Take an *active* role in your destiny.

Genomic testing can provide insights.

Genomic Testing

GDX | Genova Diagnostics®

Innovative Testing for Optimal Health

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

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.

By decoding nearly 40,000 genes in the human body, the Human Genome Project opened up an entirely new spectrum of knowledge, offering tremendous potential to improve your health. Genovations™ — genetic testing from Genova Diagnostics — harnesses the power of these insights. Your physician can now evaluate your unique genetic predispositions, then work with you to implement a targeted, customized intervention plan before disease develops.

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

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 in areas such as blood pressure regulation, lipid balance, nutrient metabolism, inflammation and oxidative stress

OSTEOGENOMIC PROFILE™
Identifies genomic risk for rapid bone loss and hormone dysfunction

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.

GENOVATIONS™

Headquartered in Asheville, NC, Genova Diagnostics is a global leader in functional laboratory testing and a pioneer in innovative new approaches to personalized medicine. Unlike traditional labs that focus on disease pathology, Genova offers comprehensive panels that combine standard and innovative biomarkers to provide a more complete understanding of specific biological systems. As more patients take an active role in managing their health, and clinicians focus on prevention, these diagnostic tests provide a more complete picture of health and help identify problems before chronic conditions and diseases develop. Color graphic reports facilitate physician-patient communication and development of a personalized approach to optimal health. The internationally renowned lab is committed to the highest professional standards and has a team of medical experts who provide consultation to healthcare professionals, as well as a robust array of educational resources.

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