

Medical Fact Check Report

Generated:

2025-12-12 17:48:52

Analysis System: MedicalFactChecker (Independent Bio-Investigator)

Analysis Cost: \$0.1643

Duration: 327.1s

Subject

Topic:

reduce cancer risk

Analysis Started: 2025-12-12 17:43:24

Phases Completed: 5

Analysis Pipeline

Phase 1: Conflict Scan

Timestamp:

2025-12-12 17:45:16

User Choice: Both

Key Findings:

- Official Narrative: ` ``

REFERENCES:

[1] Islami, F., Miller, K. D., Siegel, R. L., Goding Sauer, A. M., Fedewa, S. A., Anderson, J. C., Cercek, A., Smith, R. A., Wender, R., & Jemal, A. (2022). Proportion and number of ca...

Token Usage:

5389 tokens

Phase 2: Evidence Stress Test

Timestamp:

2025-12-12 17:46:56

User Choice: Proceed

Key Findings:

- Anecdotal Signals: ##### Counter-Narrative Analysis

Synthesis: Primary risk reduction: tobacco avoidance (strongest signal [1]). Secondary: metabolic interventions (IF/FMD > KD). Small-lab evidence prioritizes FMD fo...
- Time Weighted Evidence: [2] de Cabo, R., & Mattson, M. P. (2019). Effects of intermittent fasting on health, aging, and disease. New England Journal of Medicine, 381(26), 2541-2551. <https://doi.org/10.1056/NEJMra1905136>
` ` `

Token Usage:

5192 tokens

Phase 3: Synthesis Menu

Timestamp:

2025-12-12 17:47:14

User Choice: P

Key Findings:

- Biological Truth: Cancer arises from somatic mutations in a resource-abundant environment, exacerbated by modern metabolic dysregulation antithetical to evolutionary feast-famine cycles. Independent data [1] confirm to...
- Grey Zone: IF and FMD: Safe, evolutionarily congruent; small trials show regression in hormone-sensitive cancers [3] and broad health benefits [2], pending RCTs. Prioritize FMD for high-risk (e.g., BRCA+). KD: M...

Token Usage:

1532 tokens

Phase 4: Complex Output

Timestamp:

2025-12-12 17:48:13

Key Findings:

- Output: # Evidence-Based Clinical Review: Reducing Cancer Risk

Epidemiological Overview

Cancer incidence and mortality exhibit substantial modifiability, with population-attributable fractions (PAFs) ...

- Output Type: P

Token Usage:

6895 tokens

Phase 5: Simplified Output

Timestamp:

2025-12-12 17:48:51

Key Findings:

- Simplified Output: # Simplified Guide: Lowering Your Cancer Risk

Hi, I'm your private researcher helping you make sense of the latest studies on cancer. Think of me as a friend who's dug into the science so you don't...

Token Usage:

8378 tokens

Final Output

See the detailed output file for the complete analysis.

Report Generated By:

MedicalFactChecker

Timestamp: {datetime.now().isoformat()}

DISCLAIMER:

This analysis is for research and educational purposes. It provides critical analysis of medical literature but does not constitute medical advice.

Always consult qualified healthcare professionals.