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DISEASE SUSCEPTIBILITY DNA TEST REPORT

Code number: SM1234

Sex: Female

Country: USA

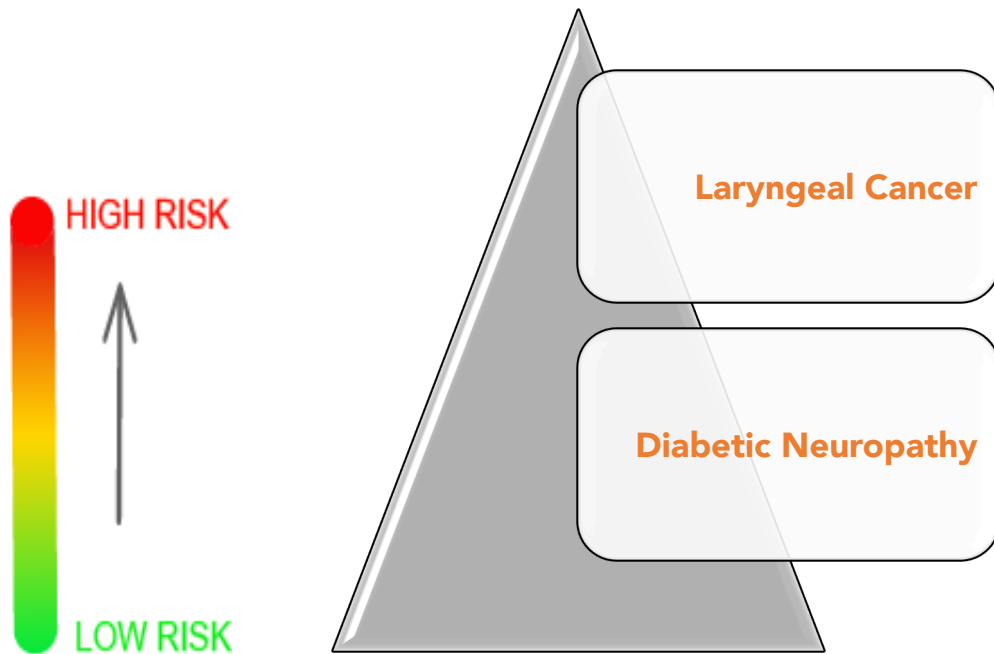


Map My Gene LLC

Prediction - Prevention - Personalization

Health Risk Report

Genetic Risks Ranging From Medium-High to High			
Disease	Risk Index	Risk Level	Degree of risk
Laryngeal Cancer	1.85	8	Medium-High
Diabetic Neuropathy	2.93	7	Medium-High



Disclaimer: The information in the article this disclaimer is linked from should not be considered medical advice. The information in the article this disclaimer is linked from is not meant to treat, diagnose, prescribe or cure any ailment. Always consult your doctor before you start, stop, or change anything that has been previously prescribed. Certain herbs and holistic remedies are unsuitable to take if you are pregnant or nursing and must always be cleared by your doctor before use.

Disease Risk Assessment

Cardiovascular Disorders				
No.	Disease	Risk Index	Risk Level	Degree of risk
1	Thromboembolism	0	0	Low
2	Intracranial Aneurysm	0	0	Low
3	Peripheral Arterial Disease	0	0	Low
4	Atherosclerosis	0	0	Low
5	Atrial Fibrillation	0.57	1	Low
6	Hypertrophic Cardiomyopathy	0.75	4	Medium
7	Rheumatic Heart Disease	0.83	4	Medium
8	Abdominal Aortic Aneurysm	0.5	2	Low
9	High Blood Pressure	0.75	5	Medium
10	Cardiovascular Disease	0.25	1	Low
11	Dilated Cardiomyopathy	0	0	Low
12	Myocardial infarction	0	0	Low
13	Heart Failure	1.01	0	Low
14	Vascular Dementia	0.35	1	Low
15	Stroke	0	0	Low

Respiratory Disorders				
No.	Disease	Risk Index	Risk Level	Degree of risk
16	Tuberculosis (TB)	1.25	6	Medium
17	Pulmonary Fibrosis	0	0	Low
18	Chronic sinusitis	0	0	Low
19	Chronic Obstructive Pulmonary Disease (COPD)	1.29	6	Medium
20	Infections Of The Upper Respiratory Tract	0	0	Low
21	Asthma	0	0	Low
22	Lung Cancer	0.73	2	Low

