LIFESTYLE GENOMICS

Category Summary

CVD

9.0

Atherosclerosis

7.0

Atrial Fibrillation

5.9

Cardiomyopathy

9.0

Coronary Artery Disease

7.0

Coronary Heart Diseases

5.9

Myocardial Infraction

9.0

Stroke

Atherosclerosis

What is Atherosclerosis?

9.0

Atherosclerosis

Interpretation

As per your genetics, your Satiety Response is very poor. People with such a genotype tend to not reach the satiety point or a feeling of fullness after a meal, which can lead to excessive calorie intake.

Gene Table

Gene Name : TNFRSF11B | Your Genotype : GC

The protein encoded by this gene is a member of the TNF-receptor superfamily. This protein is an osteoblast-secreted decoy receptor that functions as a negative regulator of bone resorption. This protein specifically binds to its ligand, osteoprotegerin l

Gene Name : CD40 | Your Genotype : TT

CD40 a 50kDa cell surface transmembrane glycoprotein receptor of the tumor necrosis factor receptor (TNFR) superfamily, which is expressed on the surface of immune cells as well as non-immune cells, determines T cell responses to antigen presentation and

Gene Name : HDAC9 | Your Genotype : GA

Histones play a critical role in transcriptional regulation, cell cycle progression, and developmental events. Histone acetylation/deacetylation alters chromosome structure and affects transcription factor access to Diabetic nephropathy. The protein encod

Do's and Don'ts

Do's

- Maintain intervals of 2.5-3 hours between each meal.
- Increase the protein and fiber content in your meals so that excessive intake of simple carbohydrates and fats is avoided.
- Maintain a good lifestyle, exercise regularly, and follow a healthy eating pattern.

Don'ts

- Avoid intake of excessive amounts of simple carbohydrates, deep fried foods, and junk foods.
- Avoid binging on empty calories, snacks with a high salt content, and high calorie meals.
- Avoid improper chewing of food and finishing meals very quickly.

Atrial Fibrillation

What is Atrial Fibrillation?

9.0

Atrial Fibrillation

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Gene Table

Gene Name : AGT | Your Genotype : CT

The protein encoded by this gene, pre-angiotensinogen or angiotensinogen precursor, is expressed in the liver and is cleaved by the enzyme renin in response to lowered blood pressure. The protein is involved in maintaining blood pressure and in the pathog

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Cardiomyopathy

What is Cardiomyopathy?

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Cardiomyopathy

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Gene Table

Gene Name : LMNA | Your Genotype : CC

LMNA produces the major lamin A and C proteins, and the minor A10 and C2 proteins by alternative splicing within exon 10, which are differentially expressed in a developmentally and tissue specific manner.

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Coronary Artery Disease

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Coronary Artery Disease

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Gene Table

Gene Name : PLA2G7 | Your Genotype : GG

The protein encoded by this gene is a secreted enzyme that catalyzes the degradation of platelet-activating factor to biologically inactive products. Defects in this gene are a cause of platelet-activating factor acetylhydrolase deficiency.

Gene Name : TGFB1 | Your Genotype : CC

This gene encodes a secreted ligand of the TGF-beta (transforming growth factor-beta) superfamily of proteins. Ligands of this family bind various TGF-beta receptors leading to recruitment and activation of SMAD family transcription factors that regulate

Gene Name : CD14 | Your Genotype : CT

The protein encoded by this gene is a surface antigen that is preferentially expressed on monocytes/macrophages. It cooperates with other proteins to mediate the innate immune response to bacterial lipopolysaccharide.

Gene Name : ATP2B1 | Your Genotype : CC

The protein encoded by this gene belongs to the family of P-type primary ion transport ATPases characterized by the formation of an aspartyl phosphate intermediate during the reaction cycle. These enzymes remove bivalent calcium ions from eukaryotic cells

Gene Name : MIA3 | Your Genotype : CC

The MIA3 encodes for a protein that is shown to be involved in the export of collagen VII and ApoB within cells, and the protein may also play a role in the secretion of collagens I, II, III, IV, VII and IX. This may suggest an association with the risk o

Gene Name : PON1 | Your Genotype : TC

This gene encodes a member of the paraoxonase family of enzymes and exhibits lactonase and ester hydrolase activity. Following synthesis in the kidney and liver, the enzyme is secreted into the circulation, where it binds to high density lipoprotein (HDL)

Gene Name : CETP | Your Genotype : GG

The protein encoded by this gene is found in plasma, where it is involved in the transfer of cholesteryl ester from high density lipoprotein (HDL) to other lipoproteins. Defects in this gene are a cause of hyperalphalipoproteinemia 1.

Gene Name : HDAC9 | Your Genotype : GA

Histones play a critical role in transcriptional regulation, cell cycle progression, and developmental events. Histone acetylation/deacetylation alters chromosome structure and affects transcription factor access to Diabetic nephropathyA. The protein enco

Gene Name : ADIPOQ | Your Genotype : TT, GT

This gene is expressed in adipose tissue exclusively. It encodes a protein with similarity to collagens X and VIII and complement factor C1q. The encoded protein circulates in the plasma and is involved with metabolic and hormonal processes. Mutations in

Gene Name : TCF7L2 | Your Genotype : CC

This gene encodes a high mobility group (HMG) box-containing transcription factor that plays a key role in the Wnt signaling pathway. The protein has been implicated in blood glucose homeostasis. Genetic variants of this gene are associated with increased

Do's and Don'ts

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Coronary Heart Diseases

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Gene Table

Gene Name : MTHFD1L | Your Genotype : GA

The protein encoded by this gene is involved in the synthesis of tetrahydrofolate (THF) in the mitochondrion. THF is important in the de novo synthesis of purines and thymidylate and in the regeneration of methionine from homocysteine.

