

If I am in the high risk group, does that mean that I already have the disease?

The onset of the disease is not ascertained by the genetic analysis done by us. Regular screening by a qualified medical professional will help you to assess the given status of your health at a particular time.

Is it possible to change DNA by medical science?

No. The DNA/Genes can not be changed or modified. However lifestyle intervention and other preventive measures can impact if the gene expresses itself.

If the DNA is analyzed of one of my family members, why do I need to analyse the DNA of the others as well?

Each human being has a unique genetic make-up and there are no two people who can ever have the same code. Thus each member of the family will carry a separate genetic profile and accordingly will be susceptible / resistant to a disease in a different way, although, some characteristics within the family may be identical.

If I am going to get the disease anyway, what is the use of knowing it?

Science and medicine have been progressing everyday to an extent where an early detection can assure timely intervention and cure. A late / wrong diagnosis can be fatal besides being financially burdensome.

If new diseases are found to be related to genes, will I be required to take a fresh test?

Storing your DNA is an expensive process and it is much more practical to give fresh sample in the eventuality that there are important breakthroughs, particularly in case of "high risk" conditions.

What is the guarantee that the results are accurate?

The test protocols and the equipment we use is world class and it eliminates human error. The procedure and the method of testing are as per International Standards. Thus, it is unlikely that there may be errors.

Will the information in the analysis report help my Doctor in anyway?

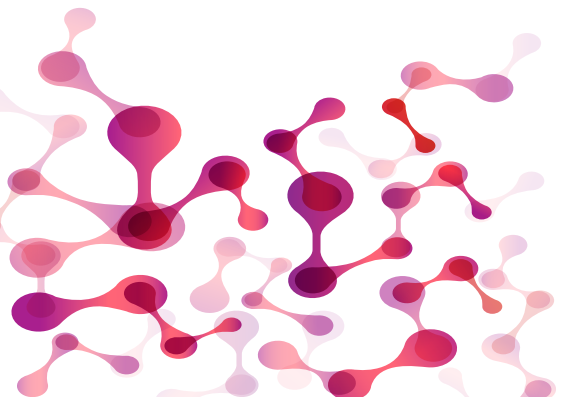
The report will be an invaluable tool for your doctor. An unprecedented insight into your genetic make-up will provide him the necessary information to conduct examinations and test that are well directed and he can more effectively analyse your symptoms with the additional data.

Is it possible that I have passed on my genetic characteristics to my children?

It is indeed possible, that you have passed on some of your genetic characteristics to your children.

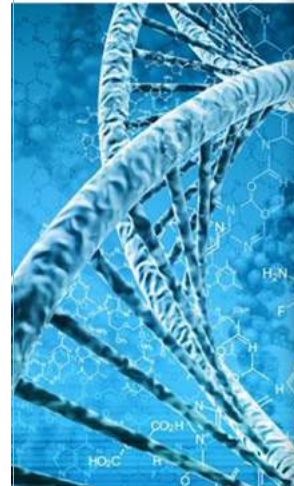
If my child is shown to have a higher risk/lower risk for a certain disease, will that mean that me or my spouse share that same high/low risk?

A child manifesting a particular risk profile would indeed indicate its inheritance from either/ both the parents.



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Upto 50% risk of Obesity, Diabetes and Heart attack risk may come from your genes.



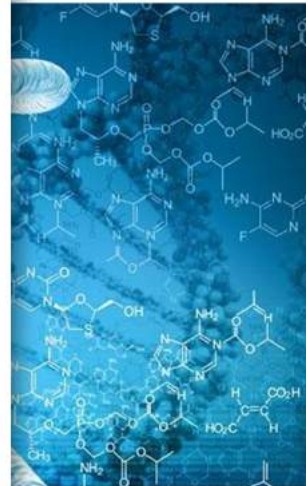
Genes play an important role in your health

Get your DNA Analysis done today!

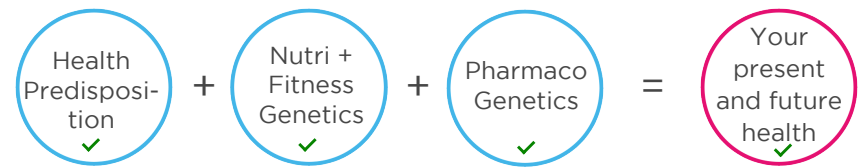
Protect against obesity, diabetes, high BP, heart attack.

