

Mr. John Timeless 16.11.1968, 55 years	User-ID: PIDXX Risikoprofile-Report-ID: XX Screening-Plan-ID: XX Report Date: 09.10.2024	Oncosia Scientific GmbH Dorfstraße 19 91602 Dürnwangen, Germany mail@oncosia.de +49 (0) 160 96255919
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Report on Cancer Risk Profile and Screening Recommendations

Dear Mr. Timeless,

We are reporting the results of the risk profile analysis for prostate, 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
Prostate Cancer 	RG0 	Digital Rectal Examination (Rectal Examination)	November 2024, then every 4 years	40 to 70 (afterwards, adjustment of the recommendation)
		PSA-Test	November 2024, then every 4 years	40 to 70 (afterwards, adjustment of the recommendation)
Colorectal Cancer 	RG0 	FIT-Test (Stool Test)	November 2024, then every 2 years	55 to 74 (afterwards, adjustment of the recommendation)
		Colonoscopy (Bowel Examination)	November 2024, then every 10 years	50 to 74 (afterwards, adjustment of the recommendation)
Lung Cancer 	RG2 	Lowdose-Computertomography (lowdose-CT)	at the earliest possible time, then every year	55 to 80 (afterwards, adjustment of the recommendation)
		Smoking Cessation	One-time	-
Skin Cancer 	RG0 	Full-Body Visual Inspection	November 2024, then every 2 years	35 to 75 (afterwards, adjustment of the recommendation)
		Dermatoscopy	November 2024, then every 2 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: 55 years
 Gender: male
 Height: 168 cm
 Weight: 77 kg
 BMI: 27,28

Personal Health Conditions

- High blood pressure, High fat liver: onset unknown

Familyhistory

No Information provided









Additional Medical Information:










No Information provided

Relevant Risk Factors:

PSA-Value

Value	Date
-	-

Persönliche Faktoren		
Diabetes or Blood Sugar Problems	applicable	 ↑
Light or Very Fair Skin	applicable	 ↑
Moles on Arms	1 – 5 moles on both arms	 ↑
Lifestyle Risk Factors		
Cigar Smoking	applicable	 ↑
Physical Activity	applicable	 ↓
Lifestyle Risk Factors Smoking		
Age Started Smoking	15	 ↑
Age Stopped Smoking	-	 ↑
Average Number of Cigarettes per Day	15 - 25	 ↑
Environment Risk Factors		

Exposure to Carcinogens	Worked unprotected w. Chemicals < 5 years	 ↑
Has Lived with a Smoker	applicable	 ↑
Lives in a Big City	applicable	 ↑
Diet Risk Factors		
Tomato-Based Diet	applicable	 ↓  ↓
High Calcium Intake	applicable	 ↑
Alcohol Consumption	1 serving of alcohol per day	 ↑
Regular Consumption of Processed Meat	applicable	 ↑
Regular Consumption of Whole Grains	applicable	 ↓

 : elevates Risk,  : reduces Risk,  Prostate Cancer,  Colorectal Cancer,  Lung Cancer,  Skin Cancer

Other Information:

No Information Provided

Information on past Screenings (User Input):

No Information Provided

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. [Schedule your appointments for screenings now.](#)

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

Your Oncosia Scientific Team

References:

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

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

[3] 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.

[4] Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF). S3-Leitlinie Prostatakarzinom, Version 6.0 – Mai 2024. AWMF-Registernummer: 043-022OL.

[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.