Gene Name : ALDH2 | Your Genotype : GG

This protein belongs to the aldehyde dehydrogenase family of proteins. Aldehyde dehydrogenase is the second enzyme of the major oxidative pathway of alcohol metabolism. Two major liver isoforms of aldehyde dehydrogenase, cytosolic and mitochondrial, can b

Gene Name : TGFB1 | Your Genotype : TT

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Myocardial Infraction

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Myocardial Infraction

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Gene Table

Gene Name : SMARCA4 | Your Genotype : GG

SMARCA4 gene encodes an ATP-dependent helicase BRG1 and it belongs to SWI/SNF (switching defective/sucrose nonfermenting) complex. SWI/SNF complexes are heterogeneous, BRG1 (also known as SMARCA4) and BRM (also known as SMARCA2) are the only catalytic sub

Gene Name : Near ABO | Your Genotype : TT

ABO blood group system is associated with cognitive impairment, preeclampsia, bleeding, neoplastic diseases, and even longevity. mechanism of relationship between ABO blood group and venous thrombosis is elucidated, and its major determinants are von Will

Gene Name : JCAD | Your Genotype : CC

JCAD (Junctional Cadherin-5 Associated Protein) gene, previously known as KIAA1462. JCAD is a cell-cell junction-associated protein expressed in endothelial cells, we speculate that JCAD plays a significant role in angiogenesis. Angiogenesis plays an impo

Gene Name : LIPA | Your Genotype : TT

The LIPA gene encodes lysosomal acid lipase (LAL), which hydrolyzes cholesteryl esters and triglycerides in the lysosome of cells to generate free cholesterol and free fatty acids. Any alteration of LAL could produce an accumulation of triglycerides and c

Gene Name : CXCL12 | Your Genotype : TC

Chemokine (C-X-C motif) ligand 12 (CXCL12), also called stromal cell-derived factor-1 (SDF-1), is one of the members of CXC chemokine family and mostly known for its crucial role in the accumulation of smooth muscle progenitor cells (SPCs). It will trigge

Gene Name : CNNM2 | Your Genotype : GG

This gene encodes a member of the ancient conserved domain containing protein family. Members of this protein family contain a cyclin box motif and have structural similarity to the cyclins. The encoded protein may play an important role in magnesium home

Gene Name : CDKN2B-AS1 | Your Genotype : GG

This gene lies adjacent to the tumor suppressor gene CDKN2A in a region that is frequently mutated and deleted in a wide variety of tumors. This gene encodes a cyclin-dependent kinase inhibitor, which forms a complex with CDK4 or CDK6, and prevents the ac

Gene Name : FTO | Your Genotype : TT

This gene is a nuclear protein of the AlkB related non-haem iron and 2-oxoglutarate-dependent oxygenase superfamily but the exact physiological function of this gene is not known. Other non-heme iron enzymes function to reverse alkylated Diabetic nephropa

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Stroke

What is Stroke?

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Stroke

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Gene Table

Gene Name : IL1A | Your Genotype : CC

Involved in the inflammatory mechanisms, and were reported to be involved in the pathogenesis of stroke and cardiovascular diseases. Act as proinflammatory cytokines contributing to atherogenesis.

Gene Name : NINJ2 | Your Genotype : GG

'NINJ2 encodes ninjurin2, a member of the "ninjurin" or nerve-injury-induced protein family. It plays a role in nerve regeneration and may increase the risk of stroke by altering brain response to ischemic injury.'

Gene Name : HDAC9 | Your Genotype : GG

Histones play a critical role in transcriptional regulation, cell cycle progression, and developmental events. Histone acetylation/deacetylation alters chromosome structure and affects transcription factor access to Diabetic nephropathyA. The protein enco

Gene Name : ADRB2 | Your Genotype : CC

This gene encodes beta-2-adrenergic receptor which is a member of the G protein-coupled receptor superfamily. This receptor is directly associated with one of its ultimate effectors, the class C L-type calcium channel Ca(V)1.2. This receptor-channel compl

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Category Summary

Diabetes

9.0

Cardiovascular Diseases

7.0

Diabetic cataract

5.9

Diabetic Nephropathy

9.0

Diabetic Neuropathy

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Diabetic Retinopathy

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Foot Ulcers

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Type II Diabetes

Cardiovascular Diseases

What is Cardiovascular Diseases?

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Cardiovascular Diseases

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Gene Table

Gene Name : ADIPOQ | Your Genotype : GT

This gene is expressed in adipose tissue exclusively. It encodes a protein with similarity to collagens X and VIII and complement factor C1q. The encoded protein circulates in the plasma and is involved with metabolic and hormonal processes. Mutations in

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Diabetic cataract

What is Diabetic cataract?

