Want to take an active role in optimizing your health? Consider the following:

- Are you plagued by a chronic condition that resists medical treatment?
- Do you have a family history of heart disease, arthritis or osteoporosis?
- Do asthma and allergies run in your family?
- Could genetic variations make you more vulnerable to the harmful effects of toxins?
- Could you be less likely to respond well to certain drugs or nutrients?
- Are you concerned about cancer risk?
- Do you want to develop a focused plan to break the pattern and better prevent inherited risks from turning into realities?

Genomic testing can identify your predisposition to the following diseases:

- Heart disease
- Arthritis
- Allergies
- Osteoporosis
- Toxicity
- Oxidative stress
- Anxiety
- Cancer
- Adverse drug reactions

FAQs

- Is advanced testing right for me?
  Please talk to your doctor about our testing for guidance on the best approach.

- I want to be tested. How do I start?
  Just ask your doctor and he/she can provide you with a testing kit, if appropriate.

- Will this test be covered by my insurance company?
  Genova Diagnostics participates with many insurance carriers. However a fee may be required. For more information, please visit our website at www.gdx.net/billing

- Where can I learn more?
  For the answers to additional questions and more, please talk to your doctor or visit us at www.gdx.net

To learn more, talk to your doctor about the benefits of genomic testing.
Specialized genomic testing from Genova Diagnostics can provide a glimpse into your potential health future.

Harness the Insights of Genomics

GENES DO NOT ALWAYS EQUAL FATE

Many people mistakenly assume that the presence of a certain gene – or a genetic flaw – means they are destined to experience the associated disease. This is not true! Most genes have flexible expressions and often are influenced by modifiable environmental, diet and lifestyle factors.

Only a few very rare diseases, such as Huntington’s or Tay Sachs, are certainties determined by genetic makeup. Experts believe that nearly all of the most pervasive, disabling and deadly degenerative diseases, including heart disease, adult-onset diabetes, cancer and senile dementia, develop from an ongoing interaction between genetic and environmental factors.

Poor diet; chronic nutritional deficiencies; hormone imbalances; unhealthy lifestyle habits; bacterial infection; toxic exposure to cigarette smoke, air pollution or other substances; excessive alcohol consumption; sun exposure or bacterial infection can play a role in whether or not disease develops. Over time, these harmful agents and conditions can switch on a gene’s ability to promote disease.

MINIMIZE RISK

By evaluating a carefully selected group of genetic variants, each Genovations™ profile provides a glimpse into your potential health future. The advantage: you will be empowered to modify the expression of disease years before a condition might otherwise develop.

Genetic testing enables you to minimize risk by:

- Identifying “hidden” gene mutations that may promote chronic disease
- Preventing disease through early intervention
- Modifying gene expression through more precise, targeted, individualized interventions
- Identifying key areas for follow-up
- Monitoring therapeutic effectiveness of intervention strategies with laboratory testing

Gain Precise Health Insights

Whether or not you choose to “see” your genes, they are always there and will continue to play an important role in your health. By choosing to look at them, you have the opportunity to influence the ultimate outcome and more actively promote a healthy life. The Genovations® brand of predictive genomic testing offers the following profiles:

• **CardioGenomicPlus Profile™**
  Identifies genomic risk in areas such as blood pressure regulation, lipid balance, nutrient metabolism, inflammation and oxidative stress.

• **EstroGenomic Profile™**
  Identifies genomic risk in genes that modulate estrogen metabolism, coagulation, cardiovascular disease and osteoporosis.

• **ImmunoGenomic Profile**
  Identifies genomic risk for arthritis, asthma and allergies.

• **DetoxiGenomic Profile®**
  Identifies genomic risk for chemical sensitivities, oxidative stress, and ability to handle various medications.

• **NeuroGenomic Profile™**
  Identifies genomic indicators of weak detoxification capacity and possible adverse drug reactions. This test can help determine if susceptibility to heavy metals or high oxidative stress might be contributing to learning or behavioral disorders.