

Translate Table - ILIA Sushkov

Section A. Introduction

Hello ILIA, My name is Ryan, I'm a Data Scientist from Genestory.

Dr. Vy is also joining us today. Thanks you for spending your precious time with us.

During today's consulting session, I will directly convey all the explanations and recommendations that Doctor Vy has prepared for you in English.

Also if you have any questions for Doctor Vy, please don't hesitate to ask. I will help you discuss them with her, and translate her response to you.

- My role is like an interpreter. Are you okay with that?

She is our best doctor, so don't worry about the language barrier. I'm here to help you with that. and any problems or questions you have with our product.

- How can I trust your product?

We have prepared several pieces of advice that help you understand yourself better. Why don't we take a look first, and see if our information is accurate and comprehensive? We can always provide our data and reference to our research, and send back to you in detail later.

Giới thiệu với bạn tôi: Phần tôi sẽ nói qua của ông/bà bao gồm 3 phần chính: Phần thứ nhất là những yếu tố liên quan đến Dinh dưỡng, thể chất và Sức khỏe làn da. Phần thứ 2 bao gồm nguy cơ mắc các bệnh lý và tương tác với thuốc lý di truyền. Phần thứ 3 là những yếu tố liên quan đến tính cách và một số rối loạn tâm lý ông/bà có nguy cơ mắc. Sau đây, có phần nào ông/bà được biết quan tâm, muốn tiến hành tôi sẽ trình bày trước, hay

Let me walk you through the agenda of today's consulting session.: Your results will be discussed in three main parts: Part 1: Factors related to nutrition, physical health, and skin health. Part 2: Risk of diseases and genetic drug interactions. Part 3: Factors related to personality and some mental disorders you may be at risk of. Would you like to focus on any particular part? If so, we can rearrange the order

chúng ta sẽ lần lượt đi theo thứ tự 3 phần đã đề cập bên trên.	of the three parts. Otherwise, we'll go through them in order. Okay, so the order will be ...

Section B. Main Consultation

<Let's start with part I ...>

I. nutrition, fitness and skin health

First, let's explore what your genes have to say about nutrition.

Dinh dưỡng = nutrition

- Trong phần này, chúng ta sẽ xem xét khả năng hấp thu, chuyển hóa các nhóm Vitamin của cơ thể . Nếu kết quả trong ngưỡng bình thường , điều đó nghĩa là ông/bà hấp thu, chuyển hóa rất tốt những nhóm vitamin này mà không gặp vấn đề gì.	In this section, we will assess the body's ability to absorb and metabolize vitamin groups. If the results are within the normal range, which is an advantage, means that your body absorb and metabolize these vitamin groups very well without any problems."
Trong kết quả của ông/bà, phần lớn các nhóm Vitamin đều có kết quả trong ngưỡng bình thường/điều đó. Chỉ có duy nhất Vitamin B6 chuyển hoá bất lợi. Bất lợi ở đây có nghĩa là với cùng 1 lượng bổ sung Vitamin B6 thì cơ thể ông/bà sẽ nhận được lượng Vitamin B6 chuyển hoá vào trong máu thấp hơn. Như vậy, trong chế độ ăn uống hàng ngày, ông bà nên cân nhắc bổ sung những thực phẩm có hàm lượng vitamin B6 cao hơn.	"In your results, most of the vitamin groups are within the normal range . Only Vitamin B6 metabolism is unfavorable . Unfavorable here means that with the same amount of Vitamin B6 supplementation, your body will receive a lower amount of Vitamin B6 converted into the blood. Therefore, in your daily diet, you should consider adding foods with higher vitamin B6 content."
Vitamin B6: Có vai trò quan trọng trong việc hỗ trợ các enzym tham gia các phản ứng chuyển hoá trong cơ thể (các phản ứng chuyển hoá acid amin, phản ứng phosphoryl hoá, tổng hợp nhân hem...). Một số loại thực phẩm giàu vitamin B6: cá, thịt gà, thịt lợn nạc, thịt bò nạc, chuối, quinoa,...	"Vitamin B6 plays an important role in supporting enzymes involved in metabolic reactions in your body (amino acid metabolism reactions, phosphorylation reactions, heme synthesis, etc.). <pho:s pho:r> <They're just normal chemical reactions in your body when you're consuming food> Some foods rich in

	vitamin B6 include: fish, chicken, lean pork, lean beef, bananas, avocados,..."