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Diabetic cataract

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Gene Table

Gene Name : NEDD9 | Your Genotype : GG

The protein encoded by this gene is a member of the CRK-associated substrates family. Members of this family are adhesion docking molecules that mediate protein-protein interactions for signal transduction pathways. This protein is a focal adhesion protei

Gene Name : RPS6KA2 | Your Genotype : TT, AA

This gene encodes a member of the RSK (ribosomal S6 kinase) family of serine/threonine kinases. This kinase contains two non-identical kinase catalytic domains and phosphorylates various substrates, including members of the mitogen-activated kinase (MAPK)

Gene Name : GBA3 | Your Genotype : AA, CC

The protein encoded by this gene is an enzyme that can hydrolyze several types of glycosides. This gene is a polymorphic pseudogene, with the most common allele being the functional allele that encodes the full-length protein. GBA3 was proposed to partici

Gene Name : PPARD

Your Genotype : AA

This gene encodes a member of the peroxisome proliferator-activated receptor (PPAR) family. The encoded protein is thought to function as an integrator of transcriptional repression and nuclear receptor signaling. PPARs are involved in the development of

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Diabetic Nephropathy

What is Diabetic Nephropathy?

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Diabetic Nephropathy

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Gene Table

Gene Name : Near IL8 | **Your Genotype : AT**

Genetic variations in the genes encoding the inflammatory cytokines might confer susceptibility to Diabetic nephropathy by altering their functions or expressions.

Gene Name : SOD1 | **Your Genotype : GG**

The protein encoded by this gene binds copper and zinc ions and is one of two isozymes responsible for destroying free superoxide radicals in the body. The encoded isozyme is a soluble cytoplasmic protein, acting as a homodimer to convert naturally-occuri

Gene Name : Near SOD1 | **Your Genotype : AA**

The protein encoded by this gene binds copper and zinc ions and is one of two isozymes responsible for destroying free superoxide radicals in the body. The encoded isozyme is a soluble cytoplasmic protein, acting as a homodimer to convert naturally-occuri

Gene Name : MCF2L2 | Your Genotype : GT

MCF.2 cell line derived transforming sequence-like 2 (MCF2L2) is a guanine-nucleotide exchange factor (GEF) from Rho family. Evidence has demonstrated that GEFs from Rho family are signaling molecules responsible for Rho protein activity. Over-activation

Gene Name : FRMD3 | Your Genotype : CC, GG, AA, AA

The protein encoded by this gene is a single pass membrane protein primarily found in ovaries. A similar protein in erythrocytes helps determine the shape of red blood cells, but the function of the encoded protein has not been determined. There is some e

Gene Name : CNDP2 | Your Genotype : TC

CNDP2, also known as tissue carnosinase and peptidase A (EC 3.4.13.18), is a nonspecific dipeptidase rather than a selective carnosinase.

Gene Name : Near CNDP1 | Your Genotype : AC

This gene encodes a member of the M20 metalloprotease family. The encoded protein is specifically expressed in the brain, is a homodimeric dipeptidase which was identified as human carnosinase.

Gene Name : CARS | Your Genotype : CC, AA

This gene encodes a class 1 aminoacyl-tRNA synthetase, cysteinyl-tRNA synthetase. Each of the twenty aminoacyl-tRNA synthetases catalyzes the aminoacylation of a specific tRNA or tRNA isoaccepting family with the cognate amino acid. This gene is one of se

Gene Name : ACACB | Your Genotype : CC

Catalyzes the ATP-dependent carboxylation of acetyl-CoA to malonyl-CoA. Carries out three functions: biotin carboxyl carrier protein, biotin carboxylase and carboxyltransferase. Involved in inhibition of fatty acid and glucose oxidation and enhancement of

Gene Name : TGFB1 | Your Genotype : TT

This gene encodes a secreted ligand of the TGF-beta (transforming growth factor-beta) superfamily of proteins. Ligands of this family bind various TGF-beta receptors leading to recruitment and activation of SMAD family transcription factors that regulate

Gene Name : SLC12A3 | Your Genotype : GG

The SLC12A3 gene (solute carrier family 12, member 3) located on 16q13 encodes a thiazide sensitive sodium ions and chlorine ions cotransporter that mediates reabsorption of these ions in the renal distal convoluted tubule and is expressed specifically in

Gene Name : IL8 | Your Genotype : AT

Genetic variations in the genes encoding the inflammatory cytokines might confer susceptibility to Diabetic nephropathy by altering their functions or expressions.

