

Process for Using Dtect Wellness

Ask your doctor* for Dtect Wellness today.

** or wellness practitioner*



Your doctor will collect a buccal swab or blood sample, and send it to our laboratory.



We will extract DNA from the sample and screen for genetic markers.



We will send the results to your doctor. If you require, we will also send you the results.



Your doctor will explain the results to you and provide advice on the next course of action.

Limitations

Genetic screening can indicate whether an individual has a predisposition, or is at increased likelihood of having an inherited disease or disorder. However, it cannot indicate if the individual will show symptoms, how severe the symptoms will be, or whether the disease or disorder will progress over time.

A negative test result does not mean that an individual will not get the inherited disease or disorder because Dtect Wellness is designed to detect only highly significant genetic markers which have been documented during medical research. Environmental and lifestyle factors also play a role in the development of inherited diseases and disorders.

Other Products

Dtect BRCA+ screens for risk of breast and ovarian cancers, using ACMG guidelines.

Dtect Cardio & Metabolic evaluates markers associated with cardiovascular and metabolic diseases.

Dtect Child detects inherited genetic illnesses or developmental disorders in children.

Dtect Colon+ screens for risk of colorectal cancer, using ACMG guidelines.

Dtect Derma screens for traits or conditions that affect skin youthfulness and premature ageing.

Dtect Fertility screens for genetic causes of infertility.

Dtect NPC+ screens for risk of nasopharyngeal, and other head and neck cancers (HNCs).

Dtect Onco screens for risk of 32 types of familial cancers.

Dtect PGx screens for risk of adverse drug reactions and drug responses.

Dtect Prostate+ screens for risk of prostate cancer, using ACMG guidelines.



Wellness

Genetic Screening for Wellness and Fitness

Your First Step Towards Total Health and Vitality

PATIENT'S GUIDE



MEDIFIRST Sdn Bhd (1429757-D)

UOA Corporate Tower, Level 2, Avenue 10, The Vertical 8,
Jalan Kerinchi Bangsar South, 59200 Kuala Lumpur

www.medifirst.com.my

Partner with:



@medifirst.id



@medifirst.id



Medifirst



care@medifirst.com.my



Manage Your Health With Dtect Wellness

Experience a Healthy and Fulfilling Life by Understanding Your Genetic Profile

Dtect Wellness is a genetic screening test. This test screens across 154 genes in your DNA and identifies relevant genetic markers which play an important role in influencing your health and wellness.

Dtect Wellness screens for genetic markers that are associated with:

- response towards nutrition and dietary supplements
- metabolism of nutrients
- weight management
- cellular detoxification
- antioxidant capacity
- skin aesthetics
- response to exercise
- susceptibility towards injuries related to physical activities

The results from Dtect Wellness provide a profile of your genetic health and wellness.

This information will assist you and your doctor, or wellness practitioner, to develop a personalised wellness management plan that emphasises:

- ✓ healthy lifestyle habits
- ✓ proper nutrition
- ✓ effective physical activity
- ✓ preventive interventions

Dtect Wellness screens 154 genes in your DNA for genetic markers associated with the following:

GENERAL HEALTH AND NUTRITION MANAGEMENT

Eye Health

Carotene and vitamin A metabolism

Heart Health

Homocysteine metabolism, salt sensitivity high blood pressure and inflammatory response

Metabolic Health

Hyperglycaemia, carbohydrate metabolism, insulin resistance and metabolic syndrome, and inflammatory response

Antioxidative Ability

Vitamin C, vitamin E, selenium and coenzyme Q10

Liver Function

Detoxification phase 1 and 2, and steroid metabolism

Vitality

Vitamin B6, vitamin B12 and coenzyme Q10

Dietary Sensitivities

Caffeine metabolism, lactose intolerance, and omega 3 and 6 balance

Others

Longevity, keloid formation and melanin metabolism (pigmentation)

MENTAL AND PHYSICAL PERFORMANCE

Fitness

Endurance and exercise intensity

Stamina

Oxygen uptake and utilisation

Muscle Performance

Energy utilisation

Weight Management

Obesity, and metabolism of lipids (adiponectin, HDL, LDL, total cholesterol and triglyceride)

Mental Health

Stress sensitivity

Physiological Response

Pain sensitivity and inflammatory response

PREVENTION OF INJURIES

Bone Health

Osteoporotic fracture, vitamin D and calcium metabolism

Connective Tissue Health

Tendon and ligament injuries

Collagen metabolism

Achilles tendinopathy

Age-Related Joint Health

Osteoarthritis

Sports-Induced Risks

Sudden cardiac arrest

Head injury: concussion

Soft tissue and exercise-induced muscle injury



Understand and Manage
Your Health.

Ask for Dtect Wellness Today.