dnaskin

optimal skin for life

# Welcome

Sample Report

# to your dna skin report

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| Date of Birth: 01 Jan 1990 | Date Reported: 15 Jul 2019 | Sample Number: DNA123 |
| Referring Practitioner: Sample Report | | |

# Introduction

From your buccal swab sample we have used a process called the Polymerase Chain Reaction (PCR), which copies the DNA of your genes many times over so that we can generate sufficient quantities to analyse your genetic material. We then identify unique DNA variations in some of your genes.

Understanding genetics

Before reading your full assessment, please take a few minutes to review this background information. This will help you better understand your results and enhance the value of this personalised report.

## What are genes?

Genes are segments of DNA that contain the instructions your body needs to make each of the many thousands of proteins required for life. Each gene is comprised of thousands of combinations of "letters" which make up your genetic code. The code gives the instructions to make the proteins required for proper development and function.

## What are gene variations?

With the exception of identical twins, all people have small differences (variations) in their genetic code. It is these differences that make each of us unique. An example of a genetic variation is that one "letter" may be replaced by another. These variations can lead to changes in the resulting proteins being made. For example a "C" may be changed to a "G" at a point in the genetic code. When the variation affects only one genetic "letter" it is called a Single Nucleotide Polymorphism, or SNP (pronounced "snip"). Variations can however also affect more than one "letter".

## Are gene variations "bad"?

In general, variations should not be considered good or bad. Rather, genetic variations are simply slight differences in the genetic code. The key is to know which form of the variation you carry in order to make appropriate lifestyle choices.

# Notes for practitioners

From the laboratories of:

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