Gene Name : IL10 | Your Genotype : CC

The protein encoded by this gene is a cytokine produced primarily by monocytes and to a lesser extent by lymphocytes. This cytokine has pleiotropic effects in immunoregulation and inflammation. It down-regulates the expression of Th1 cytokines, MHC class

Gene Name : CCR5 | Your Genotype : GG

Chemokine monocyte chemoattractant protein-1 (MCP-1)/CC-chemokine ligand 2 as a major promoter of inflammation, renal injury, and fibrosis in diabetic nephropathy. Researchers have found that diabetes induces kidney MCP-1 production and that urine MCP-1 l

Gene Name : ELMO1 | Your Genotype : GA, GA

This gene encodes a member of the engulfment and cell motility protein family. These proteins interact with dedicator of cytokinesis proteins to promote phagocytosis and cell migration. Increased expression of this gene and dedicator of cytokinesis 1 may

Gene Name : CYBA | Your Genotype : CC

Cytochrome b is comprised of a light chain (alpha) and a heavy chain (beta). This gene encodes the light, alpha subunit which has been proposed as a primary component of the microbicidal oxidase system of phagocytes. Mutations in this gene are associated

Gene Name : SLC2A1/GLUT1 | Your Genotype : GG, TT

This gene encodes a major glucose transporter in the mammalian blood-brain barrier. The encoded protein is found primarily in the cell membrane and on the cell surface, where it can also function as a receptor for human T-cell leukemia virus (HTLV) I and

Gene Name : AGTR1 | Your Genotype : AC

The protein encoded by this gene, pre-angiotensinogen or angiotensinogen precursor, is expressed in the liver and is cleaved by the enzyme renin in response to lowered blood pressure. The protein is involved in maintaining blood pressure and in the pathog

Gene Name : NOS3 | Your Genotype : TT, GG, TT

Nitric oxide is a reactive free radical which acts as a biologic mediator in several processes, including neurotransmission and antimicrobial and antitumoral activities. Nitric oxide is synthesized from L-arginine by nitric oxide synthases. Variations in

Gene Name : VEGFA | Your Genotype : CC, GG

This gene is a member of the PDGF/VEGF growth factor family. It encodes a heparin-binding protein, which exists as a disulfide-linked homodimer. This growth factor induces proliferation and migration of vascular endothelial cells, and is essential for bot

Gene Name : ACE | Your Genotype : CC

This gene encodes an enzyme involved in catalyzing the conversion of angiotensin I into a physiologically active peptide angiotensin II. Angiotensin II is a potent vasopressor and aldosterone-stimulating peptide that controls blood pressure and fluid-elec

Gene Name : ADIPOQ | Your Genotype : GG, TT

This gene is expressed in adipose tissue exclusively. It encodes a protein with similarity to collagens X and VIII and complement factor C1q. The encoded protein circulates in the plasma and is involved with metabolic and hormonal processes. Mutations in

Gene Name : PPARG | Your Genotype : CC

This gene encodes a member of the peroxisome proliferator-activated receptor (PPAR) subfamily of nuclear receptors. PPARs form heterodimers with retinoid X receptors (RXRs) and these heterodimers regulate transcription of various genes. Three subtypes of

Do's and Don'ts

Do's

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Diabetic Neuropathy

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Diabetic Neuropathy

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Gene Table

Gene Name : TLR4 | Your Genotype : AG, CT

TLR4 plays an important role in wound healing and any sort of imbalance in TLR4 mediated signaling may abrogate the proper wound healing cascade. a cytoskeletal protein Flightless I modulate wound inflammation, angiogenesis, and remodeling which act via T

Gene Name : UCP2 | Your Genotype : GA

The uncoupling protein 2 (UCP2) is a member of the mitochondrial inner membrane carrier family and is expressed in many tissues including white adipose tissue, liver, kidney, pancreatic islets, macrophages and retinal endothelial cells and pericytes. UCP2

Gene Name : IL10 | Your Genotype : AA

The protein encoded by this gene is a cytokine produced primarily by monocytes and to a lesser extent by lymphocytes. This cytokine has pleiotropic effects in immunoregulation and inflammation. It down-regulates the expression of Th1 cytokines, MHC class

Gene Name : NOS1AP

Your Genotype : TC, CC, AA

NOS1AP encodes a cytosolic protein that binds to neuronal nitric oxide synthase (gene-NOS1 or protein-nNOS) via an N-terminal phosphotyrosine binding (PDZ) domain. NOS1AP stabilizes nNOS potentiating its subcellular influence. As a result NOS1AP enhances

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Diabetic Retinopathy

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Diabetic Retinopathy

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Gene Table

Gene Name : RXRG | Your Genotype : GG

The retinoid-X receptor (RXR) is one of the members of the nuclear hormone receptor superfamily. It forms heterodimers with many nuclear receptors, such as the peroxisome proliferative-activated receptor (PPAR), and mediates the biological effects of seve

Gene Name : Near UCP1 | Your Genotype : AG

UCP1 plays a recognized role in protection against oxidative stress, which is one of the major contributors to accelerated loss of retinal capillary cell in diabetes

Gene Name : CHN2 | Your Genotype : GG

This gene encodes a guanosine triphosphate (GTP)-metabolizing protein that contains a phorbol-ester/diacylglycerol (DAG)-type zinc finger, a Rho-GAP domain, and a SH2 domain. The encoded protein translocates from the cytosol to the Golgi apparatus membran

Gene Name : Near EPO | Your Genotype : CC

This gene encodes a secreted, glycosylated cytokine composed of four alpha helical bundles. The encoded protein is mainly synthesized in the kidney, secreted into the blood plasma, and binds to the erythropoietin receptor to promote red blood cell product

Gene Name : Near CCL2 | Your Genotype : AA

Hyperglycemia accelerates MCP1 production in vascular endothelial cells and retinal pigmented epithelial cells. Moreover, the levels of MCP1 in aqueous and vitreous conditions were significantly increased in patients with diabetic retinopathy. production

