

# Medical Fact Check Report

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## Generated:

2025-12-12 17:48:52

**Analysis System:** MedicalFactChecker (Independent Bio-Investigator)

**Analysis Cost:** \$0.1643

**Duration:** 327.1s

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## Subject

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### Topic:

reduce cancer risk

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

**Phases Completed:** 5

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## Analysis Pipeline

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### 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

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## 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

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## 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

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## Phase 4: Complex Output

### Timestamp:

2025-12-12 17:48:13

### Key Findings:

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

# Epidemiological Overview

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

- Output Type: P

## Token Usage:

6895 tokens

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## 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

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## Final Output

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See the detailed output file for the complete analysis.

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## 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.