

# Heart Attack Risk



Krishna G. Aragam,  
MD, MS

"We have identified a subset of individuals at double the risk of heart attack based on their genes. Despite having inherited genetic risk factors for heart attack, individuals were neither more likely to be flagged as high-risk patients nor more likely to receive preventive statin therapy."

# Diabetes



According to the statistics revealed by MOH, there has been a 300% increase in diabetic patients in the last 15 years.



Close to 1 in 3 adults diabetic by 2025, says health minister.

An alarming seven million adults, both diagnosed and undiagnosed, are estimated Malaysia by 2025. NSTP

# Breast Cancer

Professor Weang-Kee Ho,  
University of Nottingham

There is an urgent need to develop an appropriate screening strategy for Asian women. Malaysia anticipates a 49% increase in breast cancer cases from 2012 to 2025. Malaysia has a much lower five-year survival rate compared to other Asian countries at only 63%, whereas South Korea is at 92% and Singapore is at 80%.



1 in 30 Malaysian women will have breast cancer, early detection is everything.

# Discover Everything About You

- ✓ Have you ever wondered why you...?
- ✓ Have trouble sleeping?
- ✓ Can't seem to slim down?
- ✓ Have an alcohol allergy?
- ✓ Have bad skin?
- ✓ Look older than your age?

## Using DNA to Transform Lives

Your DNA may be your Nature. But your lifestyle CAN be Nurtured.

Our genetic information could wellbeing. Understand everything your DNA can tell you, from your cancer and disease risk to optimal diet and nutrition, carrier status, and much more.

## How can a DNA test help?

- ✓ Prevents disease & cancers
- ✓ Look younger
- ✓ Achieve your ideal body
- ✓ Save money on unnecessary supplements

# Our Reports



## DNA Wellness Report

1 Adiponectin Levels	<b>DNA Wellness Report</b> Discover the cause of any health risks you may have experienced directly or through close family and learn how to make lifestyle adjustments that will help improve your health and wellbeing.	Glucose Level During Fasting 5
2 Ageing		Density Lipoproteins 6
3 C-Reactive Protein		Inflammation 7
4 Familial Hypercholesterolaemia		Obesity 8

## DNA Skin Reports

In this DNA Test for Skin Care, we analyse how your genetics influence skin characteristics, such as hydration, elasticity and antioxidant capacity, which play a key role in the skin ageing process.

Skin ageing is a complex process influenced by hereditary and environmental factors. Recent studies on twins have revealed that up to 60% of the skin ageing variation between individuals can be attributed to genetic factors, while the remaining 40% is due to non-genetic factors.

- ✓ Acne Vulgaris
- ✓ Antioxidant
- ✓ Collagen Breakdown
- ✓ Dermal Sensitivity
- ✓ Eyelid Sagging
- ✓ Freckles
- ✓ Hydration
- ✓ Inflammatory Cytokines
- ✓ Skin Ageing
- ✓ Skin Elasticity
- ✓ Skin Glycation
- ✓ Stretch Mark
- ✓ Sun Tanning
- ✓ UV Protection
- ✓ Wrinkle

## DNA Weight Management Report

This is a scientifically-based weight- management test and program that identifies your unique genetic makeup and provides diet and exercise strategies specifically tailored to your genotype.

# Carbohydrate Analysis

- ✓ Carbohydrate Sensitivity
- ✓ Carbohydrates Overconsumption

- ✓ Metabolic Circadian Rhythm
- ✓ Metabolism Rate
- ✓ Monounsaturated Fats Increase Benefits
- ✓ Overweight Potential
- ✓ Risk From Saturated Fats
- ✓ Satiety Regulation
- ✓ Snacking

## Effect on Weight Control

- ✓ Effect Of Diet On Weight Control
- ✓ Effect Of Exercise On Weight Control
- ✓ Effect Of Protein Intake On Weight Contr

## Diet Effectiveness

- ✓ Low Fat Diet Effectiveness
- ✓ Mediterranean Diet Effectiveness



## Personality Trait Report

Discover the personality traits that make you, you - based on your genotype.

- ✓ Ability To Handle Stress
- ✓ Ability To Memorise
- ✓ Absolute Pitch
- ✓ Alcohol Flush
- ✓ Appetite Regulation
- ✓ Deep Sleep
- ✓ Cognitive Ability
- ✓ Creativity Ability
- ✓ Language Development
- ✓ Learning Ability
- ✓ Reading Ability
- ✓ Tendency To Stay Up Late

## Nutrients Requirement Report

You will receive nutrition-specific insights and personalized recommendations for different traits related to vitamin requirements, mineral requirements and nutrient sensitivities.