Gene Name : TGFB1 | Your Genotype : CC

This gene encodes a secreted ligand of the TGF-beta (transforming growth factor-beta) superfamily of proteins. Ligands of this family bind various TGF-beta receptors leading to recruitment and activation of SMAD family transcription factors that regulate

Gene Name : CFB | Your Genotype : GG

This gene encodes complement factor B, a component of the alternative pathway of complement activation. Factor B circulates in the blood as a single chain polypeptide. Upon activation of the alternative pathway, it is cleaved by complement factor D yieldi

Gene Name : CFH | Your Genotype : GG

'The CFH gene provides instructions for making a protein called complement factor H. This protein helps regulate a part of the body"s immune response known as the complement system. The complement system is a group of proteins that work together to destr

Gene Name : RAGE | Your Genotype : GA

RAGE gene polymorphisms are attractive candidates to influence DR because of pathophysiological data correlating retinopathy and advanced glycation end products (AGEs). AGEs result from the non-enzymatic glycation of proteins and lipids. They are found at

Gene Name : ALR2 | Your Genotype : CT

AR, the first enzyme of the polyol pathway, probably plays an important role in the pathogenesis of the long-term complications of diabetes by means of alterations that result from sorbitol increase and myo-inositol reduction. AR is responsible for the co

Gene Name : UCP2 | Your Genotype : GA

The uncoupling protein 2 (UCP2) is a member of the mitochondrial inner membrane carrier family and is expressed in many tissues including white adipose tissue, liver, kidney, pancreatic islets, macrophages and retinal endothelial cells and pericytes. UCP2

Gene Name : CD54 (ICAM1) | Your Genotype : AA

Intercellular adhesion molecule-1 (ICAM1) is a biomarker for endothelial cell dysfunction and inflammation that mediates leucocyte influx and persistent retinal leukostasis, retinal vascular leakage, capillary non-perfusion and endothelial cell injury and

Gene Name : EPO | Your Genotype : CC

This gene encodes a secreted, glycosylated cytokine composed of four alpha helical bundles. The encoded protein is mainly synthesized in the kidney, secreted into the blood plasma, and binds to the erythropoietin receptor to promote red blood cell product

Gene Name : ACE2 | Your Genotype : CC, GG

The protein encoded by this gene belongs to the angiotensin-converting enzyme family of dipeptidyl carboxydipeptidases and has considerable homology to human angiotensin 1 converting enzyme. This secreted protein catalyzes the cleavage of angiotensin I in

Gene Name : VEGFA | Your Genotype : AA, AA, CC, TT, AA, TT, AA

This gene is a member of the PDGF/VEGFA growth factor family. It encodes a heparin-binding protein, which exists as a disulfide-linked homodimer. This growth factor induces proliferation and migration of vascular endothelial cells, and is essential for bo

Gene Name : ACE | Your Genotype : GG

The rennin-angiotensin system (RAS) has been implicated in the development of DR, and inhibition the activity of RAS has shown to retard the DR. ACE is a dipeptidyl carboxypeptidase I (EC.3.4.15.1) that activates angiotensin I through cleavage of the carb

Gene Name : ADIPOQ | Your Genotype : TT

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Gene Name : TCF7L2 | Your Genotype : CC, GG

This gene encodes a high mobility group (HMG) box-containing transcription factor that plays a key role in the Wnt signaling pathway. The protein has been implicated in blood glucose homeostasis. Genetic variants of this gene are associated with increased

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- Avoid improper chewing of food and finishing meals very quickly.

Foot Ulcers

What is Foot Ulcers?

9.0

Foot Ulcers

Interpretation

As per your genetics, your Satiety Response is very poor. People with such a genotype tend to not reach the satiety point or a feeling of fullness after a meal, which can lead to excessive calorie intake.

Gene Table

Gene Name : Near TNF | Your Genotype : GG

Gene Name : Near TLR4 | Your Genotype : AG

TLR4 plays an important role in wound healing and any sort of imbalance in TLR4 mediated signaling may abrogate the proper wound healing cascade. A cytoskeletal protein flightless I modulate wound inflammation, angiogenesis, and remodeling which act via T

Gene Name : TLR4 | Your Genotype : TC, CC, AG, CT

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Gene Name : TNFRSF11B | Your Genotype : GC

The protein encoded by this gene is a member of the TNF-receptor superfamily. This protein is an osteoblast-secreted decoy receptor that functions as a negative regulator of bone resorption. This protein specifically binds to its ligand, osteoprotegerin l

Gene Name : VEGFA | Your Genotype : AA, CC

This gene is a member of the PDGF/VEGFA growth factor family. It encodes a heparin-binding protein, which exists as a disulfide-linked homodimer. This growth factor induces proliferation and migration of vascular endothelial cells, and is essential for bo

Do's and Don'ts

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Type II Diabetes

What is Type II Diabetes?

