



PREDICTIVE GENOMICS TESTING

The days of “one-size-fits-all” medicine are fast coming to an end. An advanced, individualized approach to health care based on breakthrough predictive genomic testing is now available.

There are predictive genomic tests that measure individual genetic variations called single nucleotide polymorphisms (SNPs). Under the influence of environmental triggers, these variations can make a person more or less prone to develop certain diseases or physiological imbalances.

The tests provide a previously unseen glimpse into each person’s potential health future, assessing their genetic susceptibility to conditions such as heart disease, osteoporosis, chemical sensitivity, adverse drug reactions, allergies, and immune disorders.

After careful evaluation of selected sections of each patient’s genetic “blueprint,” a carefully targeted, customized health care plan to help reduce disease risk even before pre-disease imbalances become apparent. An example is the OsteoGenomic™ Profile, used to identify patients who may be more genetically susceptible to developing osteoporosis.

Using a single blood or mouth rinse sample, this advanced test evaluates genetic variations, called single nucleotide polymorphisms (SNPs), that influence how bone tissue is formed and broken down in the body. These genetic variations influence how an individual utilizes key nutrients such as calcium or vitamin D in the bone-building process. The SNPs do not cause the disease, but their presence may indicate the potential for increased risk as environmental, dietary, and lifestyle factors interact with them. For example the results of this test may indicate if an individual will respond better to Vitamin D or calcitonin or Fosomax to improve bone mass.

The estro-genomic test is more complete. It tests several areas of concern to women who have had or are at increased risk of breast cancer. Since estrogen becomes an issue in these individuals this panel includes testing for disease markers associated with several diseases associated with estrogen or lack of estrogen. This panel includes the osteoporosis panel as well as markers for heart disease, joint inflammation, how an individual metabolizes estrogen to safer forms and ability to remove toxins from the system.

The genetic markers on each test are carefully selected. They do not indicate certainty of developing disease, but only the potential for increased risk as the genetic variation is exposed to certain lifestyle and environmental triggers. By modifying the factors that influence the expression of these genetic variations, patients may gain the chance to exert a greater degree of control over their future health.

This genomics-based approach is built on a newly emerging integrative and individualized health care model. As recently stated by the Centers for Disease Control and Prevention, “virtually all human diseases result from the interaction of genetic susceptibility factors and modifiable environmental factors, broadly defined to include infections, chemical, physical, nutritional, and behavioral factors” (CDC, August, 2000).

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