Biliary Disorders

No.	Disease	Risk Index	Risk Level	Degree of risk
23	Non-alcoholic Fatty Liver	1.1	3	Low
24	Liver Fibrosis	0.38	1	Low
25	Cirrhosis	0.42	1	Low
26	Alcoholic Hepatitis	0	0	Low
27	Primary Biliary Cirrhosis	0.77	3	Low
28	Cancer Of Biliary Duct	0	0	Low
29	Chronic Pancreatitis	2	5	Medium
30	Pancreatic Cancer	0.73	4	Medium
31	Liver Cancer	0	0	Low
32	Gallbladder Cancer	0.81	2	Low
33	Gallstones	0	0	Low

Digestive Disorders

No.	Disease	Risk Index	Risk Level	Degree of risk
34	Crohn's Disease	0	0	Low
35	Ulcerative Colitis (UC)	0.6	3	Low
36	Chylous Diarrhoea	0	0	Low
37	Chronic Gastritis	0	1	Low
38	Gastric Ulcer	0	1	Low
39	Gastric Cancer	0.75	3	Low
40	Colon Rectal Cancer	0.8	3	Low

Cerebral/ Neurological Disorders

No.	Disease	Risk Index	Risk Level	Degree of risk
41	Cerebral Cancer	0.75	4	Medium
42	Schizophrenia	0.92	3	Low
43	Alzheimer's Disease (AD)	0.21	0	Low
44	Parkinson	0	0	Low

45	Obsessive Compulsive Disorder (OCD)	0	0	Low
46	Social Phobia	0.99	4	Medium
47	Diabetic Neuropathy	2.93	7	Medium-High
48	Neuroblastoma	0.96	3	Low
49	Multiple Sclerosis	0	0	Low
50	Sciatica	0	0	Low

Eye/Skin/Mouth/Nose/Ear Disorders

No.	Disease	Risk Index	Risk Level	Degree of risk
51	Age-related Macular Degeneration	1.5	0	Low
52	Glaucoma	0.62	3	Low
53	Diabetic Retinopathy	1.5	1	Low
54	Hearing Loss	0.5	2	Low
55	Otitis	0.75	3	Low
56	Skin Cancer	1.54	5	Medium
57	Malignant Melanoma	0	0	Low
58	Psoriasis	0	0	Low
59	Oral Cancer	1.54	4	Medium
60	Periodontitis	1	4	Medium
61	Laryngeal Cancer	1.85	8	Medium-High
62	Nasopharyngeal Cancer	0.89	3	Low
63	Esophageal Cancer	0.67	2	Low

Endocrine Disorders

No.	Disease	Risk Index	Risk Level	Degree of risk
64	Type-2 Diabetes	0.77	3	Low
65	Type-1 Diabetes	1.06	4	Medium
66	Hypercholesterolemia	1	4	Medium
67	Hyperlipidemia	0	0	Low
68	Thyroid Cancer	0	0	Low
69	Hypothyroidism	0.5	3	Low

70	Hyperparathyroidism	0.5	3	Low
71	Goiter	0.5	3	Low
72	Graves' Disease	0.8	2	Low

Urinary Disorders

No.	Disease	Risk Index	Risk Level	Degree of risk
73	IgA Nephropathy	0	0	Low
74	Chronic Kidney Disease	0.83	2	Low
75	Kidney Stones	0.82	4	Medium
76	Diabetic Nephropathy	0.31	1	Low
77	Bladder Cancer	0.73	3	Low
78	Renal Carcinoma	1.07	4	Medium

Musculo-Skeletal Disorders

No.	Disease	Risk Index	Risk Level	Degree of risk
79	Rheumatoid Arthritis	1.23	4	Medium
80	Ankylosing Spondylitis	0.75	1	Low
81	Osteoarthritis	0.73	3	Low
82	Osteoporosis	0.67	3	Low
83	Gout	1.7	4	Medium