9.0

Type II Diabetes

Interpretation

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Gene Table

Gene Name : Near HHEX | Your Genotype : CT, AG

HHEX belongs to a large family of transcription factors that are distinguished by a 60 amino acid conserved DNA-binding homeodomain. It is expressed in the anterior visceral endoderm during early development and in some adult tissues of endodermal origin,

Gene Name : IGF2BP2 | Your Genotype : GG, AA

Insulin-like growth factor 2 mRNA-binding protein 2 (IGF2BP2) belongs to a family of mRNA-binding proteins involved in RNA localization, stability, and translation. IGF2 plays a pivotal role in regulating fetal growth and organogenesis, including adipogen

Gene Name : SLC30A8 | Your Genotype : TT

SLC30A8 encodes the secretory granule-resident and largely endocrine pancreas-restricted zinc transporter ZnT8. This gene encodes a recently identified zinc transporter, ZnT8, whose expression is largely confined to the endocrine pancreas within beta (and

Gene Name : SLC2A4 | Your Genotype : CC

This gene is a member of the solute carrier family 2 (facilitated glucose transporter) family and encodes a protein that functions as an insulin-regulated facilitative glucose transporter. In the absence of insulin, this integral membrane protein is seque

Gene Name : WFS1 | Your Genotype : GG

WFS1 encodes wolframin, a transmembrane glycoprotein that maintains calcium homeostasis of the endoplasmic reticulum. Mutations in this gene causes Wolfram syndrome, characterized by diabetes insipidus, juvenile-onset non-autoimmune diabetes mellitus, opt

Gene Name : CAPN10 | Your Genotype : GG

CAPN10 gene encodes the protein calpain-10, which is a member of the cysteine protease family that is involved in proinsulin processing, insulin secretion, and insulin resistance

Gene Name : IRS1 | Your Genotype : GG

Insulin receptor substrate 1 is a substrate of insulin receptor tyrosine kinase, which plays a central role in the insulin-stimulated signal transduction pathway, and acts as a docking protein between the insulin receptor and the signalling molecules.

Gene Name : KCNQ1 | Your Genotype : AA

The KCNQ1 gene encodes the pore-forming A-subunit of the voltage-gated K+ channel (KvLQT1), which plays an important role in controlling the ventricular repolarization process. KCNQ1 (potassium voltage-gated channel, KQT-like subfamily, member 1 gene as a

Gene Name : CDKAL1 | Your Genotype : AG

CDKAL1 gene encode tRNA decoration enzyme, namely methyl transfer enzyme which is responsible for the 2-methylthio-N6-threonylcarbamoyladenosine synthesis of the 37th base of tRNA Lys(UUU). Studies found the mitochondria adenosine triphosphate (ATP) gener

Gene Name : ADIPOQ | Your Genotype : GT

This gene is expressed in adipose tissue exclusively. It encodes a protein with similarity to collagens X and VIII and complement factor C1q. The encoded protein circulates in the plasma and is involved with metabolic and hormonal processes. Mutations in

Gene Name : TCF7L2 | Your Genotype : AA, CC, GG

This gene encodes a high mobility group (HMG) box-containing transcription factor that plays a key role in the Wnt signaling pathway. The protein has been implicated in blood glucose homeostasis. Genetic variants of this gene are associated with increased

Gene Name : FTO | Your Genotype : AA, TT

This gene is a nuclear protein of the AlkB related non-haem iron and 2-oxoglutarate-dependent oxygenase superfamily but the exact physiological function of this gene is not known. Other non-heme iron enzymes function to reverse alkylated Diabetic nephropa

Do's and Don'ts

Do's

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Don'ts

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Category Summary

Lipid Metabolism

9.0

Cholesterol Levels

7.0

Triglyceride Levels

Cholesterol Levels

What is Cholesterol Levels?

9.0

Cholesterol Levels

Interpretation

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Gene Table

Gene Name : LIPG | Your Genotype : CC

EL is mainly synthesized by endothelial cells. It is also expressed in the liver, lung, macrophage, testis, ovary, and placenta. EL lipolytic activity showed that the high-density lipoprotein cholesterol (HDL-C) is the preferred substrate for EL.

Gene Name : CELSR2 | Your Genotype : CT

The protein encoded by this gene is a member of the flamingo subfamily, part of the cadherin superfamily. The flamingo subfamily consists of nonclassic-type cadherins; a subpopulation that does not interact with catenins. The flamingo cadherins are locate

Gene Name : KCTD10 | Your Genotype : CC, CC

The protein encoded by this gene binds proliferating cell nuclear antigen (PCNA) and may be involved in DNA synthesis and cell proliferation. In addition, the encoded protein may be a tumor suppressor. Several protein-coding and non-protein coding transcr

Gene Name : Near LIPC | Your Genotype : GG

The LIPC gene provides instructions for making an enzyme called hepatic lipase. This enzyme is produced by liver cells and released into the bloodstream where it helps with the conversion of fat-transporting molecules called very low-density lipoproteins

Gene Name : Near HNF1A | Your Genotype : AA

Hepatocyte nuclear factor 4? (HNF4?, NR2A1) is a member of the nuclear receptor superfamily. It is highly expressed in the liver, with lower levels in the kidney, intestine and pancreatic ? cells. Acute loss of hepatic HNF4? results in striking phenot

Gene Name : HNF4A | Your Genotype : CC

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Gene Name : LDLR | Your Genotype : TT

The LDLR gene provides instructions for making a protein called a low-density lipoprotein receptor. This receptor binds to particles called low-density lipoproteins (LDLs), which are the primary carriers of cholesterol in the blood.

