

# Living the Rest of Your Life- the Life After Retirement

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## Abstract

Genomics has led in an era of P4 medicine i.e. predictive, preventive and personalized and participatory medicine wherein it is hoped that not too far in the future there would be a paradigm shift in the practice of medicine from a generalized symptomatic approach to an individualized approach based on his or her genetic makeup. Several approaches are being attempted to identify genetic variations like HLA DRB1 that are responsible for various Human traits which are susceptibility to diseases and differential response to drugs, however, have met with only a limited success. Ayurveda, an ancient Indian system of medicine documented and practiced in India since 1500 B.C has personalized approach towards management of health and disease. According to this system, every individual is born with his or her own basic constitution, termed Prakriti which to a great extent determines inter individual variability in susceptibility to diseases and response to external environment, diet and drugs.

## Biography:

My name is Winston Vo, currently living in Nashville, Tennessee- a healthcare hub, also known as Music City USA. I have an engineering degree in Chemical Engineering & Applied Mathematics from Vanderbilt U (Class '98, cum laude). I worked in the petroleum industry with Honeywell/Phillips (66) Petroleum Refinery in Northern Texas for 2 years. Since then (in 15 years), I have been working in a hospital pharmacy after a short year of studying in the Doctor of Pharmacy Program at Duquesne U. With an expansive resume, no doubt I could make an impact in a project for promoting a new role of pharmacists counseling patients regarding their medications and being reimbursed for their efforts. In January 1st, 2006, the Medicare Prescription Part D Plan was enacted that made this new role a reality. Pharmacists in retail settings began to work with clinics (managed by a nurse practitioner). I have authored two medical & religious books on the strength we have within ourselves to restore our mental health and immune status. These books were merging to the new trend of

“Precision Medicine” (or Personalized Medicine). I also just formed a firm named “ecoGenetic Health, Inc.” to appeal to investors.

## References :

- An Attempt to Eradicate Alcohol Dependency from Adult Men in Service Privately Managed Pharmaceutical Institutions in India
- Safe sex: The true principal health
- Absorption correction method and simultaneous equation method for the simultaneous estimation of ebastine and phenylephrine hydrochloride in bulk and in combined tablet dosage form
- The Aggression is an Early Cause of Cancer. A Narrative Review of Classical to Modern Scientific Literature
- Extra-Marital Affair Can Lead Trauma and Connections in Higher Risk for Heart Disease in Indian Women

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