Female-Related Disorders

No.	Disease	Risk Index	Risk Level	Degree of risk
84	Gestational Diabetes Mellitus	0.53	1	Low
85	Pre-eclampsia	0	0	Low
86	Endometriosis	0	0	Low
87	Endometrial Cancer	1.43	5	Medium
88	Breast Cancer	0.69	3	Low
89	Ovarian Cancer	1.55	3	Low
90	Carcinoma of Uterine Cervix	0	0	Low

Others

No.	Disease	Risk Index	Risk Level	Degree of risk
91	Lymphoma Cancer	0.42	1	Low
92	Hodgkin's Lymphoma	0	0	Low
93	Non-Hodgkin's Lymphoma	0	0	Low
94	Leukemia	0	0	Low
95	Aplastic Anemia	0	0	Low
96	Sjögren's Syndrome	0.62	2	Low
97	Systemic Lupus Erythematosus	1.12	4	Medium
98	Chronic Hepatitis B	0.42	1	Low
99	Myeloma Multiplex	1.45	3	Low
100	Resistance to HIV & AIDS	0.8	4	Medium

MAP MY GENE'S 100 PREDICTABLE DISEASES

EYE/SKIN/ MOUTH/NOSE EAR/HAIR

Glaucoma, Age-related Macular Degeneration, Diabetic Retinopathy, Skin Cancer, Malignant Melanoma, Psoriasis, Oral Cancer, Esophageal Cancer, Laryngeal Carcinoma, Nasopharyngeal Cancer, Periodontitis, Hearing Loss, Otitis, Male Pattern Hair Loss



CEREBRAL/NERVOUS

Cerebral Cancer, Alzheimer's Disease, Diabetic Neuropathy, Multiple Sclerosis, Neuroblastoma, Sciatica, Parkinson's Disease, Schizophrenia, Social Phobia, OCD



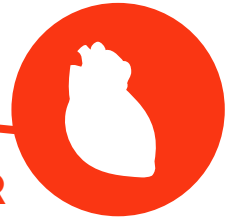
RESPIRATORY

Lung Cancer, Asthma, Chronic Obstructive Pulmonary Disease, Chronic Sinusitis, Infection of Upper Respiratory Tract, Pulmonary Fibrosis, TB



CARDIOVASCULAR

Cardiovascular Disease, Rheumatic Heart Disease, Heart failure, Stroke, High Blood Pressure, Abdominal Aortic Aneurysm, Atherosclerosis, Atrial Fibrillation, Dilated Cardiomyopathy, Hypertrophic Cardiomyopathy, Myocardial Infarction, Peripheral Arterial Disease, Thromboembolism, Vascular Dementia, Intracranial Aneurysm



BILIARY

Liver Cancer, Gallbladder Cancer, Gallstones, Alcoholic Hepatitis, Bile Duct Cancer, Cirrhosis, Non-alcoholic Fatty Liver, Primary Biliary Cirrhosis, Liver Fibrosis, Pancreatic Cancer, Chronic Pancreatitis



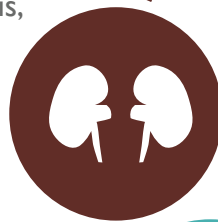
DIGESTIVE

Colon Rectal Cancer, Gastric Cancer, Gastric Ulcer, Chylous Diarrhea, Ulcerative Colitis, Crohn's Disease, Chronic Gastritis



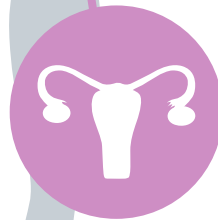
URINARY

Chronic Kidney Disease, Kidney Stone, Bladder Cancer, Diabetic Nephropathy, IgA Nephropathy, Pre-eclampsia, Renal Carcinoma



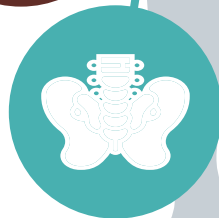
REPRODUCTIVE/ ENDOCRINE

Ovarian Cancer, Prostate Cancer, Cervical Cancer, Testicular Cancer, Endometrial Cancer, Endometriosis, Benign Prostatic Hyperplasia, Breast Cancer, Type-1 Diabetes, Type-2 Diabetes, Hypercholesterolemia, Hyperlipidemia, Thyroid Cancer, Hypothyroidism, Hyperparathyroidism, Gestational Diabetes, Goiter, Graves' Disease



