Mindful DNA

Dönüşümü kabul edin

Genetik testlerle kişiselleştirilmiş sağlık.
Akıl ve beden arasındaki boşluğu kapatmak.





Sistem biyolojisinden ilham alındı

Biyolojik sistemlerin karmaşıklığı şaşırtıcı, ama bu hastalarınız için ne anlama geliyor? Bizim için bu, tüm insanı, parçalarının toplamından çok daha büyük bir şey olarak anlamak ve tedavi etmek anlamına gelir.

Mindful DNA™, sağlık ve sıhhati etkileyen gen ağlarındaki varyasyonu tanımlamak için sistem biyolojisini ve Etki alanları Felsefemizi kullanan genetik bir testtir. Test, Genomind'in beyin sağlığı konusundaki uzmanlığı ve zihin-beden bağlantısının önemine dair temel inancı üzerine kuruludur.

Etki alanı Filozofisi

Mindful DNA, genel sağlık ve sağlıklı yaşam için kritik olan birbirine bağlı moleküler yolakları etkileyen altı fonksiyonel alandaki benzersiz genetik varyasyonları ve polimorfizmleri tanımlar. Bu sistem yaklaşımı, sağlık genetiğinde indirgemeci düşüncenin eksikliklerinden kaçınır ve her hasta için benzersiz sağlıklı yaşam planları hazırlamanıza izin verir.

Algı & Zihinsel Keskinlik

Hafıza, odaklanma, algı ve ruh hali yönetici işlevini etkileyen bir sistemdir. Bu sistemin altında yatan gen ağındaki değişkenlik, bilişsel bulutlanmaya ve düşüşe neden olabilir.

Stres & Duygusal İyi Hissetme

"Dövüş ya da kaç" tepkisi hormonal sinyalleşme ile modüle edilir. Bu sinyal yolağının bileşenlerinde genetik çeşitlilik, PTSD gibi fiziksel ve psikolojik hastalık riskini etkileyebilir.

Kardiyometabolik

Lipid metabolizmasındaki genetik polimorfizmler, düzenleyici proteinler ve inflamasyon, kalp hastalığı, felç ve hipertansiyon riskini değiştirebilir.

İnflamasyon

Bağışıklık sisteminin düzensizliği, doku onarımı ve genetik varyasyona bağlı rejenerasyon sistemleri enfeksiyon, nörodejenerasyon, obezite ve aterosklerozda rol oynayabilir.

Gastrointestinal (GI) & Immün

GI yolun bağışıklık sisteminin bileşenlerinde genetik değişkenlik, mikrobiyomu (dysbiosis) bozabilir, besin emilimini ve metabolizmasını etkileyebilir ve enflamatuar bozukluk riskini artırabilir.

Uyku

Sirkadiyen ritimleri ve uyarıcı nörosignalizasyonu etkileyen genlerdeki farklılıklar uyku düzenlerini ve nöroplastisite, hormonal denge, doku rejenerasyonu, duygudurum dengesi, yürütücü işlev ve genel refah gibi diğer işlevleri etkileyebilir.

Sistemli düşünme

Mindful DNA; genler, moleküler yollar ve fizyoloji arasındaki bağlantılar hakkında ilerici düşünmeyi sağlar. Altı alan, genel sağlığı etkileyen karmaşık biyolojik sisteme destek olur.

Önemli biyolojik tepkileri düzenleyen birkaç ana moleküler yolak, altı alandan birini veya daha fazlasını etkiler. Mindful DNA testinin sistem yaklaşımı, hastanın genel sağlık profilinin farklı yönlerini ortaya çıkarmak ve klinik kararları alabilmek için bu yolları etkileyen anahtar genlerdeki genetik çeşitliliği tanımlar.

