Genomic Health Insights

strand GENOMIC WELLNESS

# Bring the power of genomics to your wellness journey

## Genomic Health Insights

22 YEARS & COUNTING

Genomic Health Insights

strand GENOMIC WELLNESS

## I am healthy, why do I need to sequence my genome ?

***Screen Early, Treat Early***

- 2-3% of healthy individuals we have sequenced have a mutation that increases their lifetime risk of cancer substantially (e.g. Mostly breast/ovarian cancer or colon cancer, but also prostate/pancreatic etc).
- 1 in 500 individuals have mutations that render them at risk for various heart conditions, called cardiomyopathies & channelopathies. These conditions may be clinically silent without any overt symptoms. Their impact could vary from benign at one extreme to sudden death in some cases at the other extreme.
- 25% of healthy individuals whose genomes we have sequenced are silent carriers of mutations that cause serious disease (e.g. Cystic Fibrosis, Beta-Thalassemia, etc. There are a few thousand such diseases).
- At 25 million births p.a., we can reduce disease burden by 25,000 - 250,000 annually if everyone were to get their genomes sequenced while planning their families.

***Early Detection, Better Treatment***

- Current medical protocols can help control this risk in those who harbour a mutation in genes associated with inherited cancer.
- Publications estimate 2,50,000 lives can be saved in India alone if, all adult women were tested and those with increased risks are monitored carefully.
- Continued monitoring of those with such mutations is key for early intervention and better health outcomes.

## Why Choose Strand Genomic Health Insights?

- Genomic Health Insights is a state-of-the-art genomic test to provide valuable insights into an individual's health.
- Next Generation Sequencing (NGS) technology and proprietary bioinformatics tools are used to extract genetic information.
- A large panel DNA Sequencing effort with results for scientifically curated and ACMG recommended gene lists (over 250+ disorders) delivered over an easy-to-use software interface.
- Detailed information about risk factors for various genetic disorders and gene-pharmaceutical drug interactions are reported.
- Enhances individual's awareness of their genetic risks to certain conditions.
- Enables proactive instead of reactive health monitoring.

Genomic Health Insights

strand GENOMIC WELLNESS


**Hereditary Cancer Risk**

Evaluates cancer risk in an individual for early detection & management.

**Pharmacogenomics Assessment**

Helps evaluate personalised medication response & guides optimized drug therapy to minimize drug toxicity & enhance quality of life.

**Hereditary Cardiovascular Disease**

Analyzes risk of adult/late onset heart disease to enable early surveillance & Disease management.

**Carrier Risk Screening**

Evaluates couples for the risk of genetic disorders in their children, enabling informed decisions and proactive family planning.

**Hereditary Metabolic Disorders**

Predicts adult & late onset metabolic diseases and enables family risk evaluation.

## Hereditary Cancer Risk Report

- Approx 10-20% of some cancers are hereditary. This means that in these cancers, gene variations are passed on from one generation to the next. This number is believed to be an underestimate given the hitherto non-equitable access to gene testing.
- Doctors may suggest risk reducing interventions in those with high hereditary risk.
- Cancers detected early have better outcomes.
- Genetic testing is an important decision support tool for providing a personalized approach to understanding and managing an individual's inherited cancer risk.

**Benefits**

- Predicting the risk of developing cancer.
- Estimating risk in family members.
- Instituting early surveillance measures for future disease onset.

Genomic Health Insights

strand GENOMIC WELLNESS

## Hereditary Cardiovascular Disease Report

- According to the Global Burden of Disease study, nearly a quarter of all deaths in India are attributable to Cardiovascular Disease (CVD). CVD is the largest cause of death in Indians.
- Genetics can influence the risk for heart disease in many ways. Genes are known to control various aspects of the cardiovascular system.
- Many cardiac disorders can be inherited, including cardiomyopathies, arrhythmic disorders, aortic aneurysms and high cholesterol levels (familial hypercholesterolemia).

**Benefits**

- Evaluating the risk of developing adult & late onset cardiovascular disease.
- Evaluating risk in family members.
- Instituting early surveillance measures as suggested by your doctor for future disease prevention.