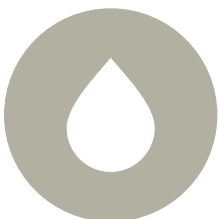
MUSCOLO-SKELETAL

Rheumatoid Arthritis, Amyotrophic Lateral Sclerosis, Ankylosing Spondylitis, Osteoarthritis, Osteoporosis, Myasthenia Gravis



OTHERS

Lymphoma Cancer, Hodgkin's Lymphoma, Non-Hodgkin's Lymphoma, Sjögren's Syndrome, Systemic Lupus Erythematosus, Aplastic Anemia, Leukemia, Chronic Hepatitis B, Gout, Hemochromatosis, Myeloma Multiplex, Resistance to HIV & AIDS



Laryngeal Cancer

General Information

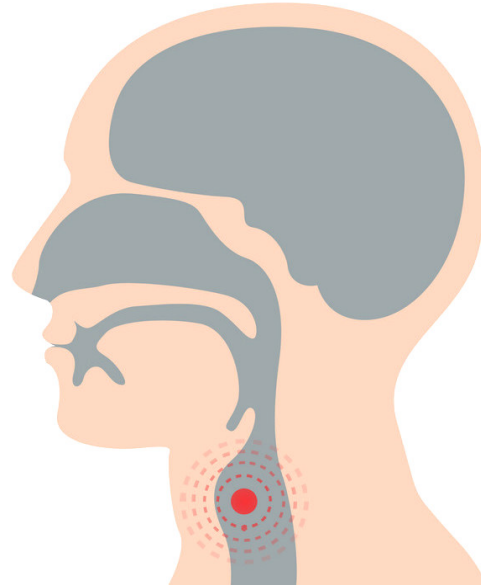
Laryngeal cancer is a type of **throat cancer** that affects your larynx. The larynx is the top part of the windpipe (trachea). It is about 5 cm long and is sometimes called the voice box. You can see and feel the front part of the larynx as the Adam's apple on the front of the neck, just below the chin. It contains cartilage and muscles that enable you to talk. This type of cancer can damage your voice. When not treated quickly, it may spread to other parts of your body.

There are different types of laryngeal cancer:

- **Squamous cell carcinoma** of the larynx occurs in more than 9 in 10 cases. This type arises from cells which are on the inside lining of the larynx.
- **Other types.** There are some rare types of cancer which arise from other types of cells within the larynx. For example, adenocarcinoma of the larynx arises from cells in the tiny glands in the wall of the larynx that make mucus. There are some other very rare types.

Signs and Symptoms

A hoarse voice is often the first symptom because most cancers of the larynx first start on, or close by, a vocal cord. The problem is, a hoarse voice is a common symptom of a viral infection of the larynx (laryngitis). Most people with hoarseness do not have cancer. However, laryngitis usually clears within a week or so. Therefore, see a doctor if you develop a hoarse voice which does not go within 2-4 weeks. Other symptoms that may occur as the tumour grows in the larynx include: a lump in the throat, pain in the throat when swallowing, difficulty with breathing.



Risk Factors

Although it is not clear exactly what causes throat cancers, the cancerous cells develop when genetic mutations allow the cells to grow uncontrollably to form tumors (masses of cancer cells) that may metastasize (spread) to other areas in the body. Some of the factors that can lead to genetic mutations in the cells of the throat include:

- Smoking. The damaging smoke passes through the larynx to get to the lungs.
- Drinking a lot of alcohol, especially spirits.
- Long-term exposure to certain chemicals, fumes or pollutants may irritate the larynx if you breathe them in and may increase the risk.
- Human papillomavirus (HPV) has been shown in some studies to be associated with cancer of the larynx.



A hoarse voice



Lump/ Pain in Throat



Difficulty with breathing

All the symptoms can be due to other conditions, so tests are needed to confirm the diagnosis.

