OncoPrevia™

Ms. Joanna Timeless 22.10.1971, 52 years	User-ID: **PIDXX** Risikprofile-Report-ID: **XX** Screening-Plan-ID: **XX** Report Date: **11.10.2024**	Oncosia Scientific GmbH Dorfstraße 19 91602 Dürrwangen, Germany mail@oncosia.de +49 (0) 160 96255919

Report on Cancer Risk Profile and Screening Recommendations

Dear Ms. Timeless,

We are reporting the results of the risk profile analysis for cervical, breast, colon, skin, and lung cancer conducted by our medical software OncoPrevia.

Important Notes:

The risk assessment calculated by OncoPrevia represents an estimated probability of developing the respective disease over the course of life. This estimate is based on an analysis of various individual risk factors and compares the personal risk to that of a person not exposed to these factors.

Please note that this is a statistical forecast and not a diagnosis. The calculations and assessments are based on scientific risk models and the German guidelines for prevention and early detection (S3). The relevant risk factors are determined through a consensus process based on a comprehensive review of scientific evidence.

This report refers exclusively to the types of cancer mentioned in the analysis. However, there are other types of cancer and conditions for which screening measures may be useful or necessary. These are not covered by the present analysis. Speak to your doctor to discuss a comprehensive prevention plan and receive individual recommendations for additional cancer screenings or other conditions.

This report and the recommended screenings do not replace medical advice. If you have any questions or concerns, please contact us or your doctor.

Riskgroups:

🟢 Riskgroup 0 (RG0): Standard Risk

🟠 Riskgroup 1 (RG1): Elevated Risk

🔴 Riskgroup 2 (RG2): High Risk

The risk groups serve as a basis for selecting the recommended early detection measures. Within a risk group, the risk may be slightly elevated without the need for adjusted early detection recommendations. Nevertheless, efforts should be made to reduce the risk.

Analysis Results:

Cancer Type	Risk-group	Screening(s)	Recommended Appointment Date*	Age Range
Cervical Cancer	RG0 🟢	Gynecological Genital Examination	2026, then each 3 years	35 to 65 (afterwards, adjustment of the recommendation)
		Co-Test PAP & HPV	2026, then each 3 years	35 to 65 (afterwards, adjustment of the recommendation)
Breast Cancer	RG0 🟢	Gynecological Breast Examination (Palpation)	Dec. 2024, then every year	30 to 79 (afterwards, adjustment of the recommendation)
		Mammography	2025, then each 2 years	50 to 75 (afterwards, adjustment of the recommendation)
Colorectal Cancer	RG0 🟢	FIT-Test (Stool Test)	Nov. 2024, then every year	50 to 54 (afterwards, adjustment of the recommendation)
		Colonoscopy (Bowel Examination)	Not yet recommended	55 to 74 (afterwards, adjustment of the recommendation)
Lung Cancer	RG0 🟢	No Recommandetion	-	-
Skin Cancer	RG1 🟠	Full-Body Visual Inspection	Nov. 2024, then each 1,5 years	35 to 75 (afterwards, adjustment of the recommendation)
		Dermatoscopy	Nov. 2024, then each 1,5 years	35 to 75 (afterwards, adjustment of the recommendation)

* If no prior screenings are known, the next screening will be scheduled for the upcoming month. Screenings recommended at the earliest possible time should be given scheduling priority.

Summary of User Data Input:

General Information
Age: 52 years
Gender: female
Height: 165 cm
Weight: 55 kg
BMI: 20.20

Personal Health Conditions
No Information provided

Familyhistory
No Information provided

Additional Medical Information:
No Information provided

Relevant Risk Factors:

Personal Risk Factors		
Light or Very Fair Skin	applicable	〰️🔼
Moles on Arms	Over 10 moles on both arms	〰️🔼
Risk Factors of Women		
First childbirth after age 35	applicable	🔼
Use of birth control pills (anti-baby pills)	Between 5 – 9 years	🔼 🔽
Had Cervical Cancer Screening	applicable	🔽
Lifestyle Risk Factors		
Cigar Smoking	applicable	🔼
Lifestyle Risk Factors Smoking		
Age Started Smoking	16	🔼
Age Stopped Smoking	45	🔼