Gene Name : APOC1 | Your Genotype : AA

This gene encodes a member of the apolipoprotein C1 family. This gene is expressed primarily in the liver, and it is activated when monocytes differentiate into macrophages. The encoded protein plays a central role in high density lipoprotein (HDL) and ve

Gene Name : CETP | Your Genotype : GA, CA

The protein encoded by this gene is found in plasma, where it is involved in the transfer of cholesteryl ester from high density lipoprotein (HDL) to other lipoproteins. Defects in this gene are a cause of hyperalphalipoproteinemia 1 (HALP1).

Gene Name : LPL | Your Genotype : CC, TT, CG, CC

This gene encodes for the protein Lipoprotein Lipase. This enzyme breaks down the Triglycerides present in Lipoproteins into free fatty acids.

Gene Name : PSRC1 | Your Genotype : GA, CA

Chromosome 1p13.3 maps in close proximity to the cadherin EGF LAG seven-pass G-type receptor 2 and the proline/serine-rich coiled-coil protein 1 (PSRC1) genes, which regulate cell adhesion, intracellular trafficking, and proliferation; additionally, it ma

Gene Name : APOA1 | Your Genotype : AA

This gene encodes apolipoprotein A-I, which is the major protein component of high-density lipoprotein (HDL) in plasma. The encoded preproprotein is proteolytically processed to generate the mature protein, which promotes cholesterol efflux from tissues t

Gene Name : LIPC | Your Genotype : CT

LIPC encodes hepatic triglyceride lipase, which is expressed in liver. LIPC has the dual functions of triglyceride hydrolase and ligand/bridging factor for receptor-mediated lipoprotein uptake.

Gene Name : MMAB | Your Genotype : CC

This gene encodes for a protein that catalyses the final step in the conversion of Vitamin B12 into adenosylcobalamin. Mutation in the MMAB gene could result in diminished adenosycobalamin levels and causes accumulation of methyl-malonic acid. Consequentl

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Triglyceride Levels

What is Triglyceride Levels?

9.0

Triglyceride Levels

Interpretation

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Gene Table

Gene Name : APOE | Your Genotype : TT

The protein encoded by this gene is a major apoprotein of the chylomicron. It binds to a specific liver and peripheral cell receptor, and is essential for the normal catabolism of triglyceride-rich lipoprotein constituents. This gene maps to chromosome 19

Gene Name : GCKR | Your Genotype : CC,CC

Glucokinase regulatory protein (GKRP; gene symbol: GCKR) is a rate-limiting factor of glucokinase (GCK), which functions as a key glycolytic enzyme for maintaining glucose homeostasis

Gene Name : Near TRIB1 | Your Genotype : AA

The tribbles family of genes encode a group of highly conserved pseudokinase proteins, which are thought to act as adaptors in several signalling pathways that are intimately involved in the regulation of a number of key cellular processes, including MAPK

Gene Name : MLXIPL | Your Genotype : CC

This gene encodes a basic helix-loop-helix leucine zipper transcription factor of the Myc/Max/Mad superfamily. This protein forms a heterodimeric complex and binds and activates, in a glucose-dependent manner, carbohydrate response element (ChoRE) motifs

Gene Name : BUD13 | Your Genotype : GG

The BUD13/ZNF259 genes are located on chromosome 11q23.3 and encode for BUD13 homolog protein and zinc finger protein (ZPR1) respectively. BUD13 is one of the subunits of the RES complex, which was previously identified in yeast as a splicing factor that

Gene Name : ZNF259 | Your Genotype : CG, CT, AA

ZNF259 genes, which are known to play a key role in lipid metabolism. Lipoprotein (a) consists of a cholesterol-laden low-density lipoprotein (LDL)–like particle bound to a plasminogen-like glycoprotein, apolipoprotein (a). Lipoprotein (a) has been show

Gene Name : GALNT2 | Your Genotype : AG

GALNT2 modulates HDL metabolism, at least partly, by inducing O-linked glycosylation and increased function of PLTP (i.e. a Phospholipid Transfer Protein), a known positive modulator of serum HDL-C levels

Gene Name : APOC1 | Your Genotype : AA

This gene encodes a member of the apolipoprotein C1 family. This gene is expressed primarily in the liver, and it is activated when monocytes differentiate into macrophages. The encoded protein plays a central role in high density lipoprotein (HDL) and ve

Gene Name : LPL | Your Genotype : CG

LPL is an important rate-limiting enzyme for the hydrolysis of circulating Triglyceride, found in chylomicrons and Very Low Density Lipoprotein, into non-esterified fatty acids and 2-monoacylglycerol for tissue utilization and High density Lipoprotein for

Gene Name : APOC3 | Your Genotype : CC

The apolipoprotein C3 gene (APOC3) is a member of the APOA1/C3/A4/A5 gene cluster and located on chromosome 11q23, an area in strong linkage with lipid metabolism. Apolipoprotein C3 (APOC3) is an essential constituent of triglyceride-rich particles includ

Gene Name : APOA5 | Your Genotype : TT, CG, AA

Encodes Apolipoprotein A-5, major component of VLDL, Chylomicrons, HDL. APOA5 functions as an activator of lipoprotein lipase (key enzyme in triglyceride catabolism) and inhibits hepatic VLDL-particle production and assembly (by binding to cellular membr

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Category Summary

Vascular Diseases

9.0

Hypertension

Hypertension

What is Hypertension?

