

# Personalized Medicine for the 21st Century

Medicine of the 21st century is undergoing a revolution. From the tradition of treating disease once it is already advanced and disabling, physicians are increasingly able to predict what condition may arise in each patient, what therapy will be most effective, and how best to ensure a healthy legacy for future generations.



The fuel for this revolution is the rapidly growing understanding of how our human genome—the DNA blueprint in each cell of our bodies—functions, and how we can use that knowledge to predict what disease may occur and how it may progress, in each individual.

To fully tap the power of this revolution for your own health, you need a team dedicated to the application of the latest advances in genetic testing on your side.

Welcome to Helix Health.



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## What is personalized medicine?

"Personalized medicine" describes medical care tailored to an individual's genetic & environmental background. This is in contrast to medical care of the past that employs a "one size fits all" approach regardless of individual variation, focusing on treatment of advanced disease rather than early detection and prevention.

## How personalized medicine can improve your health

Your personal and family histories provide a wealth of information about both your risk and that of your children for future diseases. Genetic testing can often be used to further refine your risk profile.

The Helix Health team of physicians and genetic counselors has the medical expertise and specialized genetics training to ensure that you can best take advantage of personalized medicine.

We will work with your primary care physician and other care providers to create a personalized plan focused on:

- Accurate risk prediction coupled with targeted screening—resulting in increased prevention and early detection
- Accurate characterization of disease—resulting in better response to treatment



### Our services

At Helix Health, personalized medicine is our specialty. Ongoing consultation can include comprehensive assessment and coordination of applicable genetic testing for:

- Inherited cancer risk
- Inherited predisposition to chronic diseases – including conditions such as stroke, diabetes, and heart disease
- Preconception genetic evaluation – risk and prevention of transmitting inherited diseases to future children
- Pharmacogenetics – prediction of response and reaction to medications

Personalized medicine is, simply, the future of excellent medical care. At Helix Health we consider it our standard of care.

Joining the Helix Health practice includes:

- An initial comprehensive review of your personal and family medical histories
- A full consultation with one of our specialist physicians and genetic counselors
- Quarterly review of your chart with updates based on current medical literature
- Coordination with your other medical providers, ensuring enhanced care
- Access to your password-encrypted, secure electronic medical records

By choosing to harness the power of your genetic information, with the experienced and trustworthy guidance of the Helix Health team, you are doing the most to optimize your health and wellness and that of your family.