Laryngeal Cancer

Diagnosis



Diagnosing laryngeal cancer begins with your medical history. If you have potential cancer symptoms, your physician will examine you carefully and begin a series of tests. The first test performed is usually a laryngoscopy. A physician will use either a small scope or a series of mirrors to examine the larynx. If any abnormalities have been found, a biopsy may be performed. A laboratory can test this small tissue sample for cancer. Imaging tests aren't a common method to diagnose laryngeal cancer. However, tests such as a CT scan or MRI scan can help a physician tell if cancer has spread.

Treatment



Treatment options will depend on the extent of the cancer. A physician may use radiation therapy or surgery in the earliest stages of treatment. Surgery is a common method for tumor removal. Then, radiation therapy tries to kill any remaining cancer cells. A physician may prescribe radiation therapy alone to treat small cancers. Chemotherapy is another type of cancer treatment. It can: destroy remaining cancer cells after surgery and radiation, treat advanced cancer along with radiation when surgery isn't appropriate, treat symptoms of advanced cancers that can't be fully removed.

Prevention



It's thought that most laryngeal cancers can be prevented by adopting a healthy lifestyle. Avoiding tobacco products, cutting down on alcohol, and having a healthy diet are particularly important in reducing the chances of developing the condition. Also, protect yourself from HPV. Some throat cancers are thought to be caused by the sexually transmitted infection human papillomavirus (HPV). Other preventive measures include:



Stop smoking



Avoiding alcohol and eating more fruits and vegetables



Exercising regularly



Avoiding over-exhaustion of vocal cord



Using an air purifier is recommended



Nutritional Recommendations: Vitamin A, C, E, Selenium, Garlic, Propolis, Echinacea and CoQ10.

Avoid sweet, hearty and acidic foods such as coffee, chocolate, carbonated drinks, French fries, etc. Avoid eating too much irritant foods such as chilli and pepper.

Avoid drinking beverages or soups which are too hot in temperature.

Increase fluid intake is helpful to the protection of vocal cord. (drink 1600~2000 ml of water daily).

Diabetic Neuropathy

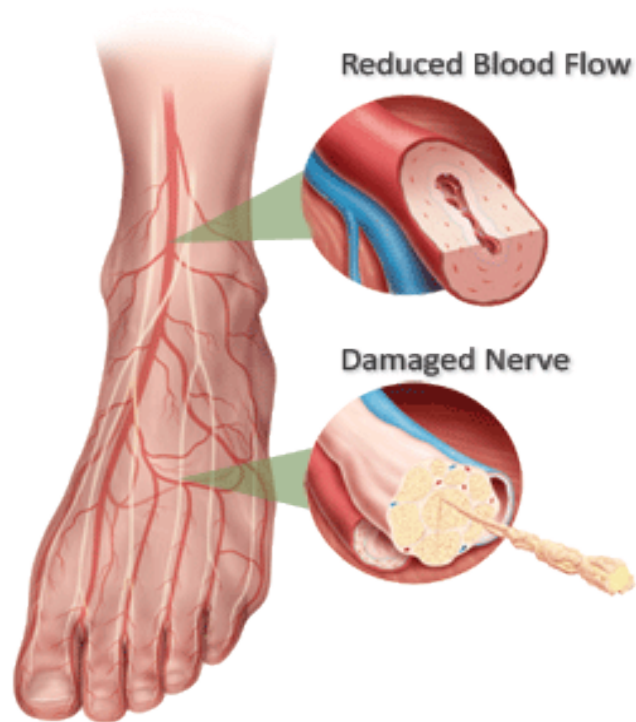
General Information

Diabetic neuropathy, or nerve damage caused by diabetes, is one of the most common known causes of neuropathy. It is one of many complications associated with diabetes, with nearly 60 percent of diabetics having some form of nerve damage. When sugar-based complexes build up in the vessel walls in blood vessels, the blood flow will be reduced. This deprives the nerve cells of oxygen, causing nerve damage or even nerve cell death. Diabetic Neuropathy is a progressive disease, and symptoms worsen over a number of years.

Neuropathy can affect any nerve in the body, but especially the nerves of the ganglia, the outside of the skull, the spinal cord, and those that impact the functioning of fundamental organs, such as the heart, bladder, intestines, and stomach.

