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Doctor's Note

GENOMICS-BASED PRIMARY CARE

Genomics evaluates your genes to ascertain your strengths or disease predisposition including how your genes interact with each other and environment. This is particularly useful in complex diseases such as cognitive decline that are influenced by an interplay of genes and environment.

The Benefits

The utilization of genomics in primary care is new but is revealing important information that people can utilize to optimize their health. For example, an MTHFR gene variant can be mitigated by the appropriate type of folate supplementation, reducing the risk for depression and heart disease.

What's The Right Age To Get My Genome Mapped?

Unfortunately, people often wait until they start to feel their vitality decline before they start focusing on their health. Usually, by the time patients are symptomatic, the damage has already been done. Young people can benefit the most from genomics because the most effective prevention is starts early. That said, knowing your genetic composition will always hold significant value.

Currently, our healthcare approach tends to be reactive, in both the medical community and individuals. This technology provides us with tools to act preventatively in a completely personalized manner. Without this

knowledge, people's health focus may not encompass their true risks.

The Genomic Journey

An in-depth personal and family history is the first step followed by the collection of saliva. The DNA specimen is processed in

the lab for six to eight weeks. Afterward, I review the report, containing over 700 variations in 33 different categories including cognition, cardiac, osteoporosis risk, and toxin metabolism to name a few. I then have an in-depth discussion with the patient. Our approach is unusual because we spend so much time with the patient to help them understand the results and give them guidance in terms of nutrition, lifestyle, and supplements/medications. And then we follow up with nutritional counseling and additional testing as needed.

How I Have Benefited Personally:

I feel better than I have in years. My genome revealed weaknesses that can lead to nutritional deficiencies in choline and vitamin D and most importantly I have an unusual variant in folate metabolism related to the famous MTHFR gene. Correction of those defi-

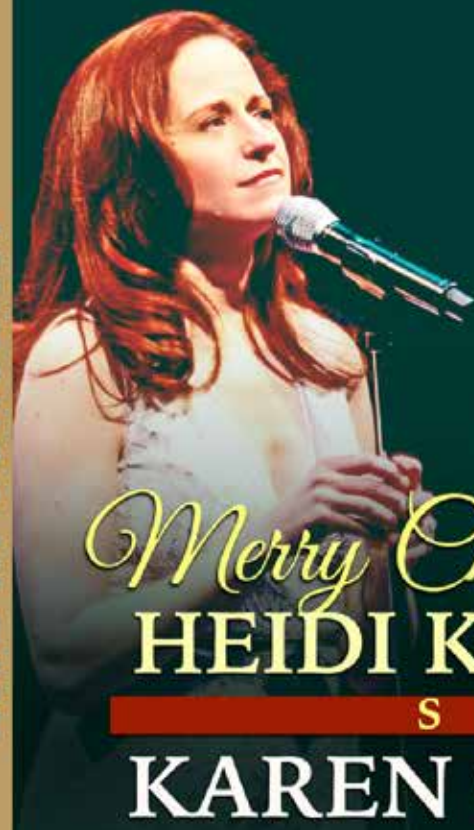
ciencies made a significant difference in my mood and mentation. I also found that exercise was critical to my brain health so I now play tennis several times a week guilt-free!



Photo credit: Julie Soefer

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