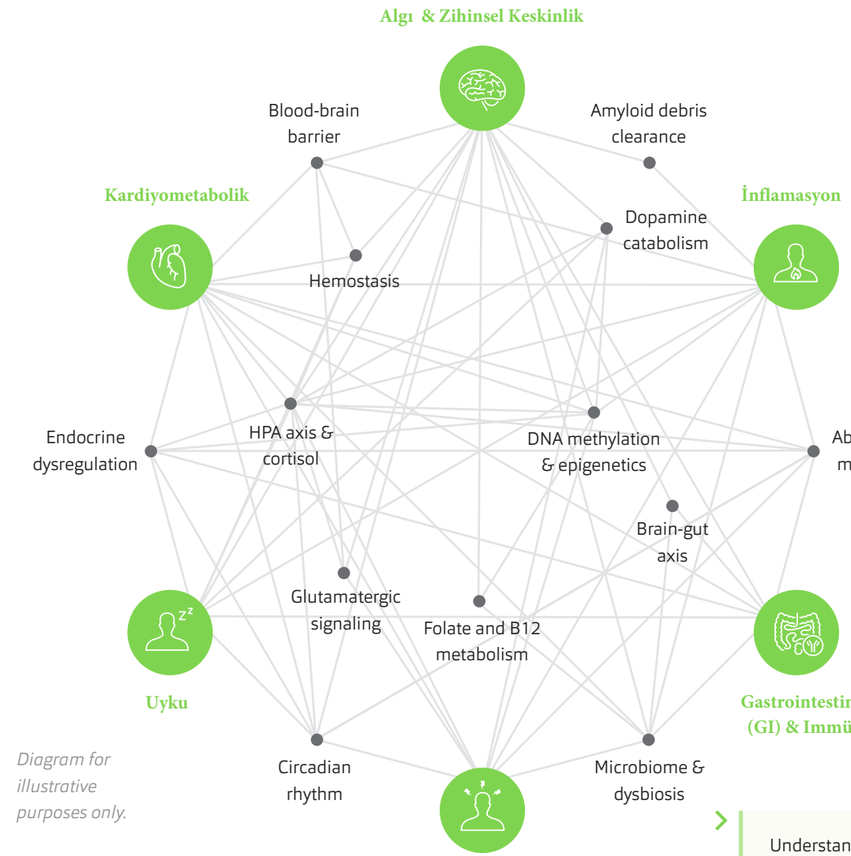


Diagram for illustrative purposes only.

Understanding the effects of genomic variability across the Mindful DNA network helps evaluate individual risk for health and wellness issues, and lets you be proactive about disease management and prevention.

Illuminating a network

Mindful DNA's systems approach to health and wellness can be understood through the DNA methylation and epigenetics network found within the domain system.

Understanding the effects of individual variability in this network and others can give you a richer understanding of your patients' unique health profiles.

Epigenetics Reconsidered

The metabolic interface between folate and vitamin B12 is the conversion of homocysteine to methionine, an important intermediary in DNA methylation. Methionine is further converted into S-adenosylmethionine (SAMe), an essential mediator of epigenetic regulation and monoamine metabolism.

So What?

Several genes analyzed by Mindful DNA have been shown to impact these pathways. Variability in these genes can result in dysregulation of critical processes, leading to physical or neurological disturbances.

