

Should you have your genes screened?

Genetic tests promise to be beneficial for weight loss, disease treatment and more, but are these tests really worth it, and should you consider having your genes screened?



"Genetic testing produces invaluable information that is useful to both patients as well as their treating physicians," explains Dr Graham Duncombe, a medical practitioner with Skin, Body & Health Renewal in Cape Town and KwaZulu-Natal. "It reveals potential gene variations which place a patient more at risk for the development of certain cancers, such as oestrogen-dependent cancers and colon cancers.

"Information gained can also equip a patient with the knowledge of how sensitive their body is to salt, caffeine, sugar and saturated fats. Patients can plan a personalised diet based on their genetic findings."

Using two local genetic testing companies (DNAnalysis in Gauteng and Gknowmix in Cape Town), Skin, Body & Health Renewal offers a variety of tests which provide information for, among other things, the genetic risk of developing nerve disorders such as multiple sclerosis and chronic diseases like high cholesterol, diabetes and osteoporosis, as well as the most likely response a patient will have to certain medications and chemotherapy. Other tests evaluate cardiovascular health, sporting potential and susceptibility to soft tissue injuries.

To read the full article visit: <http://www.health24.com/News/Medical-Trials/should-you-have-your-genes-screened-20160314>