



GTLDNA

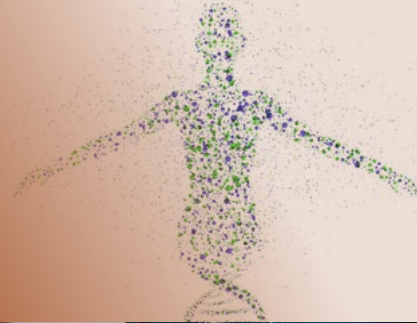
GENETIC TESTING
LABORATORIES

Call: 1300 482 165

targeting your *health*
together

PERSONALISED MOLECULAR DIAGNOSTICS FOR YOU

Personal DNA Analysis



Introduction

GTLDNA, in conjunction with GenePlanet is proud to offer the Personal DNA Analysis screen, which will provide an overview of your DNA. It may provide appropriate recommendations in the field of early prevention and appropriate action, to help reduce the risk of developing a disease. This is especially important for those of us who are more exposed because of our genetic makeup.



This genetic screen may help in the following ways:

Providing information for enabling appropriate action and lifestyle changes.

- Providing information to reduce the risk or prevent the development of certain diseases.
- Drawing attention to genetic predisposition for certain diseases, so that early detection through screening and timely treatment may be possible.
- To help guide your healthcare professional to adjust dosage to increase the safety and efficacy of the therapy.
- To provide information about the hidden characteristics of the body, so that we may gain understanding about our body.

Personal genetic analysis is not a crystal ball that can predict the future, but rather a science-based starting point to calculate the genetic risk, which indicates how likely we are to get a certain disease due to our genetic makeup.

Despite the fact that we are influenced both by genes and our environment, genetic information can help to reduce the risks by:

- Encouraging us to change life style (e.g. quit smoking)
- Encouraging us to take additional visits to our doctor that can lead us to earlier detection of a disease (e.g. finding of lumps in case of breast cancer, prostate enlargement in case of prostate cancer, lactose intolerance, celiac disease- inability to metabolize gluten, etc.) and timely treatment of these diseases

From your genetic analysis, you may also be able to predict how well you would respond to the treatment with certain medication. Based on this, your doctor can:

- Adjust the dosage
- Replace the medication with an alternative to improve the therapy such as decreasing the chances of negative side effects or increasing the effectiveness.

Genetic analysis could enable you to see your physical abilities and characteristics that are otherwise not visible. You will learn about your body's ability to metabolize different types of fats, about your muscular build-up, but also about your effectiveness in learning from mistakes and about a lot of other things you did not know until now.

Personal genetic analysis is especially recommended for:

- People with family history of certain diseases
- People who regularly take medications for conditions that we test for
- People who realise that proper preventive and early medical examinations are the key to preventing development of disease or to detecting the disease early enough for successful treatment
- People who would like to adjust their diet according to their genes (according to metabolism of lactose, caffeine, alcohol, fats, etc.)



GTLDNA

GENETIC TESTING
LABORATORIES

Call: 1300 482 165

targeting your *health*
together

PERSONALISED MOLECULAR DIAGNOSTICS FOR YOU

Personal DNA Analysis

- People who would like to adjust their physical activities according to their genetic makeup. Imagine how having information about your muscle type could help in choosing a physical activity of your liking. Genetic analysis can be a great starting point to facilitate decision making or improved participation in sport.
- People who are curious and want to know their advantages, risks and hidden talents.

Diseases

You will learn important information about diseases and preventive measures to reduce the risk for certain diseases in the future:

- Alzheimer's disease, Asthma, Atrial fibrillation, Basal cell carcinoma, Breast cancer, Celiac disease, Colorectal cancer, Diabetes type 1, Diabetes type 2, Gallstones, Glaucoma, Heart attack, Hypertension, Lung cancer, Multiple sclerosis, Prostate cancer, Psoriasis, Restless leg syndrome, Rheumatoid arthritis, Venous thromboembolism

Drugs

Personal genetic analysis will allow you to learn about your response to any of following drugs:

- Regulation of cholesterol and triglycerides (statins), Inhibition of gastric acid secretion (omeprazole), Prevention of blood clotting (clopidogrel), Regulation of blood sugar level (metformin), Treatment of stable coronary artery disease (perindopril), Anticoagulants (warfarin)

Traits and Talents

You can learn about your genetic basics for the following characteristics:

- Alcohol metabolism, Baldness, Caffeine metabolism, Earwax type, Eye colour, Lactose metabolism, Learning from mistakes, Memory, Muscle structure, Pain sensitivity, Bitter taste perception, Nicotine addiction, Resistance to noroviruses, Resistance to malaria (type Duffy)

Analysis results are easy to understand and consist plenty of useful information

Your individual analysis report will guide you in a clear and intuitive way from general information through personal results to health advice and possible preventive measures. Consequently, it allows you to reduce the risk of developing a disease or helps the disease to be detected early on for timely treatment. Please note that the analysis does not contain any diagnoses of diseases

and, if you wish to make any lifestyle changes based on your results, please consult with your health care professional.

Carefully designed DNA analysis

Great importance is given to the appropriate choice of genetic markers. Because of the large number of existing genetic markers, we include only those which prove reliable and for which high quality, scientific research has been obtained. We try to include studies that have results independently verified in other studies and that have high statistical reliability by having been performed on a sample set of at least 1000 people. We mostly choose studies which have been published in highly recognized scientific magazines.

Expert opinion and preventive advice

Special attention is given to the appropriate compilation of professional advice and preventive measures. Specialized experts in the field of medicine and pharmacy take care of this by giving appropriate guidelines based on genetic information.

Certified laboratory

We collaborate with a laboratory which operates according to the ISO standard 9001:2008, using state-of-the-art molecular diagnostics technology to analyse your DNA. The laboratory is a certified provider of services.

COST AND HOW TO ORDER:

Personal DNA Analysis costs \$599. To order, please simply email info@gtldna.com.au or call us on 1300 482 165