There are four main types of neuropathy, and they are:

- **Peripheral neuropathy**, which affects the feet and hands, is the most common form of diabetic neuropathy.
- **Autonomic neuropathy**, which mainly affects the digestive tract but also causes damage to the blood vessels, urinary system, and sex organs.
- **Proximal neuropathy**, which affects the legs. It often causes trouble standing up after sitting for long periods and requires the individual to get assistance while doing simple day-to-day activities.
- **Focal neuropathy**, in which damage can occur in any nerve or any group of nerves. It may occur somewhat sporadically, causing double vision, aching behind one eye, and pain in a specific and localized part of the body.



Risk Factors

Diabetes is the most common cause of peripheral neuropathy. But neuropathy can result from other causes as well. These include:

- Poor blood sugar control. Elongated blood glucose levels can cause damage to nerve fibers throughout the body.
- Vitamin deficiencies, particularly vitamin B1, B12 and folate deficiency.
- Vascular disorders: Neuropathy can occur when blood flow to the arms and legs is hindered by inflammation, blood clots, or other blood vessel disorders.
- Excessive alcohol intake, which robs the body of thiamine and other essential nutrients, leading to neuropathy in the arms and legs.
- Chronic tobacco use, which narrows and hardens the arteries, reducing blood flow to the legs and feet.
- Kidney damage, which can limit the proper excretion of certain toxins and lead to nerve damage.

Diabetic Neuropathy

Signs and Symptoms

The most common form of neuropathy is peripheral neuropathy. Peripheral neuropathy usually affects the feet and legs, but it can also affect the arms or hands. Symptoms are varied, and can be mild to severe. They include numbness, tingling or burning sensations, extreme sensitivity to touch, pain or cramping.



Numbness



Tingling or burning sensations



Sensitivity to touch



Pain or cramping

Diagnosis



A physician will carry out a physical examination and do a foot exam to check for ankle reflexes, level of sensitivity to vibration, temperature, and touch, heart rate, blood pressure, skin texture, and muscle tone. Other tests may include an ultrasound of affected organs or a check of blood pressure or heart rate variability.

If the doctor suspects diabetic neuropathy, the patient may undergo some diagnostic tests, such as an electromyogram (EMG), which records the electrical activity in the muscles, or a nerve conduction velocity test (NCV), which records the speed at which induced signals pass through the nerves.

Treatment



Diabetic neuropathy worsens over time. The first step for neuropathy is to get blood sugars under control and to manage high blood pressure and cholesterol levels.

If diabetes is well controlled, and glucose levels are kept within a healthy range throughout the day, the risks of diabetic neuropathy can be minimized. A very important part of treatment focuses on reducing pain and controlling some of the symptoms.

Some drugs and physical therapy, as well as other treatments, can help to control the pain caused by diabetic neuropathy.

Diabetic Neuropathy

Prevention



Lifestyle choices can play a role in preventing diabetic neuropathy. The most important thing is to keep blood sugar levels under control. You can lessen your risk for many of these conditions by avoiding alcohol, correcting vitamin deficiencies, eating a healthy diet, losing weight, stop smoking, and exercising regularly. If you have kidney disease, diabetes, or other chronic health condition, it is important to work with your healthcare provider to control your condition, which may prevent or delay the onset of diabetic neuropathy.



Monitoring blood glucose levels



Exercising regularly



Stop smoking



Avoiding alcohol and correcting vitamin deficiencies



Maintaining a healthy bodyweight



Nutritional Recommendations: Baby Bittergourd, Fiber, Propolis, B Complex, Omega 3 Oil and Fenugreek.

Try to avoid foods that have a high content of fats and calories.

Add fresh fruits and lots of vegetables to your diet.

Avoid high sugar content foods like candy bars, pastries and even carbo rich foods such as rice, noodles and bread.

Use a variety of fruits and vegetables and start by including 5 different vegetables and fruits every day in your meals.

Take large doses of vitamin B complex and antioxidants to alleviate nerve damages.

Exercise is extremely important as oxygen is required to metabolize your body's blood sugar into energy. Without sufficient Oxygen, blood sugar cannot be broken down.

Drink at least 6-8 glasses of purified water a day as water contains a fair amount of Oxygen. Purified water is strongly recommended.

Take supplemental fiber right after a sugar/carbo rich meal to help bind and get rid of the sugar you have just taken into your body.