Physical Health/FITNESS

<Okay. Let's move on to next topic - Your Physical Health>

<There're some traits we have to discuss>

Traits	Result	Explanation	
risk of tobacco addiction/nicotine dependence	Unfavorable/Likely	"Being relatively sensitive to tobacco smoke (Nicotine) at a high level leads to a higher-than-average risk of tobacco addiction. If you are not currently using tobacco, you are at risk of being sensitive, uncomfortable, or having neurological symptoms when exposed to tobacco smoke or nicotine in general. Therefore, you need to limit your exposure to tobacco smoke or nicotine."	
Sports Performance	Speed, strength	Suitable for strength training exercises that require muscle strength and power. Therefore, you may be suitable for some sports such as: sprinting, weightlifting, etc.	

Pain sensitivity	Very Sensitive	You are likely to have an increased sensitivity to pain, with a lower pain threshold and a reduced ability to tolerate pain.	Pain threshold refers to the lowest intensity at which a given stimulus is perceived as painful
Caffeine Metabolism	Normal	"You have a caffeine metabolism rate at the average level. To avoid the effects of insomnia, you should not use coffee or caffeine-containing products close to bedtime ."	
Snack Habits	Preferred	"This genetic trend can lead to a feeling of hunger even when you are not actually hungry, which can lead to the possibility of eating multiple snacks. There are two suggestions to control the problem of snacking: First, you will control the number of snacks you have in a day. If you feel hungry, you can get up from your work position, go for a light walk, drink water, instead of looking for food. Second, you will switch to using healthy foods for your health. Instead of eating sweet cakes, milk tea, fast food with simple sugars and saturated fatty acids, so we recommend eating fruits, nuts, yogurt,	

		unsweetened or low-sugar milk instead."	
Obesity	Highly Increased	<p>You have a genetic risk of obesity. To prevent the problem of overweight and obesity, you should follow a healthy lifestyle and control your weight in the following ways:</p> <p>Diet: Eat a variety of foods, and increase the intake of vegetables and fruits. For protein-rich foods, prioritize lean meats such as pork, lean beef, chicken, as well as seafood, such as salmon, mackerel, and sardines, which you can use 2-3 meals per week; plant-based protein includes legumes, tofu. For the lipid group, limit the use of animal fat, fried fast food, and increase the use of plant-based lipids such as vegetable oil (olive oil, soybean oil, etc.), nuts (almonds, walnuts, peanuts, sesame seeds). Limit alcohol consumption.</p> <p>Exercise: You should maintain at least 30 minutes of exercise per day, and at least 150 minutes per week. Control stress, get enough sleep</p> <p>Control weight with BMI < 25 kg/m² <kilograms per square meter></p>	

Sleep quality	Normal	"Your sleep quality is relatively ideal" - You can sleep pretty well	
Digestion of animal milk	Normal	"Your ability to digest animal milk is completely normal. There is a low risk of lactose intolerance."	

Do you have any question?

If you have an question, please don't hesitate to ask.

Okay, let's move on to "Skin Health" section.

Skin health

<In the first part, let's explore the last aspect - Skin Health>

Phần lớn các yếu tố liên quan đến làn da như: tần nhang, da mị chấy x, mìn trng cá, đđ nhỹ cmm cđa da....đều bình thng/ ầu th	"Most of the factors related to the skin, such as: freckles, sagging eyelids, acne, skin sensitivity, are normal, which is good."	Moisturizing, Skin aging Stretch mark, antioxidant ability, glycation , Tanning response UV protection Collagen degradation, Skin sensitivity, Elasticity Sagging eyelid, Wrinkle, inflammatory Cytokine
Có môt số yếu tố bất ời: lão hoá da, khả năng chng oxy hoá, da môt ncc.	"There are some unfavorable factors: skin aging, antioxidant capacity, dehydrated skin."	
Làn da cđa ông/bà đđ b môt đđ m. Trong nhng giai đon thđi ti t hanh khô, đđ m trong không khí thp c n chú ý nhng bi n pháp gi đđ m cho	"Your skin is more prone to dehydration . During the dry weather periods, when the humidity in the air is low, it is	