Average Number of Cigarettes per Day	Under 15 cigarettes	🫁 ↑
Environment Risk Factors		
Has Lived with a Smoker	applicable	🫁 ↑
Lives in a Large City	applicable	🫁 ↑
Diet Risk Factors		
Tomato-Based Diet	applicable	🧠 ↓
Regular Intake of Fruits or Vegetables	applicable	👙 ↓
Regular Consumption of Processed Meat	applicable	🧠 ↑
Low Calcium Intake	applicable	🧠 ↑
Regular Consumption of Whole Grains	applicable	🧠 ↓

↑: elevates Risk, ↓: reduces Risk, (⚥) Cervical Cancer, 👙 Breast Cancer, 🧠 Colorectal Cancer, 🫁 Lung Cancer, 🗡 Skin Cancer

Other Information:

No Information Provided

Information on past Screenings (User Input):

Screening	Date	Comment	Speciality
PAP Smear Test, Co-Test PAP & HPV, Mammography	12.2023	Uterine fibroid 8 cm, whole uterus operated, pathalogy clean	Gynaecology

Recommendations for Risk Reduction:

- **Healthy Weight:** Maintain a balance between calorie intake and physical activity. Avoid sugar, saturated fats, and alcohol to prevent excess weight gain.
- **Be Physically Active:** Engage in at least 30, preferably 45-60 minutes, of moderate to intense activity (e.g., brisk walking, jogging) five days a week to promote your health.
- **Plant-Based Diet:** Focus on plenty of fruits, vegetables, and whole grains while reducing meat products and red meat. Limit your salt intake.
- **Reduce Calorie-Dense Foods:** Avoid energy-dense foods and sugary beverages.
- **Get Vitamins from Food:** Only supplement vitamins if there is a deficiency. Ideally, aim to obtain all nutrients through a balanced diet.
- **Minimize Alcohol Consumption:** Avoiding alcohol is best. If consumed, limit it to a maximum

of two drinks per day and avoid excessive consumption.

• **Prevent Infections:** Protect yourself from Human Papillomavirus (HPV) and other sexually transmitted infections.

• **Take Advantage of Vaccination Advice:** Get informed about vaccinations against Hepatitis B and HPV to prevent serious infections.

• **Avoid Tobacco and Smoking Products:** Refrain from tobacco, e-cigarettes, heated tobacco, and similar products to protect your health.

• **Enjoy Fresh Air:** Encourage good air quality by taking regular walks in nature.

• **Limit Sun Exposure:** Keep sunbathing to a minimum to avoid skin damage.

• **Protection with Clothing:** Wear clothing, hats, and sunglasses to shield your scalp and eyes from UV radiation.

• **Use Sunscreen:** Generously apply sunscreen with a high SPF to all exposed skin areas before sun exposure.

You are taking the right step towards a healthy and worry-free future. <u>Schedule your appointments for screenings now.</u>

We are always available to answer any questions you may have.

Your Oncosia Scientific Team

References:
[1] Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF). Interdisziplinäre S3-Leitlinie für die Früherkennung, Diagnostik, Therapie und Nachsorge des Mammakarzinoms, Version 4.3 – Juni 2021. AWMF-Registernummer: 032-045OL.

[2] Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF). S3-Leitlinie Prävention des Zervixkarzinoms, Version 1.1 – März 2020. AWMF-Registernummer: 015-027OL.

[3] Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF). S3-Leitlinie Kolorektales Karzinom, Version 2.1 – Januar 2019. AWMF-Registernummer: 021-007OL.

[4] Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF). S3-Leitlinie Prävention von Hautkrebs, Version 1.0 – September 2021. AWMF-Registernummer: 032-052OL.

[5] Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF). S3-Leitlinie Prävention, Diagnostik, Therapie und Nachsorge des Lungenkarzinoms, Version 2.0 – März 2024. AWMF-Registernummer: 020-007OL.