

Dtect Wellness



Dtect Wellness is a new genetic screening test which helps maximise an individual's potential for long term health, wellness and fitness. This test is perfect for healthy individuals of all ages, and offers the most benefits when taken at a younger age. According to Dr Krishnaveni Kanason, Nutrigenomics Practitioner at Malaysian Genomics Resource Centre Berhad, this test enables you to learn not just about how the body functions in stressful situations and its reactions to different nutrients but also a person's sport potential and susceptibility to injuries.

Q What kind of health categories are assessed by the Dtect Wellness test?

Dtect Wellness is the most comprehensive test of its kind, screening your DNA for genetic markers across 139 genes that, among others, influence:

- weight management
- cellular detoxification
- bone health
- endurance and exercise intensity
- carbohydrate metabolism
- dietary sensitivities
- stress sensitivity
- conditions affecting the skin, bones and connective tissues

By doing this test, you may discover different enzymes and proteins that stimulate biochemical and physiological pathways which lead to the pathological and diseased outcomes we all want to avoid.

Q Do I need to take this test if I already maintain a balanced diet, engage in regular physical activity and have no health complaints?

Yes, genetic screening is perfect for people who are healthy because it provides you with the necessary information to know what you need to do to maintain or improve your health. Taking this test when you are at your healthiest is ideal because it allows you to maximise your health potential and take steps to prevent or delay a genetically predisposed disease from developing.

Q Does the test have any limitations?

Dtect Wellness is not a diagnostic test. It can be combined with family history information and other routine tests to form a more complete picture of the individual's state of health.

Q How do I proceed once I receive my test results?

Based on your Dtect Wellness results, your doctor or wellness practitioner will develop a personalised wellness management plan for you. This plan should specify healthy lifestyle habits, proper nutrition and effective physical activity to lead you on the road to optimal health and well-being.

Dtect Cardio



Cardiovascular disease is the number one killer of Malaysians. All Malaysians, even young adults, should be concerned about their cardiovascular health. Dtect Cardio is a DNA screening test that assesses the presence of genetic markers which are linked with an increased risk of cardiovascular disease (CVD) says Dr Chin Sze Piaw, consultant physician and cardiologist at Beverly Wilshire Medical Centre.

Q To whom is the Dtect Cardio genetic screening test most suited for?

Dtect Cardio screens for predispositions to diseases of the human vascular and pulmonary system such as heart attack, stroke and hypertension, and risks for adverse drug reactions to commonly prescribed cardiac drugs such as statins and beta-blockers.

The test is particularly useful for anyone with the following risk factors:

- Family history of heart disease, stroke, diabetes, high cholesterol and high blood pressure.
- An unhealthy diet, excess body weight, low physical activity, cigarette smoking and lack of regular exercise.

Q What kind of genetic DNA markers are medically-linked with a higher risk of cardiovascular disease?

Genetic mutations that can cause cardiovascular disease include genes that impair the ability of the body to process cholesterol, resulting in abnormally high cholesterol or triglyceride levels. Also, there are genetic mutations that predispose an

individual to diabetes, as well as genes that cause endothelial dysfunction, or altered nitric oxide release, leading to high blood pressure. Some genetic mutations cause stiffening or weakening of the collagen fibres of the blood vessel wall, resulting in either arteriosclerosis or aneurysm. Some others result in altered activity of platelets which increases the risk of blood clots.

Q Does the test have any limitations?

This test is a useful screening tool in the prevention of cardiovascular disease as it can help the individual take proactive steps to avoid or delay the onset of disease. However, it is not a diagnostic test for cardiovascular diseases. Genetic screening can be combined with other routine tests for cardiovascular diseases to form a more complete picture of the individual's cardiovascular health.

Q What happens once I receive my results?

At Beverly Wilshire, we take the time to fully explain the results to patients, and interpret the results along with the patient's other tests and risks. We use all these test results to develop a health improvement plan to prevent or delay the onset of disease through corrective actions.

Dtect Onco



Dtect Onco, a genetic screening test that screens the DNA for 32 types of cancer, is one of the most comprehensive genetic predisposition tests for lung, stomach, colon, blood (leukaemia), liver and skin cancers, among others. It can also detect risks for prostate and testicular cancers (male cancers), and breast, ovarian and endometrial cancers (female cancers). Dr Pawel Suwinski, Personal Genomics Manager and Clinical Geneticist at Malaysian Genomics Resource Centre Berhad answers a few questions.

Q To whom is the test most suited to?

Anyone can benefit from undergoing the screening test as this is a predisposition test. However, those with a family history of cancer stand to benefit the most as they may be at an increased risk for developing cancer.

Q Do I still need to undergo the test even if I don't have a family history of cancer?

It is recommended as diet, environment and lifestyle factors can influence disease development and onset. Dtect Onco can help a person identify the types of cancers that they may be at risk for. Subsequent regular monitoring and confirmatory diagnostics such as blood testing and imaging can be used to diagnose cancer in its early stage where the chance of recovery is highest.

Q Can the test assess the risk of passing down inherited cancer genes to my children, even if I personally do not have a history of cancer?

Yes, genes are passed down from parents to children and this includes the risk for certain cancers. As predispositions represent only a potential to develop a disease, it is possible not to have a history of a certain cancer but still carry an increased risk which can be passed down to children. Moreover, mothers can have an increased risk for male cancers that can be passed down to their sons, and fathers can carry increased risk for female cancers and pass it down to their daughters.

Q How should I proceed once I receive my test results?

Your results will be communicated by a doctor, who will explain possible increased risks. Depending on the type of cancer that you might be at an increased risk for, your doctor will recommend certain diagnostic tests to monitor your health as well as suggest specific preventive measures (a health management plan) related to diet modification, physical activity and health improvement interventions which may include weight, hormonal and stress control.