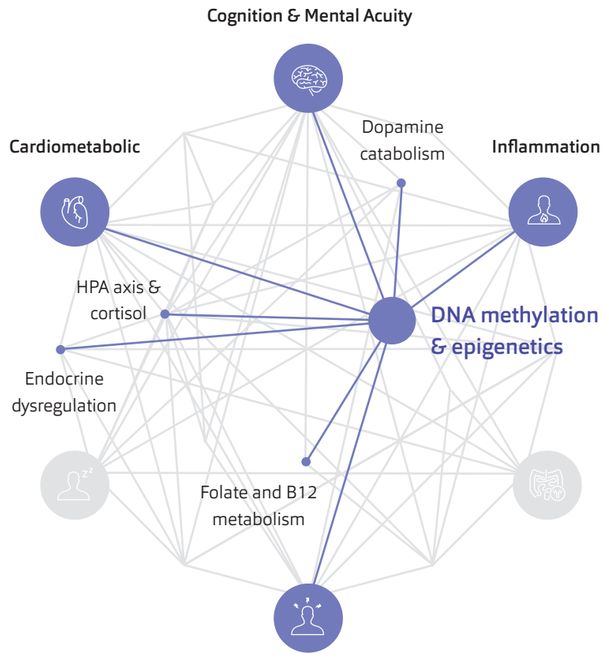
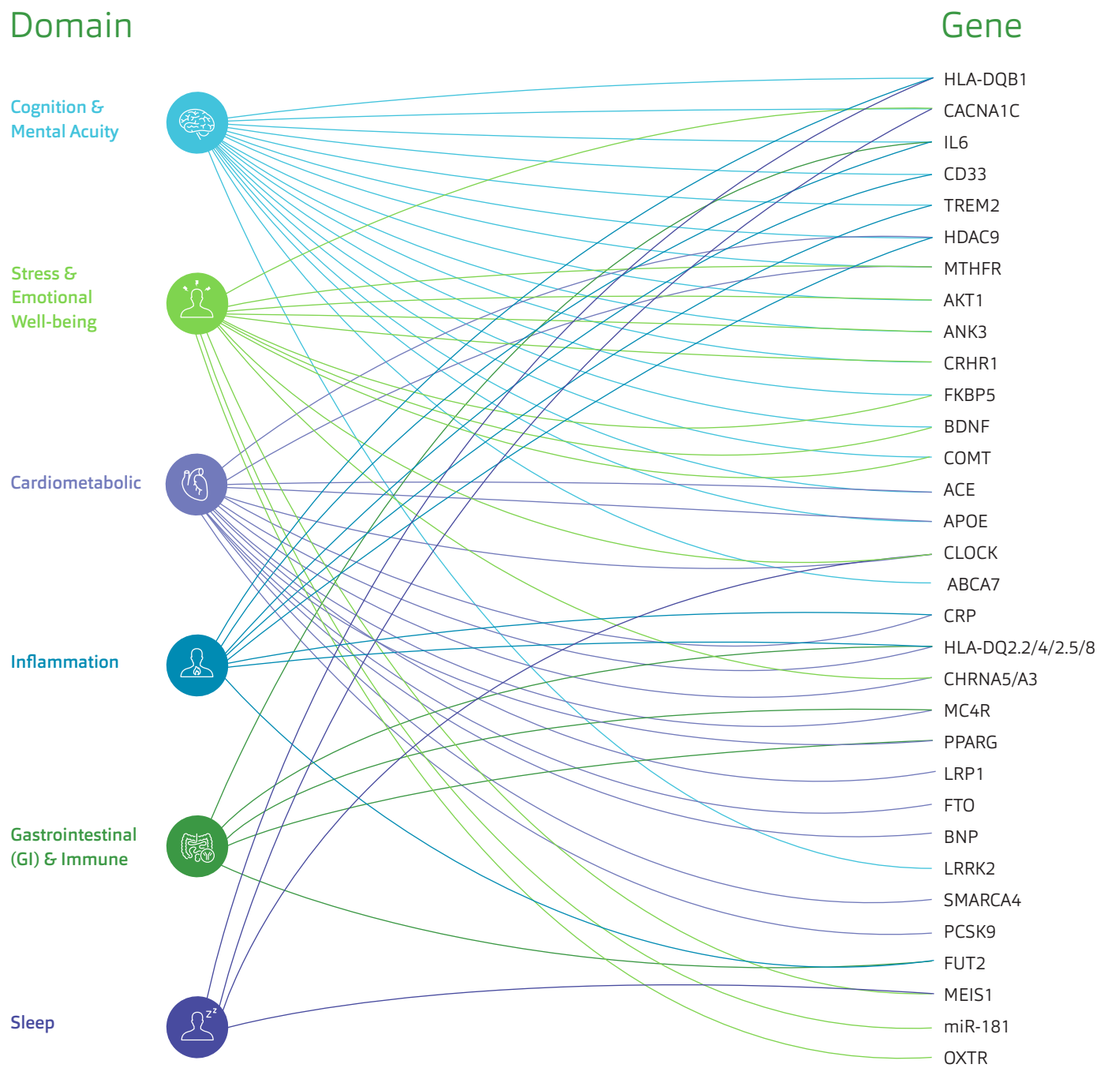


Diagram for illustrative purposes only.

Finding connections

Mindful DNA tests for variation in 32 genes across its six domains. Nearly every gene plays a role across multiple domains, constituting a comprehensive, personalized genomic profile designed to inform clinical decision making.