## Hereditary Metabolic Disorders or Inborn Errors of Metabolism (IEM) Report

- Inborn errors of metabolism (IEM) are a diverse group of disorders caused by a variations in genes involved in metabolic pathways.
- To date, more than 1000 different inborn metabolic errors have been identified. IEMs are individually rare, but collectively common, affecting every 1/1000 people.
- Your doctor may be able to use genomic variation information to access any action needed.
- It is a misconception that IEMs only manifest at young age. Sometimes it takes years before a toxic metabolite accumulates, and this leads to a time lag in manifesting symptoms.
- Also an individual that is exposed to extreme environmental stressors (e.g., marathon, pregnancy), can exhibit symptoms later in life.

**Benefits**

- While most IEMs are early onset, one can predict the risk of developing adult and late onset disease.
- Risk estimation in family members.

Genomic Health Insights

strand GENOMIC WELLNESS

## Carrier Risk Report

- Carrier risk evaluations look for genomic variation that may not manifest as disease in the individual being studied but could cause disease in their children.
- To understand the "carrier" status of an individual has great benefits especially when planning to have children.
- Genetic disorders are a major public health burden, a cause of suffering for families, and a source of significant expenditure for parents.

**Benefits**

- Carrier screening can identify couples at risk and provide a basis for genetic and reproductive counseling, which can drastically decrease disease incidence.

## Pharmacogenomics Assessment Report


- Pharmacogenomics helps to identify the right drug for the right person.
- Genomic variation influences how individuals respond to various drugs and this knowledge allows a clinician to tailor treatment to an indi vidual's genetic composition.

**Benefits**

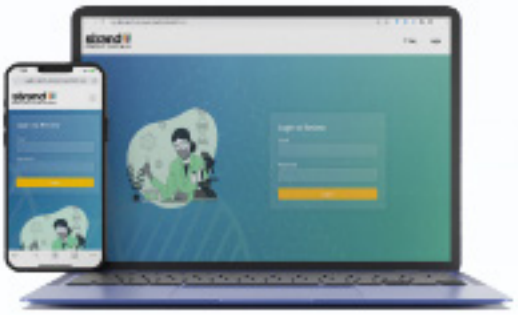
- Cataloging drugs that may be toxic to a person even if beneficial and evaluating the drug landscape for alternatives.
- Cataloging drugs that may neither be beneficial nor toxic thus avoiding unnecessary costs.
- Cataloging drugs that may be beneficial and non toxic.

Genomic Health Insights

strand GENOMIC WELLNESS

## Genetic Insights at your fingertips: Empowering you With the GHI Dashboard

- Unprecedented access to your genetic profile.
- Intuitive web portal for effortless exploration of your genetic information.
- Personalised statistics and real-time updates help you stay up-to-date with the latest genetic insights.
- Empowers you to proactively manage your health and well-being.
- Access to curated blogs, scientific articles, video content and much more.



## Understand GHI Results - Complimentary Genetic Counseling included

- Our dedicated team of expert genetic counselors are here to support you in understanding their GHI results thoroughly.
- With their guidance, you can navigate the complexities of your genetic profile, gain valuable insights into potential health implications, and receive personalized recommendations.
- By offering this invaluable service, we empower you to make informed decisions about your well-being and take proactive steps towards a healthier future.

## Genetic Information Confidentiality & Data Privacy

- Utmost concern for privacy and control.
- Consent-based sample collection.
- Secure data storage.
- Non-disclosure policy.
- Compliance with data protection regulations.

Genomic Health Insights

strand GENOMIC WELLNESS

## From Sample to Insights: A Seamless Journey

The GHI program has been specifically developed to prioritize accessibility and user-friendliness for you. Our dedicated team is committed to providing exceptional support and guidance, ensuring a seamless testing process from start to finish.

**STEP 1**

**Seamless Test Registration**

QR code scanning for effortless test enrollment

**STEP 2**

**Hassle-Free Saliva/Blood Sample Collection**

Empowering you with door-step pick-up

**STEP 3**

**Precise DNA Analysis**

Advanced genetic profiling in our genomics laboratory

**STEP 4**

**On-Demand Test Result Access**

Access your test results anytime from anywhere in the world

**21 Days**

Scan for more information

Scan for video

strand GENOMIC WELLNESS

UAS Alumni Association Building, Bellary Road, Hebbal, Bengaluru - 560024.

+91 9980448044 hello@strandls.com strandls.com