- ✓ Calcium Requirement
- ✓ Folate Acid (Vitamin B9) Requirement
- ✓ Iodine Requirement
- ✓ Iron Requirement
- ✓ Vitamin A Requirement
- ✓ Vitamin B12 Requirement
- ✓ Vitamin B6 Requirement
- ✓ Vitamin C Requirement
- ✓ Vitamin D Requirement
- ✓ Vitamin E Requirement
- ✓ Vitamin K Requirement

## DNA Health Risk Report

By analysing your DNA and looking at what genetic markers are present, DNA Health Risk Report can tell you about your risk of developing a range of conditions.

- ✓ Age-Related Macular Degeneration
- ✓ Alzheimer's Disease
- ✓ Asthma
- ✓ Atopic Dermatitis/Eczema
- ✓ Attention Deficit Hyperactivity Disorder
- ✓ Chronic Kidney Disease
- ✓ Coronary Artery Disease
- ✓ Glaucoma
- ✓ Gout
- ✓ Hypertension
- ✓ Hypertriglyceridemia

- ✓ Longevity

✓ Lumber Disc Disease/Back Pain

✓ Migraine

✓ Nicotine Dependence

✓ Non-Alcoholic Fatty Liver Disease

✓ Osteoarthritis
- ✓ Osteoporosis

✓ Parkinson's Disease

✓ Perennial Allergic Rhinitis

✓ Stroke Risk

✓ Systemic Lupus Erythematosus

✓ Type 2 Diabetes

Fitness Report

Your genes can influence your athletic performance, muscle properties and injury risk. You will receive sport-specific insights and personalized recommendations different traits related to muscle potential, performance and recovery ability.

- ✓ Achilles Tendon Protection

✓ Aerobic Exercise Capacity

✓ Aerobic Potential

✓ Anaerobic Exercise Capacity

✓ Body Temperature During Exercise

✓ Caffeine Sensitivity

✓ Glucose Response To Exercise

✓ Joint Injury

✓ Lactate Threshold

✓ Lactate Transport

✓ Lean Body Mass
- ✓ Ligament Protection

✓ Maximum Oxygen Uptake

✓ Muscle Cell Mitochondrial Function

✓ Muscle Soreness

✓ Muscular Endurance

✓ Muscular Power

✓ Muscular Strength

✓ Pain Tolerance

✓ Sports Recovery Ability

✓ Stress Fracture

Allergy & Sensitivity Reportv

Discover valuable nutrition insights about your body's potential sensitivity to dairy, gluten, and more through DNA testing for food intolerance & sensitivity.

- ✓ Allergy To Cats

✓ Allergy To Dust Mites

✓ Allergy To Egg

✓ Allergy To Peanuts

✓ Caffeine Metabolism

✓ Gluten Sensitivity

✓ Hay Fever
- ✓ Histamines Intolerance

✓ Lactose Intolerance

✓ Motion Sickness

✓ Sensitivity To Benzene

✓ Sensitivity To Bitter Taste

✓ Sensitivity To Saltiness

✓ Sensitivity To Sweetness

Cancer Risk Report

Discover how your DNA can determine your risk for cancer. One of the most comprehensive tests on the market with clinical data.

- ✓ Breast cancer (Female)

✓ Cervical cancer

✓ Colorectal cancer

✓ Gastric cancer

✓ Liver cancer

✓ Lung cancer
- ✓ Nasopharyngeal cancer

✓ Pancreatic cancer

✓ Prostate cancer

✓ Thyroid cancer

✓ Ovarian cancer

✓ Bladder cancer

Supplement & Nutrigenomic Summary

Customer Name

Summary Customer Condition	
Lifestyle	Occasional Drinker , Often Stress, minimal sun exposure.
Diet	Insufficient Fruit & Vegetable intake.
Complaints	Poor eye-sight.
Allergies	Shellfish
Medicines/Health Concerns	NA.
Health Goals	Lose weight,Improved Fitness and immune health.
DNA Result	Potentially Deficiencies of vitamin C, K, Iodine, Iron

Ingredients Details

SN	Name	Daily Value
1	Acerola Extract	2.875 mg
2	Apple Extract	2.875 mg
3	Broccoli Sprout Powder 4% Glucoraphanin	18.750 mg
4	Carrot Extract	7.000 mg
5	Grape Seed Extract	1.875 mg
6	Green Tea Extract	7.500 mg
7	High ORAC Antioxidants	800.00 ORAC
8	Horse Radish(Myrosinase Activity)	7.500 mg



www.careplusclinic.my



What is Your Health Destiny?

Decode your LifeCode and tailor-made to your every health needs

Top 3 Killer Disease in Malaysia

- ✓ Heart Attack
- ✓ Diabetes
- ✓ Breast Cancer

If you have a chance to prevent better from disease...

A chance to better understand of your risk for a certain disease.Through technology, you can make decision about your health.

www.careplusclinic.my