Explore the relations between the domains and the genes tested by Mindful DNA below, and refer to the table that follows to learn about their significance.



Gene & Protein	Variant Impact
ABCA7 ATP-binding cassette	Variants in ABCA7 are associated with dysregulated lipid transport and clearance of amyloid β, increasing the risk of cognitive decline and late-onset Alzheimer's disease.
ACE Angiotensin I converting enzyme	Variants that induce increased expression of ACE are associated with increased risk of hypertension, metabolic syndrome and stroke.
AKT1 AKT serine/threonine kinase 1	Studies suggest a strong correlation between psychotic disorders and cannabis use in patients with a polymorphism in AKT1, which affects dopamine signaling.
ANK3 Ankyrin G	ANK3 encodes ankyrin G, a protein that binds to several ion channels to assemble and stabilize voltage-gated sodium channels in neuronal membranes. Alterations in this protein may disrupt neuronal excitation and may affect mood, attention or working memory.
APOE Apolipoprotein E	A large body of evidence implicates alterations in this gene as significant risk factors for late-onset Alzheimer's disease and atherosclerosis, with possible links to inflammatory etiology.
BDNF Brain derived neurotrophic factor	Reduced cleavage of the ProBDNF protein domain due to genetic variability is associated with impaired working memory, mood lability, dysregulated stress response and reduced neuroplasticity after traumatic brain injury.
BNP B-type natriuretic peptide	Variants of BNP and NT-proBNP disrupt systemic hemodynamic and metabolic functions, increasing the risk of hypertension, type II diabetes and all-cause mortality.
CACNA1C Cav1.2 voltage-dependent L-type calcium channel a1C subunit	Genetic variation in CACNA1C has been associated with depression, schizophrenia, autism spectrum disorders and changes in brain function and structure.
CD33 Sialic acid binding Ig-like lectin 3	CD33 modulates monocyte-derived inflammatory processes. Increased cell surface expression of CD33 down-regulates myeloid and glial cell clearance of amyloid β, and increases the risk of developing late-onset Alzheimer's disease.

Gene & Protein	Variant Impact
CHRNA5/A3 Cholinergic receptor, nicotinic, alpha 5, & alpha 3, beta 5 subunits	Certain variations in this gene cluster alter sensitivity to nicotine, and are strongly associated with nicotine dependence and difficulty with smoking cessation.
CLOCK Circadian locomotor output cycles kaput	Dysregulation of the circadian rhythm due to altered CLOCK expression may be associated with increased risk of metabolic syndrome, likely due to disrupted sleeping patterns, mood and appetite.
COMT Catechol-O-methyltransferase	Lower COMT activity leads to increased dopaminergic tone in the frontal cortex, which is associated with increased executive function, as well as anxiety and cognitive perseveration. Conversely, increased activity of COMT leads to decreased dopaminergic tone and may be associated with poor working memory and focus.
CRHR1 Corticotropin-releasing hormone receptor	Dysregulation of CRH is associated with altered cortisol response, impaired working memory and increased risk of developing psychiatric disorders following severe trauma.
CRP C-Reactive protein	Polymorphisms associated with increased serum CRP, an acute phase reactant to inflammation and tissue damage, are a significant risk factor for heart disease.
FKBP5 FK506-binding protein 5	Polymorphisms of FKBP5 are associated with altered cortisol levels in the context of stress, impaired working memory, cognitive decline and increased risk of developing psychiatric disorders following severe trauma.
FTO Alpha-ketoglutarate-dependent dioxygenase	FTO variants are associated with metabolic syndrome presenting with obesity, elevations in fasting insulin, fasting glucose and elevated serum lipids.
FUT2 Fucosyltransferase 2	Reduced activity of FUT2 may facilitate overproliferation of harmful flora, and increase the risk of certain inflammatory GI conditions.

