

Precision Medicine vs One-Size-Fits All

It is common sense that not one medicine in the same dosage is perfect for everyone. For years doctors have factored in such variables as age, sex, weight, physical condition etc.

Recent advances have shown that genetic differences are important too and, when considered, they can make the practice of medicine more “precise” and “personal” insuring that patients get the “Right Drugs” in the “Right Dosages” while avoiding Adverse Reactions based on their DNA

According to the National Institute of Health, precision medicine is "an emerging approach for disease treatment and prevention that takes into account individual variability in genes, environment, and lifestyle for each person."

This approach will allow doctors and researchers to predict more accurately which treatment and prevention strategies for a particular disease will work in which groups of people. **It is in contrast to a one-size-fits-all approach, in which disease treatment and prevention strategies are developed for the average person, with less consideration for the differences between individuals.**