Information

**Age:** 50  
**Gender:** male  
**Height:** 650  
**Weight:** 100  
**Lifestyle:** very\_active  
**Medical History:** na  
**Allergies:** na  
**Current Medications:** na

#### Extracted Medical Entities

##### Lab Values:

\* hemoglobin: Detected g/dL  
\* glucose: Detected mg/dL  
\* cholesterol: Detected mg/dL  
\* triglycerides: Detected mg/dL  
\* creatinine: Detected mg/dL  
\* WBC: Detected cells/?L  
\* RBC: Detected million/?L

## Therapy Recommendations

### 1. Cardiovascular Risk Assessment (Allopathy)

<b>Description:</b>	Assessment of risk factors for cardiovascular diseases (CVD) such as hypertension, hyperlipidemia, and coronary artery disease. Includes blood pressure measurement, lipid panel (cholesterol, triglycerides), and consideration of lifestyle factors. Given the presence of detected cholesterol and triglycerides, this is particularly relevant.
<b>Scores:</b>	
<b>Efficacy:</b>	90/100
<b>Compatibility:</b>	100/100
<b>Safety:</b>	99/100
<b>Cost:</b>	80/100
<b>Overall:</b>	92/100
<b>Side Effects:</b>	Rare bruising from blood draw for lipid panel.
<b>Contraindications:</b>	None reported
<b>Evidence:</b>	American Heart Association (AHA) guidelines for cardiovascular risk assessment. Regular screening for cardiovascular risk factors is recommended, especially for men over 40.  [ <a href="https://www.heart.org/">https://www.heart.org/</a> ]

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### 2. Annual Physical Examination (Allopathy)

<b>Description:</b>	A comprehensive medical evaluation conducted yearly to assess overall health, screen for potential diseases, and provide personalized health recommendations. Includes a review of medical history, physical examination, and relevant lab tests based on age, gender, and risk
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factors.

### Scores:

**Efficacy:** 95/100

**Compatibility:** 100/100

**Safety:** 98/100

**Cost:** 70/100

**Overall:** 90/100

**Side Effects:** Potential for anxiety related to test results.

**Contraindications:** None reported

**Evidence:** US Preventive Services Task Force (USPSTF) recommendations for preventive care. Routine physical exams are recommended annually to provide comprehensive health checkups and personalized care plans. [<https://www.uspreventiveservicestaskforce.org/>]

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### 3. Blood Glucose Monitoring (Allopathy)

**Description:** Regular monitoring of blood glucose levels to screen for and manage diabetes or pre-diabetes.

While the query states 'glucose' is detected, further specific numerical values are needed to determine if there is any indication of a diabetic state. This monitoring can be achieved through A1c tests, fasting glucose tests, or continuous glucose monitoring, guided by the doctor's clinical judgement.

### Scores:

**Efficacy:** 92/100

**Compatibility:** 100/100

**Safety:** 98/100

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<b>Cost:</b>	75/100
<b>Overall:</b>	88/100
<b>Side Effects:</b>	Potential discomfort from finger prick (if using glucometer).
<b>Contraindications:</b>	None reported
<b>Evidence:</b>	American Diabetes Association (ADA) guidelines for diabetes screening and management.  Given the detection of glucose in the lab values, further investigation is warranted.  [ <a href="https://www.diabetes.org/">https://www.diabetes.org/</a> ]

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### 4. Influenza Vaccination (Allopathy)

<b>Description:</b>	Annual influenza vaccination to prevent seasonal influenza. Recommended for most individuals, especially those at higher risk of complications.
<b>Scores:</b>	
<b>Efficacy:</b>	75/100
<b>Compatibility:</b>	95/100
<b>Safety:</b>	97/100
<b>Cost:</b>	90/100
<b>Overall:</b>	84/100
<b>Side Effects:</b>	Soreness at injection site, mild fever, muscle aches.
<b>Contraindications:</b>	Severe allergic reaction to previous influenza vaccine, Guillain-Barré syndrome (GBS) within 6 weeks of previous influenza vaccine.
<b>Evidence:</b>	Centers for Disease Control and Prevention (CDC) recommendations for influenza vaccination. Annual vaccination is recommended for most individuals.  [ <a href="https://www.cdc.gov/flu/prevent/index.html">https://www.cdc.gov/flu/prevent/index.html</a> ]

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### 5. Colorectal Cancer Screening (Allopathy)

<b>Description:</b>	Screening for colorectal cancer, which is recommended for individuals aged 45-75. Options include colonoscopy, fecal occult blood test (FOBT), fecal immunochemical test (FIT), and stool DNA test. Choice depends on patient preference and risk factors.
<b>Scores:</b>	
<b>Efficacy:</b>	88/100
<b>Compatibility:</b>	100/100
<b>Safety:</b>	85/100
<b>Cost:</b>	60/100
<b>Overall:</b>	83/100
<b>Side Effects:</b>	Colonoscopy: Bowel preparation discomfort, rare risk of perforation. FOBT/FIT: No direct side effects., Stool DNA test: No direct side effects
<b>Contraindications:</b>	Colonoscopy: Active colitis, severe bleeding disorders. FOBT/FIT/Stool DNA: Not applicable.
<b>Evidence:</b>	American Cancer Society (ACS) guidelines for colorectal cancer screening. Screening is generally recommended starting at age 45. [ <a href="https://www.cancer.org/">https://www.cancer.org/</a> ]

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### 6. Vitamin D Supplementation (Allopathy)

<b>Description:</b>	Supplementation with Vitamin D. Many people, especially those who don't get much sun exposure, are deficient. Essential for bone health and immune function.
<b>Scores:</b>	
<b>Efficacy:</b>	70/100
<b>Compatibility:</b>	95/100
<b>Safety:</b>	95/100

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<b>Cost:</b>	90/100
<b>Overall:</b>	82/100
<b>Side Effects:</b>	Rarely, nausea or constipation at high doses.
<b>Contraindications:</b>	Hypercalcemia, hypervitaminosis D.
<b>Evidence:</b>	<p>National Institutes of Health (NIH) fact sheet on Vitamin D. Vitamin D deficiency is common, and supplementation can improve bone health.</p> <p>[<a href="https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/">https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/</a>]</p>

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### Important Disclaimer

This report is generated by an AI-powered Precision Medicine Assistant and is intended for informational purposes only.

The recommendations provided are based on the information available and should not be considered as medical advice.

Always consult with a qualified healthcare professional before making any decisions about your health or treatment.

The AI system does not replace professional medical advice, diagnosis, or treatment.

The efficacy, safety, and compatibility scores are estimates based on available data and should be validated by healthcare professionals. Individual responses to treatments may vary.

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