Gene & Protein	Variant Impact
HDAC9 Histone deacetylase 9	Overexpression of HDAC9 has been associated with increased carotid artery intima-media thickness and presence of plaque, leading to increased risk of stroke.
HLA-DQ2.2/4/2.5/8 Celiac risk haplotype	A large body of evidence identifies this combination of variants, or haplotype, as being a risk factor for developing celiac disease.
HLA-DQB1 Human leukocyte antigen, class II, DQβ1	This variant may increase the risk of auto-immune pathology linked to narcolepsy and multiple sclerosis.
IL6 Interleukin-6	Polymorphisms in this gene significantly impact IL6 expression and are associated with increased risk of developing inflammatory conditions.
LRP1 Low density lipoprotein receptor-related protein 1	This protein regulates glucose metabolism in the brain, signaling of NMDA (glutamate) receptors and may play a role in vascular homeostasis. Variants are correlated with risk of migraine.
LRRK2 Leucin-rich repeat kinase 2	Mutations in LRRK2 exacerbate oxidative stress-induced mutations in neuronal death. This variant has been associated with an increased risk of familial and sporadic Parkinson's disease.
MC4R Melanocortin 4 receptor	Altered MC4R signaling results in dysregulation of satiety and metabolism with a corresponding risk of metabolic syndrome.
MEIS1 Meis homeobox 1	Altered MEIS1 expression is strongly linked to restless leg syndrome, which may be due to its role in iron metabolism and transport.

Gene & Protein	Variant Impact
miR-181 Non-coding mRNA	miR-181 has been shown to impact the development of neurons and anti-inflammatory signaling via IL10. Altered expression of miR-181 impacts resilience to environmental stress and general positive affect.
MTHFR 5,10-methylenetetra-hydrofolate reductase	Variants that reduce this enzyme's activity result in elevated levels of homocysteine and increased risk of multiple pathologies including depression and mood instability.
OXTR Oxytocin receptor	Polymorphisms are associated with modulation of the stress response and decreased prosocial behavior. These variants also seem to impact resilience to social adversity (eg, negative social pressure or childhood maltreatment).
PCSK9 Proprotein convertase subtilisin/kexin type 9	This enzyme is involved with low density lipoprotein (LDL) processing. Disruptions in this process are associated with an increased risk of dyslipidemia and myocardial infarction.
PPARG Peroxisome proliferator-activated receptor gamma	Variants in this gene may alter fatty acid oxidation and are associated with increased risk of dyslipidemia, obesity and type II diabetes.
SMARCA4 Catalytic subunit of the SWI/SNF chromatin-remodeling complex	Alterations in SMARCA4 influence expression of nearby genes encoding lipid receptors, and have been shown to increase risk of hyperlipidemia, atherosclerosis and myocardial infarction.
TREM2 Triggering receptor expressed on monocytes 2	Variants of this gene are associated with a 3-to 5-fold increased risk of Alzheimer's disease due to decreased clearance of neural debris.

Simple test, fast results

Our testing process is simple and efficient. All you need is a test kit, and our laboratory delivers the results report to you quickly.

1 **Collect**

Perform an in-office cheek swab after filling out and reviewing the Consent Form with your patient.

2 **Ship**

Send the completed Consent Form and collected sample with the included prepaid return envelope.

3 **Interpret**

Our CLIA and CAP-certified lab performs the testing and returns the report via a secured portal within 8-10 days.

4 **Review**

Discuss Mindful DNA results with your patient and craft a personalized treatment plan.

Discover the possibilities

Add genetics to your clinical approach and care for your patients like never before

Think differently with Mindful DNA

- Uncover potential variations in pathways critical to health and wellness
- Identify health risks that may only be detectable with genetic testing
- Deliver deeply personalized, integrative care to every patient
- Empower patients to see their health holistically and take action to improve it
- **Testing is simple and quick.** Sample collection in your office by cheek swab and results in 10 days or less.

How to order

Mindful DNA is paid for by patients.
Here's how to get started:

Through a Representative

Contact your Genomind Representative to learn more.

Online

Complete our order form to receive test kits at:
genomind.com/orderMindfulDNA

By Email

customerservice@genomind.com

By Phone

(877) 895-8658

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Genomind is a unique personalized medicine company that brings innovation to healthcare around the world. Comprised of pioneering scientists and thought leaders in brain health and genetics, Genomind delivers actionable insights to clinicians, healthcare partners and individuals to improve the quality of human life.