# The Dish: What Is Precision Medicine

<https://www.youtube.com/watch?v=e_9lXiD5d0c>

## Title Slide

The Dish With Eric Dishman

Logo of the All of Us Research Program

## Title slide

What is Precision Medicine?

All of Us Research Program logo.

## Scene change

Camera view of Eric Dishman standing to the left of a whiteboard, on which is written in large capital letters “One Size Fits All.” Mr. Dishman holds a black marker in his right hand.

## Mr. Dishman:

What is precision medicine? And like, everybody asks me this. My parents are like, “What is precision medicine that you’re working on?”

And the easiest way for me to describe it is, today, with good intentions, our doctors and care providers basically do one-size-fits-all medicine.

Mr. Dishman points to the text written on the whiteboard. He crosses out the word “Size.”.

## Mr. Dishman:

And this is what we’re trying to get rid of by doing this *All of Us* research study and creating data that allows medicine and health and treatment and prevention to be customized or individualized for you based on, really, three big elements:

Mr. Dishman writes the word “Lifestyle” on the whiteboard.

**Mr. Dishman:**

your sort of lifestyle—you know, the places that you’ve lived, you know, your behavior—are you a big exerciser? How do you eat?

Mr. Dishman writes the word “Environment” on the whiteboard.

**Mr. Dishman:**

Your environment. You know, have you lived in an environment of enormous stress all your life? Have you lived in a part of the country that has more smog than others, and what’s that impact been?

Mr. Dishman writes “Genetics/Biology” on the whiteboard.

**Mr. Dishman:**

And then your genetics and your biology. What’s going on with your own body? What’s your health history, for one thing? But also, what’s your genetic makeup, and how is that going to actually impact or potentially impact your future health?

Mr. Dishman turns toward the whiteboard and points to each of the three categories that he has listed, “Lifestyle, Environment, and Genetics/Biology.”

Today, we don’t really have the ability to pull in data from this, this, and this and understand it at a scientific level, and we don’t have the capabilities of doing this for you as an individual.

So precision medicine is really about individualizing treatment, prevention, and care for you based on these kinds of complex factors.

Mr. Dishman turns toward the whiteboard and points to the list.

**Mr. Dishman:**

And we think it’s going to have a powerful impact on keeping people healthy in the first place or helping to find cures for an individual, because we’re all unique.

## Closing slide

The All of Us Research Program logo

The Future of Health Begins with You

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