9.0

Hypertension

Interpretation

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Gene Table

Gene Name : ADD1 | Your Genotype : GG

Alpha-adducin is a protein that in humans is encoded by the ADD1 gene. Alpha- and beta-adducin include a protease-resistant N-terminal region and a protease-sensitive, hydrophilic C-terminal region. Adducin binds with high affinity to Ca(2+)/calmodulin a

Gene Name : AGTR1 | Your Genotype : AC

Angiotensin II is a potent vasopressor hormone and a primary regulator of aldosterone secretion. It is an important effector controlling blood pressure and volume in the cardiovascular system. It acts through at least two types of receptors. This gene enc

Gene Name : ACE2 | Your Genotype : CC

The protein encoded by this gene belongs to the angiotensin-converting enzyme family of dipeptidyl carboxydipeptidases and has considerable homology to human angiotensin 1 converting enzyme. This secreted protein catalyzes the cleavage of angiotensin I in

Gene Name : NOS3 | Your Genotype : TT, GG

Nitric oxide is a reactive free radical which acts as a biologic mediator in several processes, including neurotransmission and antimicrobial and antitumoral activities. Nitric oxide is synthesized from L-arginine by nitric oxide synthases. Variations in

Gene Name : AGT | Your Genotype : CT

The protein encoded by this gene, pre-angiotensinogen or angiotensinogen precursor, is expressed in the liver and is cleaved by the enzyme renin in response to lowered blood pressure. The protein is involved in maintaining blood pressure and in the pathog

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Category Summary

Weight Management

9.0

Obesity

Obesity

What is Obesity?

9.0

Obesity

Interpretation

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Gene Table

Gene Name : Near GNPDA2 | Your Genotype : AA

The protein encoded by this gene is an allosteric enzyme that catalyzes the reversible reaction converting D-glucosamine-6-phosphate into D-fructose-6-phosphate and ammonium. Variations of this gene have been reported to be associated with influencing bod

Gene Name : Near TMEM18 | Your Genotype : CC, GG

The TMEM18 gene codes for a poorly characterized transmembrane protein. One study indicated that this protein is located in the nuclear envelope in neural stem cells. TMEM18 may be involved in cell migration as overexpression of the protein increases the

Gene Name : NMB | Your Genotype : CC

This gene encodes a member of the bombesin-like family of neuropeptides, which negatively regulate eating behavior. The encoded protein may regulate colonic smooth muscle contraction through binding to its cognate receptor, the neuromedin B receptor (NMBR

Gene Name : POMC | Your Genotype : CC

This gene encodes a preproprotein that undergoes extensive, tissue-specific, post-translational processing via cleavage by subtilisin-like enzymes known as prohormone convertases. The encoded protein is synthesized mainly in corticotroph cells of the ante

Gene Name : LEPR | Your Genotype : AG

The protein encoded by this gene belongs to the gp130 family of cytokine receptors that are known to stimulate gene transcription via activation of cytosolic STAT proteins. This protein is a receptor for leptin (an adipocyte-specific hormone that regulate

Gene Name : NPY | Your Genotype : GT

This gene encodes a neuropeptide that is widely expressed in the central nervous system and influences many physiological processes, including cortical excitability, stress response, food intake, circadian rhythms, and cardiovascular function. Neuropeptid

Gene Name : APOA5 | Your Genotype : CG, TT

The protein encoded by this gene is an apolipoprotein that plays an important role in regulating the plasma triglyceride levels, a major risk factor for coronary artery disease. It is a component of high density lipoprotein and is highly similar to a rat

Gene Name : ADIPOQ | Your Genotype : AA, GT

This gene is expressed in adipose tissue exclusively. It encodes a protein with similarity to collagens X and VIII and complement factor C1q. The encoded protein circulates in the plasma and is involved with metabolic and hormonal processes. Stimulates AM

Gene Name : APOA2 | Your Genotype : TT

This gene encodes apolipoprotein (apo-) A-II, which is the second most abundant protein of the high density lipoprotein particles. The protein is found in plasma as a monomer, homodimer, or heterodimer with apolipoprotein D. Defects in this gene may resul

Gene Name : PPARG | Your Genotype : CC

This gene encodes a member of the peroxisome proliferator-activated receptor (PPAR) subfamily of nuclear receptors. PPARs form heterodimers with retinoid X receptors (RXRs) and these heterodimers regulate transcription of various genes. Three subtypes of

Gene Name : MC4R | Your Genotype : TC, GA,GA

The protein encoded by this gene is a membrane-bound receptor and member of the melanocortin receptor family. The encoded protein interacts with adrenocorticotropic and MSH hormones and is mediated by G proteins. This is an intronless gene. Defects in thi

Gene Name : FTO | Your Genotype : TT, CT, TT, GG, TT

This gene is a nuclear protein of the AlkB related non-haem iron and 2-oxoglutarate-dependent oxygenase superfamily but the exact physiological function of this gene is not known. Other non-heme iron enzymes function to reverse alkylated Diabetic nephropa

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