Enlightened Primary Care (EPC)

Preventive Care Based on your Genetics

Assessing your risks for future disease development is typically based on your Family History. Unfortunately, this strategy is only marginally effective for two reasons:

1) The most common diseases that cause morbidity and mortality are age-related. Consequently, when a medical problem is found in a 70 year old parent, the opportunity for making early and effective preventive health care plans for their 40-50 year old children may have passed.

2) You share only 50% of your genes with each of your parents. If a parent carries a potentially detrimental *recessive* gene, they would be clinically unaffected. *Bad" recessive gene combinations, where one harmful gene is derived from each parent, is not discernible from a family history.

About 25% of individuals are carriers for at least one pathogenic gene variant involved in recessive diseases, which can lead to severe genetic disorders if inherited from both parents.

An excellent brief synopsis discussing of the role of genetics in our health can be found on-line. *Maria Jackson et.al. (PMID: 30509934)

"When most people consider the genetic basis of disease, they might think about the rare, single gene disorders, such as cystic fibrosis (CF), phenylketonuria or hemophilia, or perhaps even cancers with a clear heritable component (for example, the BRCA gene predisposition to breast cancer). However, although genetic disorders are individually uncommon, they account for approximately 80% of all rare disorders, of which there are several thousand. The sheer number of rare disorders means that, collectively, approximately 1 in 17 individuals are affected by them. **Moreover, our genetic constitution plays a role, to a greater or lesser extent, in all disease processes, including common disorders**, as a consequence of the

multitude of differences in our DNA. Some of these differences, alone or in combinations, might render an individual more susceptible to one disorder (for example, a type of cancer), or conversely, render the same individual less susceptible to developing an unrelated disorder (for example, diabetes). The environment (including lifestyle) plays a significant role in many conditions (for example, diet and exercise in relation to diabetes), but **our cellular and bodily responses to the environment differ according to our DNA. Clearly, understanding genetics and the genome as a whole and its variation in the human population are integral to understanding disease processes and this understanding provides the foundation for curative therapies, beneficial treatments and preventative measures."**

The CDC recommends Genetic testing to:

- Learn whether you have a genetic condition that runs in your family, before you have symptoms.
- Learn whether you could have a child with a genetic condition.
- Diagnose a genetic condition if you or your child has symptoms.
- Understand and guide your cancer prevention or treatment plan.

Several studies have suggested that most consumers are not able to fully understand the implications of their genetic testing results. This in turn often leads to increased pressure on General Practitioners (GPs) to help interpret this information. Although GPs perceive genetics as an important and increasingly relevant topic for primary care, their views on the appropriate level of involvement for primary care physicians are mixed. "GPs currently lack the relevant knowledge and skills to manage patients concerned about their family history." (https://doi.org/10.1093/fampra/16.4.420). In addition, integrating an individual's genetics into a preventive healthcare plan can be an extremely time consuming undertaking.

What are the most frequent complaints about Medical Care Services?

1) The waiting time for an appointment to see a Physician is inappropriate.

2) Patients rarely see the Physician *care is provided by a PA or NP assistant.

3) Their doctor does not have the time to carefully listen to their complaints.

4) Their doctor does not return their calls in a timely manner.

5) Their doctor does not perform a thorough and comprehensive medical evaluation at least once a year.

What are the advantages of a "Concierge" Medical Service?

All of the most frequent patient complaints can be easily eliminated.

EPC was created to fill an important void in Adult "Concierge" Medical Care.

What are the unique advantages of EPC "Concierge" Medical Care?

1) All patients enrolled in the Concierge Program do so with the understanding that their preventive health plans will be based on their genetics.

2) Whole Genome Sequencing (WGS) of every gene in your body is performed. *Testing is done at home with a cheek swab utilizing the Genetic Testing Services of **Sequencing.com. *One-time Cost $400**

3) EPC has contracted with "Genetic Insights" (www.GeneticInsights.net) to create a cutting edge foundational plan for your preventive health care based on your specific genetics.

4) EPC offers acute care "sick-call" beginning at 0730 M, T, Th, F

5) EPC "Concierge" patients have 24-7 phone access to their physician.

6) EPC has the ability to perform same day on-demand **in-office** EKGs, 24-hour Holter Monitoring and Pulmonary Function Testing that other "Concierge" services rarely offer.

7) Your care will be provided by a physician who understands that truly "enlightened" medical decision-making should consider AI insights (Utilizing the AI tool "OpenEvidence" for HCPs)

8) Unlike a typical PCP's practice size of 2000-3000 patients, the EPC capitation goal was designed to be sustainable when serving only 200-300 patients.

What key medical management advantage is offered by genetic testing that is ignored by most (nearly all) Physicians?

Whole Genome Sequencing (WGS) deciphers the DNA codes for each of your 30,000 genes. Genetic Applications (computer programs) can then search your unique DNA code to identify known genetic variants in your cytochrome liver enzymes that determine how fast or slow you can metabolize medications. When drugs are approved by the FDA, the manufacturer must identify the cytochrome enzyme pathways involved in the metabolism of their drug. How an individual will detoxify or eliminate a prescribed drug is determined by their genetic cytochrome enzyme profile. *Selecting the most efficacious medical treatment with the lowest risks for side-effects can only be done by comparing a drug's metabolic pathways to an individual's cytochrome genetics.*

Without considering your unique liver enzyme profile, your physician is conducting a blind "trial and error" experiment on you every time they prescribe a new medication. **By considering your cytochrome genetics, the selection of a medication can be optimized to achieve the greatest chance for treatment efficacy and the lowest risk for the development of side-effects.*

**Using AI, this process can be done in under 10 seconds.*

What are the costs and benefits of in enrolling in the EPC "Concierge" Medical Service?

You pay a service fee to eliminate the most commonly voiced and frustrating patient complaints; you receive exceptional cutting-edge medical services and easy access to a physician who prioritized your busy schedule.

If I already have a PCP I'm happy with, why would I need EPC?

Because EPC is not contracted with any Medical Insurance Companies, we are not constrained by the resource utilization rules that are imposed on contracted PCP Physicians; rules that were designed to limit your policy benefits and maximize their corporate earnings. **Medical Insurance Companies design health plans with numerous road blocks to prevent you from costing them more than you pay them in premiums.* If you have an HMO, one insurmountable roadblock is that you need an in-network "traditional" PCP to grant you access to Medical Sub-specialists (referrals) and to process prior-authorizations necessary for obtaining expensive medical procedures and high-cost medications.

EPC was created to provide you with <u>two</u> distinct medical services that are <u>not</u> covered by your medical insurance: 1) "Enlightened" Genetics-based Preventive Care and Cytochrome-based medication management and 2) "Concierge-level" amenities that are above and beyond those provided by most PCP such as an annual "executive" physical exam, extended routine appointment times, same-day "sick call" appointments and immediate access to specialty testing equipment (EKG testing, Holter monitoring and Lung function testing).