

Healthy Weight DNA Insight®



Help your patients combat obesity and its associated health hazards

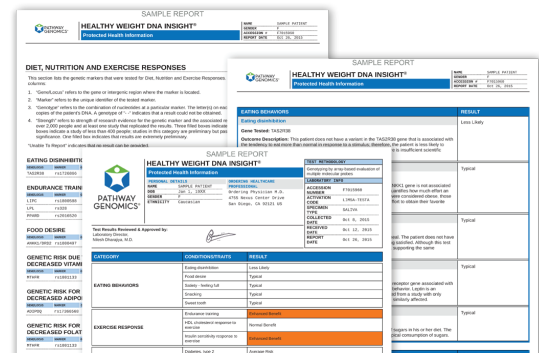
Healthy Weight DNA Insight® is a comprehensive test aimed at assisting physicians in treating obese and overweight patients. It tests for a variety of genetic markers that have been found to influence diet, metabolism and exercise-related traits, as well as weight-related health conditions and medications.

Pathway Genomics provides individual answers for your patient's unique weight management needs. Results are returned in just 2-3 weeks.



For overweight or obese patients, Healthy Weight DNA Insight® may help with:

- Developing a patient-specific weight management plan
- Making recommendations to improve overall health and wellness
- Working to maximize energy levels



Interested in learning more about the benefits of Pathway Genetic Testing? Visit www.pathway.com today!

Healthy Weight DNA Insight[®]

Understanding a person's genetic propensity to specific diets, eating behaviors, nutritional needs, exercise activity and various health conditions is important for true, long-term success in weight management. Below are the traits included in a patient's personalized report.

Weight and Diet Weight can be influenced by many genes. The way we eat, how our bodies process foods, and our resulting health are all related to our genetics.	
Genetic risk for decreased adiponectin	Obesity
Genetic risk for decreased omega-6 and omega-3	Response to monounsaturated fats
Matching diet type	Response to polyunsaturated fats
Metabolism	Weight loss-regain

Eating Behaviors Eating behaviors can have as much of an impact on our health as our diet. Some eating behaviors are learned over time and some are influenced by genetics.	
Eating disinhibition	
Food desire	
Satiety - feeling full	
Snacking	
Sweet tooth	

Metabolic Health Factors Being overweight or obese is linked to many health conditions. Obesity has a negative impact on a person's metabolic system, and can lead to decreased levels of HDL (good) cholesterol and elevated levels of LDL (bad) cholesterol, as well as elevated blood sugar and triglycerides.	
Genetic risk for decreased HDL cholesterol	
Genetic risk for elevated LDL cholesterol	
Genetic risk for elevated triglycerides	

Exercise Response Exercise has long been shown to provide many health benefits. Many studies demonstrate a link between genetics and exercise. A patient's genes can affect the patient's chances of losing weight, having improved cholesterol levels, and other health benefits in response to exercise.	
HDL cholesterol response to exercise	
Endurance training	
Insulin sensitivity response to exercise	

Nutritional Needs Vitamins are an important part of your health. Our test analyzes genetic markers associated with one's likelihood of having lower levels of certain antioxidants and nutrients.	
Genetic risk for decreased folate	Genetic risk for decreased vitamin B12
Genetic risk for decreased vitamin A	Genetic risk for decreased vitamin C
Genetic risk due to decreased vitamin B2	Genetic risk for decreased vitamin D
Genetic risk for decreased vitamin B6	Genetic risk for increased vitamin E

Health Conditions Excess weight is directly related to a number of health conditions, some of which can be prevented with proper diet, nutrition and exercise.	
Diabetes, type 2	
Osteoarthritis	
Venous thrombosis	

Medication Response Every individual is unique. Medications can have varying levels of effectiveness, as well as different side-effects for each patient. A genetic test will assist in determining whether or not your patient is likely to benefit from certain drugs.	
Clopidogrel metabolism	
Simvastatin-induced myopathy	
Warfarin	

