

# GENOME INSIGHT

The first consumer personalized genomics service in Italy

The Genome Insight **DNA test is intended for anyone who wants to know the content of their genome.** The analysis provided by Personal Genomics allows you to have access to a wide range of information related to your health and that of your children.

By choosing this product, it is possible to know if you are healthy carriers of serious genetic diseases transmittable to future children. Furthermore, you will get to know the personal genetic risks associated with common conditions like cardiovascular diseases, tumors, neurodegenerative diseases and many more and learn about the potential response to certain drugs so as to define a personalized dosage with your doctor and to avoid adverse reactions.

## ***Protect yourself***

Knowing the health risks to which one is predisposed, means that you can be prepared to face them and prevent them with the increase of targeted medical check-ups, the change in lifestyle or the adoption of preventive measures such as specific drug or dietary regimens.

## ***Prediction of drug response***

The response to drugs is strongly determined by the individual's genetic heritage. Being aware of the effects of taking one of them or of the dosages needed to make it effective, can allow the prevention of serious adverse reactions. Many drugs and their effects are related to a personal genetic profile. Therefore this test is the key to select the best “tailored” cure with your doctor.

## ***Protect your children***

The carriers of serious genetic diseases are typically healthy individuals completely free of symptoms. Nevertheless, they could transmit them to their children. The Genome Insight test includes over 1600 transmittable genetic conditions; knowing that you could be a carrier of one of these diseases can therefore avoid their transmission to your future children.

## **Genome or Exome**

Genome Insight provides the ability to choose whether to take the test for the whole genome or just for its coding regions (exome). Although most of the genetic variability associated with diseases is localized in the exome, the whole genome sequencing provides a wider coverage of the mutations and allows a more complete analysis of the human genetic code.

## The Procedure

**The Genome Insight test must be requested by a doctor.**

A kit for the withdrawal of a blood sample is therefore delivered to the doctor together with the consent and anamnesis form. After having filled out the consent form and collected the blood sample from the patient, simply return the kit to the laboratories of Personal Genomics to begin the process of genetic analysis.

## The Results

The results of the analysis will be available by accessing your **personal page online**. The categorization will facilitate the identification of the more interesting clinical conditions. On the website <https://results.gentlelabs.com> there is an example of the results of the Genome Insight analysis. The data of the analysis can also be accessible on iPad® by downloading the dedicated App. In addition, the report containing the most relevant genetic predispositions will be sent to your Doctor.

## The Genetic consultancy

Personal Genomics gives you the possibility to set up appointments with a medical geneticist who can advise and provide support before, during and after the process of sequencing and interpretation.

## Privacy

The sample of each patient is anonymized immediately after having being received by the laboratories of Personal Genomics and all personal information is kept confidential.



www.personalgenomics.it  
email: [info@personalgenomics.it](mailto:info@personalgenomics.it)  
phone: (+39) 045 802 7834  
mobile: (+39) 328 929 2064