

## Therapy Recommendations Report

### Allopathic Medicine Recommendations

#### Your Health Query:

What are my therapy options?

#### Patient Information

**Age:** 20

**Gender:** male

**Height:** 183

**Weight:** 88

**Lifestyle:** moderately\_active

**Medical History:** None

**Allergies:** None

**Current Medications:** None

#### 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. Tetanus, Diphtheria, Pertussis (Tdap) Booster (Allopathy)

**Description:** Tdap booster vaccination to maintain immunity against tetanus, diphtheria, and pertussis.

Recommended every 10 years for adults.

**Scores:**

**Efficacy:** 90/100

**Compatibility:** 95/100

**Safety:** 90/100

**Cost:** 80/100

**Overall:** 89/100

**Side Effects:** Pain, redness, or swelling at the injection site, Mild fever, Headache, Fatigue

**Contraindications:** Severe allergic reaction to a previous Tdap vaccine, Encephalopathy within 7 days of a previous pertussis-containing vaccine

**Evidence:** CDC recommendations for Tdap vaccination. Studies showing the waning immunity to pertussis and the need for booster doses. [<https://www.cdc.gov/vaccines/vpd/tdap/index.html>]

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### 2. Preventive Health Screening (Allopathy)

**Description:** Regular preventive health screenings tailored to a 20-year-old moderately active male with no known medical history, allergies, or current medications. This includes monitoring vital signs, blood work, and lifestyle counseling to identify potential health risks early.

**Scores:**

**Efficacy:** 80/100

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<b>Compatibility:</b>	95/100
<b>Safety:</b>	95/100
<b>Cost:</b>	75/100
<b>Overall:</b>	86/100
<b>Side Effects:</b>	Potential anxiety related to test results (usually minimal), Minor discomfort during blood draw
<b>Contraindications:</b>	None, unless specific tests are contraindicated based on unforeseen individual factors discovered during the initial assessment.
<b>Evidence:</b>	U.S. Preventive Services Task Force (USPSTF) recommendations for age-appropriate screenings. Regular check-ups are crucial for early detection and prevention of diseases.  [ <a href="https://www.uspreventiveservicestaskforce.org/">https://www.uspreventiveservicestaskforce.org/</a> ]

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### 3. Lifestyle Counseling (Allopathy)

<b>Description:</b>	Counseling focusing on healthy eating habits, regular exercise, and stress management. This is crucial for maintaining overall health and preventing chronic diseases.
<b>Scores:</b>	
<b>Efficacy:</b>	75/100
<b>Compatibility:</b>	100/100
<b>Safety:</b>	100/100
<b>Cost:</b>	90/100
<b>Overall:</b>	86/100
<b>Side Effects:</b>	None
<b>Contraindications:</b>	None
<b>Evidence:</b>	WHO guidelines on healthy lifestyles. Numerous studies demonstrating the benefits of a

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healthy diet, regular exercise, and stress management for preventing chronic diseases.

[<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>]

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### 4. Influenza Vaccination (Allopathy)

<b>Description:</b>	Annual influenza vaccination to prevent seasonal influenza infection. This is particularly important to prevent complications and reduce healthcare burden.
<b>Scores:</b>	
<b>Efficacy:</b>	70/100
<b>Compatibility:</b>	95/100
<b>Safety:</b>	90/100
<b>Cost:</b>	85/100
<b>Overall:</b>	85/100
<b>Side Effects:</b>	Soreness at the injection site, Low-grade fever, Muscle aches
<b>Contraindications:</b>	Severe allergic reaction to a previous influenza vaccine, Guillain-Barré Syndrome (GBS) within 6 weeks of a previous influenza vaccine
<b>Evidence:</b>	World Health Organization (WHO) recommendations for annual influenza vaccination. CDC studies showing the effectiveness of influenza vaccines in reducing illness and hospitalization.  [ <a href="https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal)">https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal)</a> ]  [ <a href="https://www.cdc.gov/flu/vaccines-work/index.html">https://www.cdc.gov/flu/vaccines-work/index.html</a> ]

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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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