

MYDNAPEDIA

DNA test report

wellness



SUMMARY OF YOUR ACTION POINTS

VITAMIN D

Get your blood vitamin D level measured in a laboratory. If necessary, increase vitamin D consumption in your diet or begin using vitamin D supplements.

ALZHEIMER'S DISEASE RISK

Pay extra attention to your life habits; use your brain actively and protect them from injuries, avoid obesity, do not smoke, and move regularly.

COLON CANCER RISK

Restrict red meat consumption.

FOLATE

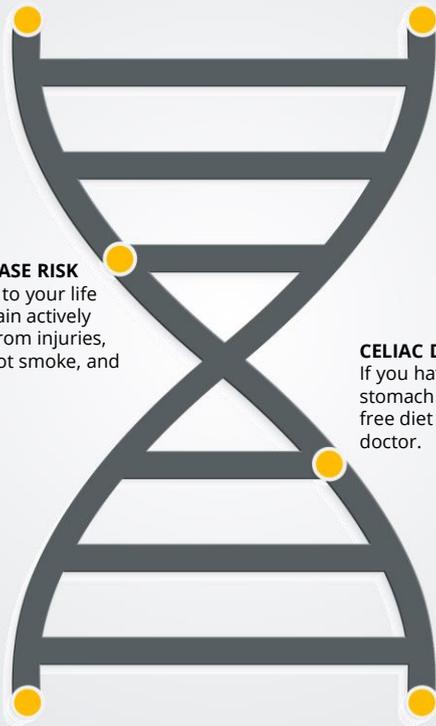
Get your blood homocysteine level measured in a laboratory. If necessary, begin using methylfolate supplements.

CELIAC DISEASE RISK

If you have continuous stomach problems, try gluten-free diet or consult your doctor.

LACTOSE INTOLERANCE

Try lactose-free diet and consult your doctor, if necessary.



MICRONUTRIENTS – VITAMIN D

VITAMIN D ●

You have genetically **increased risk** for **lower blood vitamin D level** and **vitamin D deficiency**.

Your MDP Factor

(describes your risk compared to general population)

You:  7/10
Population:  3.8/10

RISK FOR OSTEOPOROSIS ●

You have genetically **increased risk** for **osteoporosis**.

RISK FOR MELANOMA ●

You have genetically **normal risk** (not increased compared to general population) for **melanoma**.

RISK FOR BASAL CELL CARCINOMA ●

You have genetically **normal risk** (not increased compared to general population) for **osteoporosis**.

INTERPRETATION

- Your genetic risk for low vitamin D levels and vitamin D deficiency is increased.
- You have genetically increased risk for osteoporosis, which is partly caused by low vitamin D intake.
- You do not have genetically increased risks for tumours related to vitamin D intake (melanoma and basal cell carcinoma).

ACTION POINTS

- Get your blood vitamin D level measured in a laboratory.
- If necessary, increase vitamin D consumption in your diet or begin using vitamin D supplements.

GENETIC RISK FOR ALZHEIMER'S DISEASE

The most well-known gene connected to the risk for late onset Alzheimer's disease is *APOE*. *E4* form of the gene (15% of caucasian population) is connected to increased risk for late onset Alzheimer's disease, and *E2* (8% of caucasian population) possibly lower risk. *E3* is the most common form (75% of caucasian population) and it has a neutral effect on the risk for Alzheimer's disease. In addition to genetic risk factors, also environmental factors influence the risk for Alzheimer's disease; for prevention of the disease, it is substantive to use the brain actively and protect them from injuries, avoid obesity, not smoke, and move regularly. It is important to note that the symptoms of late onset disease start no earlier than 65 years of age. Early onset disease may start at younger age and it is caused by different genetic factors than tested here.

THE MOST COMMON APOE VARIANTS (YOUR RESULT HIGHLIGHTED):

APOE-E2/E2	rs429358(TT); rs7412(TT)	LOWEST RISK
APOE-E2/E3	rs429358(TT); rs7412(TC)	SLIGHTLY LOWER RISK
APOE-E3/E3	rs429358(TT); rs7412(CC)	NEUTRAL
APOE-E3/E4	rs429358(TC); rs7412(CC)	HIGHER RISK
APOE-E4/E4	rs429358(CC); rs7412(CC)	HIGHEST RISK (15x)

INTERPRETATION

- Your result is *E3/E4*, which means that you have one copy of *E3* and one copy of *E4* in your genome.
- You have genetically increased risk for late onset Alzheimer's disease.

ACTION POINTS

- Remember that genetically increased risk does not mean that you will develop the disease.
- You should however pay extra attention to your life habits; use your brain actively and protect them from injuries, avoid obesity, do not smoke, and move regularly.