da nh: Xút khoáng, s dng kem dng m, thng xuyên ung nnc, b sung vitamin....	important to pay attention to the following measures to keep your skin hydrated: + Spray mineral water (on your skin), use moisturizer, drink plenty of water, and supplement vitamins, etc."	
V lão hoá da, kh năng chng oxy hoá: làn da c ông/bà có nguy c g p ph i v n đ lão hoá nên các d u hi u lão hoá da có th xut hi n s m h n. M t s cách ông/bà có th l u ý: nên s dng kem chng nng thng xuyên đ b o v làn da d i tác dng gây h i c a ánh sáng m t tr i. Ông/bà nên ch n kem chng nng ph r ng chng đ c tia UVA và tia UVB, cùng v i ch s SPF t i thi u t 30 tr l n. Ngoài ra, ông/bà có th s dng các đ v t đ che ch n nh áo chng nng, kính râm chng tia UV đ g i m nguy c h ình thành n p nh n do ph i nheo m t nhi u. M t ch đ ăn ung lành m nh, h n ch đ ăn nhi u đng đ n nh bánh k o, nnc ng t, trà s a, ung đ nnc, ng đ g i c c ng s h tr giúp duy trì m t làn da kho m nh.	"About skin aging and antioxidant capacity: your skin is at risk of aging, so the signs of skin aging may appear earlier. Here are some things you can keep in mind: Use sunscreen regularly to protect your skin from the harmful effects of sunlight. Choose a broad-spectrum sunscreen that protects against UVA and UVB rays, with an SPF of at least 30. In addition, you can use protective items such as sunscreen, UV-blocking sunglasses to reduce the risk of wrinkles from squinting. A healthy diet, limiting foods high in simple sugars such as cakes, sweets, milk tea, drinking plenty of water, and getting enough sleep will also help maintain healthy skin." <e.g: You squint into the morning sun.>	

II. Genetic risk of diseases and drug interactions

1. Risk of common diseases

In your results, most of your risks of common diseases are **within the normal range**. Only the risk of **Atrial Fibrillation** is **unfavorable**

<a problem in which the heart beats faster than normal and in a way that is not regular, resulting in the top spaces of the heart not emptying properly>

<p>Kết quả cho ra ông/bà có tăng nguy cơ mắc bệnh rung nhĩ. Rung nhĩ là một rối loạn nhịp nhĩ nhanh và không đều. Các triệu chứng bao gồm: đánh trống ngực, mất ngủ, giảm khả năng gắng sức, khó thở, đau ngực, tụt huyết áp. Khi rung nhĩ, bệnh nhân có nguy cơ cao hình thành huyết khối trong tâm nhĩ, trôi theo dòng tuần hoàn gây đột quỵ</p>	<p>"The results show that you have an increased risk of developing atrial fibrillation. Atrial fibrillation is a fast and irregular heart rhythm. Symptoms include: palpitations, fatigue, decreased exercise tolerance, shortness of breath, chest pain, and low blood pressure. When atrial fibrillation occurs, patients are at an increased risk of forming blood clots in the atrium, which can travel through the bloodstream and cause a stroke."</p>	<p>palpitations = which mean the feeling that your heart is beating too quickly or not regularly: atrium = one of the two spaces at the top part of the heart that receive blood from the veins and push it down into the (= lower spaces)</p>
<p>Nguy cơ rung tâm nhĩ tăng cao khi ngoài 60 tuổi. Lúc này, nếu có các biểu hiện triệu chứng của bệnh nhịp nhanh, hồi hộp, đánh trống ngực... Cần đi khám để phát hiện sớm và để phòng biến chứng của bệnh.</p>	<p>"The risk of atrial fibrillation increases after the age of 60. At this time, if you have any symptoms of the disease, such as rapid heartbeat or chest pain, you should see a doctor to diagnose early and prevent complications."</p>	
<p>Ông/bà có thể để phòng bệnh lý này qua thực hiện một lối sống lành mạnh với chế độ ăn tốt cho tim mạch như tăng cường các loại rau xanh, hoa quả, hạn chế chất béo động vật, để ăn nhanh, sử dụng lipid thực vật như dầu thực vật và các loại hạt, giảm muối. Duy trì thói quen tập thể dục thể thao tối thiểu 30 phút/ngày, tối thiểu 150 phút/tuần, kiểm soát căng thẳng, hạn chế để uống có cồn, không hút thuốc.</p>	<p>"You can prevent this condition by following a healthy lifestyle with a heart-healthy diet, such as increasing your intake of fruits and vegetables, limiting animal fats and fast food, using plant-based lipids such as vegetable oil and nuts, and reducing salt. Maintain a habit of exercising for at least 30</p>	