Lower health care cost and Insurance claims.

Improve health, wellness and quality of life.



Complete Personalized Health Check



Now Available at NM Medical



GENES & DNA

and their role in health

Your DNA and its interaction with your environment defines your health, beauty, wellness and illness. DNA determines many visible physical characteristics about you such as eye, hair and skin colour, height and many invisible aspects of you such as current state of health, future predispositions and your suitability to various foods, medications and activities. Our Genes are inherited from biological parents. This is how the characteristics of parents and grandparents are passed on through families. Longevity, predisposition from disease and protection from disease can also be passed on through family lineage.

Unique Benefits of a Personal Genetic Analysis

Genetic predisposition analysis is a new tool that has become available to informed and proactive individuals and their physicians to assess potential predispositions to and protections from various conditions that can be inherited. This can help individuals take charge of their and their family's health in a proactive and pre-emptive manner. According to the WHO, up to 80% of premature disease and death occurring today is preventable through lifestyle intervention that is considered more effective and economical than clinical intervention. Your genetic predisposition analysis will allow you be in charge of you present and future health.



LIST OF CONDITIONS ANALYSED

Health Genetics

- Obesity
- Type II Diabetes
- Hypertension
- Heart Disease

Nutri Genetics

- Eating Behaviour
- Carbohydrate Sensitivity
- Saturated Fat Sensitivity
- Omega-3 Needs
- n-6 PUFA Needs
- Micronutrient profile Vitamin (A, C,D, E,B6, B9, B12), Iron requirements
- Antioxidant Needs
- Lactose & Gluten Intolerance risk
- Salt Sensitivity
- Caffeine Sensitivity

Fitness Genetics

- Aerobic Capacity (VO2 max)
- Endurance and Power Profile
- Anaerobic/ Lactate Threshold
- Exercise and Fat Loss
- Flexibility and Performance
- Injury Risk and Repair Ability
- Muscle Fatigue Resistance
- Resistance Training and Muscle Building Capacity

Pharmaco Genetics

- Cardiology
- Psychiatry
- Anti-diabetic
- Pain
- Gastrointestinal
- Oncology
- Immunosuppressant

THE PERSONALIZED HEALTH CHECK REPORT HELPS THE INDIVIDUAL AND THE PHYSICIAN IN THE FOLLOWING WAY:

- It empowers individuals with the most validated and actionable genetic information to improve one's health and quality of life
- Insights provides a timely warning of possible risks to one's health.
- It enables preventive medical advice, monitoring and medication (if needed) to reduce risk.
- It enables the practice of personalized and truly preventive medicine.
- It eliminates unnecessary trial and error by specifically informing the individual about which aspects of health to focus on, which medications they are likely to respond to, and what type of nutrition is best compatible with their genetic type.
- It helps individuals be informed and be in-charge of their health with the help of their physician.

FREQUENTLY ASKED QUESTIONS

What are genes? What is their role in health? What is DNA? What is the difference between genes and DNA?

Gene is a molecular sub-unit of heredity of a living organism. It is a name given to some stretches of DNA. DNA is a molecule that encodes instructions used in the bio-chemical processes that govern development, functioning and reproduction of all living organisms. We inherit genetic information from our parents.

How does analysis of genes help a person?

The understanding of specific genes which have been implicated in diseases / disorders / resistance help us to judge the manner in which our cellular mechanism is working. Such analysis gives timely warning of possible threats to health.

Do I have to do this test regularly?

No. The DNA which a person inherits remains constant from birth to death and its analysis is irrespective of the age at which it is conducted.

If I am in the high risk group, will I definitely get the disease?

The risk profile is the predisposition revealed by the analysis of a person's DNA as compared to the population risk. Thus, a higher risk profile is a fair indicator of the probability of diseases. Yet scientists do not consider it ethical to make a definitive assessment except in rare cases. Besides being influenced by genes, environment also plays a role in the manifestation of the disease. Hence by taking into account preventive measures and medical advice, we can do a lot to prevent the occurrences of health condition.