

Find Out How Your Genes Affect Your Health

A simple genetic screening test lets you find out a lot more about your health, wellness, and fitness so that you can take steps to enjoy a healthier life.



According to the Ministry of Health Malaysia, the five leading causes of death are chronic diseases. Each of these can be prevented with early and appropriate interventions. The latest genetic screening tests provide unique insights into the protective and risk DNA markers for a large range of conditions that influence health.

Genetic screening gives you a deeper understanding of your body, in your quest for better health. Beyond diseases, genetic screening is also able to identify wellness and fitness traits that affect quality of life. With this information, you and your doctor are better equipped to make informed changes to your lifestyle, diet and other areas, to maximise your long term health and wellbeing.

The health industry's latest DNA test, Dtect® Wellness, screens 139 genes for inherited traits and conditions that influence your health and wellness. It covers the three most important aspects of preventive healthcare; (1) Diet, Nutrition and Weight Management; (2) Fitness Performance; and (3) Prevention of Injuries. Examples of the insights available in each of these categories include:

DIET, NUTRITION AND WEIGHT MANAGEMENT

Your genetic profile can reveal how well your body metabolises vitamins and other vital nutrients including carbohydrates

and lipids, which is useful in addressing obesity and weight issues. You can also get a better understanding of your body's natural antioxidative ability to combat free radicals, how efficiently your liver detoxifies harmful substances, and even your body's response towards dairy products (lactose) and caffeine.

MENTAL AND PHYSICAL PERFORMANCE

You can also discover which forms of exercise will produce the best results for you, and how your genetics affects your performance in sports or fitness training. Dtect Wellness also reveals how sensitive you are to physical pain and mental stress, and how your body responds towards inflammation caused by infections or injuries. This information can help you focus your exercise routines for maximum impact, and develop stress management programs or strategies for avoiding inflammatory body conditions.

PREVENTION OF INJURIES

Unknown to many, genes influence risks for injuries. Each Dtect Wellness report highlights how susceptible you may be to injuries to tendons, ligaments, muscles and bones. It also provides information on your body's ability to metabolise collagen, which is vital for skin and tissue health, and the possibility of developing degenerative conditions like osteoporosis and osteoarthritis. This information can help you plan for preventative actions accurately, such as taking precautions to reduce certain injuries, or using appropriate nutritional supplements to strengthen your body.

The Dtect Wellness test only needs to be done once as the results last a lifetime. The test itself is simple and painless. It merely involves rubbing a swab, similar to a cotton bud, against the inside of your cheek for one minute to collect your DNA sample. The swab is then sent to the laboratory of Malaysian Genomics Resource Centre Berhad (MGRC) for an analysis. The results

of the analysis are reviewed by a clinical geneticist before being presented in a comprehensive report.

The report, which contains a detailed genetic profile of your wellness traits, will allow you to work closely with a doctor or health practitioner to develop suitable wellness management programs. Often these programs will include personalised diet and exercise plans, and a specific nutritional supplement regime, among other health recommendations.

For example, if your results show genetic variations that result in poor metabolism of coenzyme Q10 (CoQ10), your doctor may advise you to supplement with a certain form of CoQ10 that provides maximum therapeutic benefit to your body. This is important for heart health, especially for patients on statin therapy. This is the scientific and genetic approach of 'playing to your health strengths'.

Doing a Dtect Wellness test when you are healthy is ideal because it provides you with the necessary information to know what you need to do to maintain or improve your health. Since an ounce of prevention is better than a pound of cure, this approach is an effective way to look into your genetic strengths and weaknesses. Genetic screening can give you the opportunity to work with your doctor to personalise your healthcare.

Beyond Dtect Wellness, other Dtect tests are available to screen for genetic risks towards major groups of chronic conditions, such as cardiovascular diseases, metabolic disorders, cancers and even developmental disorders.

 Find out more at www.dtect.com



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