	<p>minutes a day, at least 150 minutes a week, control stress, limit alcohol intake, and do not smoke."</p> <p>Recommendations for this part is pretty similar to the advice for preventing the problem of overweight and obesity.</p>	
<p>Ông/bà cũng nên đi khám sức khỏe định kỳ, bao gồm thăm khám bác sĩ chuyên khoa tim mạch để sàng lọc các vấn đề bệnh lý tim mạch.</p>	<p>"You should also go for regular health check-ups, including a visit to a cardiologist to screen for heart disease."</p>	

2. Pharmacogenetics interaction

< pharman ko genetics>

<p>Có 9 thuốc, ông/bà cần tránh sử dụng thuốc 3 nhóm bệnh. Khi sử dụng những thuốc này ông/bà có thể gặp bất lợi trong chuyển hóa, hấp thu thuốc dẫn đến có thể giảm tác dụng hoặc tăng tác dụng phụ. Như vậy ông/bà nên sử dụng những thuốc khác có tác dụng tương đương để tăng hiệu quả sử dụng thuốc.</p>	<p>"There are 9 drugs that you should avoid using, belonging to 3 groups of diseases. When using these drugs, you may experience adverse effects in drug metabolism and absorption, leading to reduced efficacy or increased side effects. Therefore, you should use other drugs with similar effects to increase the effectiveness of drug use."</p>

III. Personalities, psychology, and mental disorders

1. Personalities

You should notice that personality-related factors change significantly over time and are affected by the environment, so they are not always an accurate predictor of the results according to genes.

Trait	Results	Explanation	
Anxiety	Unfavorable	"In front of important events, or when having to speak in front of a crowd, you tend to be more anxious and nervous than others."	exams, interviews, presentations
Resilience	Unfavorable	"When faced with difficulties and obstacles in life, you might feel worried and be pessimistic more than others."	It is also important to note that worry and pessimism are normal human emotions, and they can be managed with the right coping mechanisms.
Seasonal Mood Swings	Normal	"In a season/a type of weather that you do not like, they are not easily affected or change your emotions in such weather situations."	
Happiness	Unfavorable	"You tend to have higher expectations for achieving satisfaction, joy, and happiness in life. This personality trait has the advantage that: events related to you often have a higher level of perfection."	
Anger	Good	"You are not hot-tempered person who easily lose your temper. In fact, you have the ability to control and restrain your anger."	
Social Rejection Sensitivity	Normal	"You often do not pay attention, and might not be sensitive, or feel sad when	

	someone talks about you badly, or when you're being criticized by others."	
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2. Mental Health Risks

In the results of this genetic decoding, you were analyzed for risk factors associated with 4 mental disorders: major depressive disorder, post-traumatic stress disorder, bipolar disorder, and obsessive-compulsive disorder (OCD).

3. THE 5-FACTOR MODEL OF PERSONALITY

Trait	Result	Explanation
Openness	Curious, creative	"You are likely to be flexible in your work, easy to accept new things and new directions, and not a conservative, or traditional person."
Introversion – Extraversion	Extroverted	"You are likely to be outgoing and enjoy socializing. You are also likely to be interested in building relationships with others."
Conscientiousness (Diligence, Caution)	Balanced	"You are likely to be careful in your work and responsible for the tasks you are assigned."
Agreeableness	Critical, suspicious	You may be more effective in a team environment if you are more open to the ideas of others and are less quick to criticize.
Neuroticism (Emotional Instability)	Calm, secure	You rarely bring personal feelings into your work. You are a very positive and stable person in handling work.

Based on the Big Five personality model, there are three groups of occupations that are highly recommended for you: Enterprising, Realistic, and Investigative.

Section C. Ending

"Here is all the information about the results of your genetic testing. The consultation report will be sent to you within 1 week. Now, if you have any questions, I can help you discuss them with the doctor.

Thank you."