

## FAQs

### General Questions:

#### 1. What is preventive genetic testing?

Preventive genetic testing analyzes your DNA to assess your risk of developing certain diseases or health conditions. It helps identify potential health risks before symptoms appear, allowing you to take proactive steps for better health in advance.

#### 2. How does genetic testing work?

Genetic testing works by analyzing small samples of your DNA, usually obtained through a person's saliva via a cheek swab. The test identifies specific genetic markers that can indicate your susceptibility to various health conditions.

#### 3. What kind of health conditions can be detected through genetic testing?

Genetic tests can detect risks for various conditions, including heart disease, cancer, diabetes, drug responses, and inherited disorders. It can also provide insights into wellness factors like nutrition, fitness, and overall well-being.

#### 4. Who should consider preventive genetic testing?

Any individual interested in understanding their genetic risk factors for certain health conditions can consider genetic testing. It is especially useful if you have a family history of certain diseases or if you want to take preventive measures for better health outcomes.

#### 5. Is genetic testing painful or invasive?

No, most genetic tests are non-invasive. Typically, you only need to provide a saliva sample via a cheek swab, which is a quick and painless process. It takes about 30-40 seconds to perform the test.

#### 6. How accurate are the results from a genetic test?

Genetic tests are highly accurate when it comes to identifying specific genetic markers. The preventive genetic tests by MyDNA are 99.6% accurate. However, the results show probabilities, not certainties, about the risk of developing a certain condition.

**7. Can genetic testing predict all future health problems?**

**No, genetic testing cannot predict all health issues. It assesses your risk based on genetic factors, but lifestyle and environmental factors also play a significant role in your overall health.**

**8. How long does it take to receive the results?**

**On average, it takes about 2 to 4 weeks to receive your genetic test results, depending on the complexity of the test.**

**9. Do I need a doctor's prescription to get a genetic test?**

**In most cases, you do not need a doctor's prescription to take a genetic test. However, for certain types of tests, consulting with a healthcare provider may be beneficial for interpreting results.**

**10. Is genetic testing safe? Are there any risks?**

**Genetic testing is safe, with no physical risks. The main concern for some people is privacy, as it involves sensitive health information. Reputable companies like Proton Health follow strict data security protocols to protect your information.**

**Specific Testing Categories:**

**11. What is pharmacogenomics, and how can it benefit me?**

**Pharmacogenomics is the study of how your genes affect your response to medications. It helps doctors choose the right medications and dosages for you, thus reducing trial and error, minimizing side effects and improving treatment effectiveness.**

**12. How does genetic testing help in assessing cancer risk?**

**Genetic testing can identify mutations in specific genes (e.g., BRCA1, BRCA2) that are associated with a higher risk of developing certain types of cancer, such as breast or ovarian cancer. Knowing your risk can help you take preventive actions.**

**13. Can genetic testing determine my risk for heart diseases?**

**Yes, genetic testing can analyze markers associated with an increased risk of cardiovascular conditions such as coronary artery disease or hypertension. It helps you take preventive steps like lifestyle changes or early medical intervention.**

**14. How does genetic testing for drug response work?**

Genetic testing for drug response, also known as pharmacogenetic testing, helps determine how your body metabolizes certain medications. This information can guide your healthcare provider in prescribing medications that will be most effective for you.

**15. Can genetic testing help improve my fitness or wellness routine?**

Yes, genetic testing can provide personalized insights into how your body responds to nutrition, exercise, and lifestyle changes. It can help tailor a fitness and wellness plan specific to your genetic makeup.

**16. Is genetic testing suitable for children or infants?**

Yes, genetic testing can be performed on children and infants, especially for inherited conditions or health risks that could affect them early in life. Always consult with our senior genetic counselor before testing young children.

**17. What kind of genetic tests are available for pregnant women?**

Genetic testing for pregnant women can assess the risk of inherited conditions in the baby, as well as screen for chromosomal abnormalities like Down syndrome. Non-invasive prenatal testing (NIPT) is commonly used.

**18. Can genetic testing identify inherited conditions in my family?**

Yes, genetic testing can identify mutations or variants that may be passed down from parents to children. This is particularly useful for families with a history of certain genetic conditions.

**Privacy and Data Security:**

**19. Will my genetic information be kept confidential?**

Yes, your genetic information is kept confidential. Proton Health follows strict data privacy policies and does not share your information without your consent.

**20. How is my genetic data protected?**

Before your saliva sample enters our lab, we make sure it is assigned a unique ID and de-identified, so that your personal information is not accessible to all. Only authorised personnel from our team have access to this information. Throughout the processing, your sample is tracked by Biotracker and remains fully confidential.

**21. Will my genetic information be shared with insurance companies or employers?**

**No, your genetic information will not be shared with insurance companies or employers without your explicit permission. We comply with all legal regulations to ensure your data remains private and confidential.**

#### **Process and Results:**

**22. What should I do after receiving my genetic test results?**

**After receiving your results, it's strongly recommended to consult with our senior genetic counselor to interpret the results and understand the steps you can take to manage your health risks. This allows for a person to follow a specific set of actions as recommended by the genetic counsellor, and reduces the risk of getting a disease if followed as instructed.**

**23. Will I need to consult a doctor after getting my genetic test results?**

**While it's not mandatory, consulting a genetic counselor can help you make informed decisions about your health based on the test results. We offer complimentary pre and post test genetic counselling, to ensure the right advice is given to all individuals.**

**24. Can genetic testing results change over time?**

**No, your genetic information remains the same throughout your life. However, scientific advancements may lead to new interpretations of your genetic data over time.**

**25. How often should I perform preventive genetic testing?**

**Preventive genetic testing is typically done once in a lifetime, as your genetic makeup doesn't change. However, you may want to re-test in the future if new tests become available or if there are updates in the scientific understanding of genetic conditions.**

**26. What happens if I test positive for a health risk?**

**Testing positive for a health risk doesn't mean you will definitely develop the condition. It means you have a higher chance than the average person. You can speak to one of our counsellors and take preventive steps, such as lifestyle changes or medical interventions, to lower your risk.**

## **Cost and Insurance:**

**27. How much does preventive genetic testing cost?**

The cost of preventive genetic testing varies based on the type of test and the depth of analysis. All pricing is available on our website under each genomic test name itself. We also offer select bundles/packages and you get additional discount, in case you would like to get 2 or more tests done.

**28. Does insurance cover preventive genetic testing?**

Insurance coverage for genetic testing varies. Some plans may cover the cost if the test is medically necessary. We recommend checking with your insurance provider.

**29. Are there any payment plans available for the tests?**

Yes, we offer flexible payment options and plans to make genetic testing accessible to everyone.

**30. Are follow-up consultations included in the cost of the test?**

Follow-up consultations are included in all testing packages. We also offer standalone consultations with our genetic counselors if you need additional guidance.

## **Limitations and Scope**

**31. Can genetic testing tell me if I will definitely develop a disease?**

No, genetic testing indicates your risk or likelihood of developing a disease, but it cannot guarantee that you will or won't develop the condition. Environmental and lifestyle factors also play a major role.

**32. Are there any conditions that cannot be detected through genetic testing?**

Yes, genetic testing cannot detect every possible condition. Some diseases are influenced more by environmental or lifestyle factors, and some conditions are caused by rare mutations that might not be included in standard tests.

**33. Can my lifestyle and environment affect my genetic test results?**

Your lifestyle and environment do not change your genetic makeup, but they do influence how your genes are expressed and can impact your overall health risks.