



MYDNAPEDIA

Wellbeing Test

Summary report



Welcome to your personal MyDNAPedia® Genotype report for Cardiovascular and Type2 Diabetes disease risks!

We are excited to present your unique and personal MyDNAPedia® genetic test report. Thank you for allowing us to peek into your genetic inheritance – the one you’ve born with. The genes and genetic markers reported in this report are carefully selected and based on latest scientific research on genetic influence on cardiovascular and Type 2 diabetes disease risks.

The report include your detailed test results – your genotype – as well as information on genetics and on the particular biological mechanisms behind tested genes. You can also compare your genotype for each tested gene against the overall population of South Asia.

The report gives you personal understanding on your genetic risks and related recommendations. While genetics can explain a considerable part of increased health risks, actual development of a medical condition always needs a triggering environmental factors as well. Knowing the genetic risk, you can take special and personal actions on environmental factors, like adequate physical exercise, recommended diet and healthy lifestyle in general.

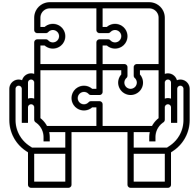
MyDNAPedia® - Know Your DNA – Make Better Choices – Live Healthier!



Instructions on interpreting the Results

1. Combined Score

Genetic testing is mainly based on likelihoods and risk factors. In practice, it means that with your result you belong to a group of people who are more likely to have a certain trait, risk, condition, or feature. Health risks are typically affected by several genes and genetic markers, therefore the overall combined score is the meaningful result.

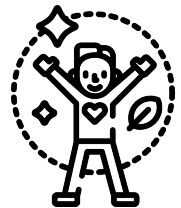


2. Reference groups and Population average

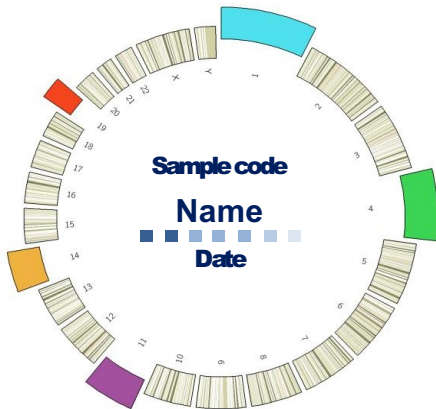
You can compare your genotype prevalence in general South Asian population for each tested gene and genetic marker, as well as your combined overall score against the average of the reference group.

3. Genetics and Physiological condition

Please note, that these tests only analyse genetic factors. They do not tell about your actual physiological condition. Usually individual characteristics are affected also by different environmental factors like diet, physical exercising and general life habits.



Summary of Test Results



We mention under this the sample details (name, code as well as the date of conducting the test)

The risk factor of the tested sample for cardiac as well as type 2 diabetes disease. The results are indicated using bar representation.

CARDIOVASCULAR DISEASE RISK



Low Risk

High Risk

TYPE 2 DIABETES RISK

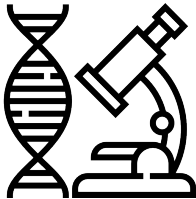
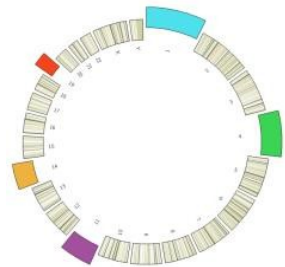


Low Risk

High Risk

Summary of the properties studied in this Test and Detailed information about the Genes

Human DNA is divided in 46 chromosomes, of which half comes from the mother and half from the father. In the adjacent picture, these chromosomes are shown by numbers (1-22) and letters (sex chromosomes X and Y). Genes are specific functional areas that are located inside chromosomes. Although humans have around 20000 genes, they represent only approximately 1 percent of the whole genome, which consists of 3 billion small pieces, so called bases.



Icon 2 made by Freepik from www.Freepik.com

In this test we have had a look in your genome, which has been part of you from the moment you were born. Thus it is important to understand that these results represent your genetic baseline, which you can affect with your life habits and activities.

We have also compared your results with a reference database.

Researched Gene variants and your Genotype for Cardiovascular diseases and Type 2 Diabetes risk test

Under this header we shall include the details of the genes which are studied in the risk testing, their location, the point mutations (variations) and the genotype found in your gene.

The same is compared with other South-Asian population in order to infer the risk factor or result.



Icon 1 made by Freepik from www.flaticon.com

Eg. Common variants in the 9p21.3. genomic region have been found to be strongly associated with the risk of coronary artery disease (CAD), especially among young Indians with CAD.

The genetic variants of LPA gene are associated with Lipoprotein(a) levels, increase the risk of CAD, and is considered the strongest single common genetic risk factor for premature CAD.

The genetic variant of APOA5 gene is associated with plasma triglyceride levels, which is a risk factor for coronary heart disease.

The common variants of FTO, KCNJ11, PPARG, IRS1, TCF7L2, HHEX, and SLC30A8 have been associated with type 2 diabetes in multiple ethnic groups.



Your Result

This section basically concludes the result, after comparing your result to general population.

The genetic risk factors are calculated with applied GRS-RAC method, after which the results are proportioned to average result of the general population.

The results are presented using bar representation.



Icon 1 made by Freepik from www.flaticon.com

What should you do next?

This section suggests the required changes to be done at your end as per the sample result to have a healthier and better lifestyle.

Eg. Based on this test, you seem to have an average genetic risk for cardiovascular diseases.

Maintain normal healthy lifestyle, i.e. regular eating rhythm, recommended diet and adequate exercise.

Take care of getting enough sleep.

The sections following this would be giving a detail about the lab test procedure and the research papers supporting our findings and results.