

Benefits of Dtect Cardio

Cardiovascular diseases affect the heart and the circulatory system. In 2008, CVD such as heart attack, high blood pressure and stroke killed more than 17 million people, and this number is likely to double by 2030³.

Yet, these diseases are manageable with simple lifestyle changes and drug interventions, if detected early.

Dtect Cardio screens your DNA for genetic markers associated with the following diseases and adverse drug reactions.

Diseases:

- Aneurysm (dilation of blood vessel wall)
- Atrial Fibrillation (irregular rapid heart beat)
- Coronary Artery Disease (blockage of the arteries to the heart)
- Deep Vein Thrombosis (blood clot in deep vein)
- Pulmonary Embolism (sudden blockage in lung artery)
- Familial Hypercholesterolemia (disorder that causes high cholesterol levels)
- Hypertension (high blood pressure)
- Hypertriglyceridemia (high blood triglycerides)
- Myocardial Infarction (heart attack)
- Obesity
- Peripheral Arterial Disease
- Stroke
- Sudden Cardiac Arrest
- Chronic Obstructive Pulmonary Disease (obstruction of bronchial air flow)

Adverse Drug Reactions:

- Aspirin
- Plavix
- Statins
- Warfarin
- Metoprolol (beta-blocker)
- Bucindolol (beta-blocker)

Understanding your risks for CVD will allow your doctor to advise you on an effective health plan.

³ Global Atlas on Cardiovascular Disease Prevention and Control. WHO, World Heart Foundation and World Stroke Foundation, 2011.

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 how fast the disease or disorder will progress over time.

A negative test result does not mean an individual will not get the inherited disease or disorder because Dtect Cardio 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.

Available at:



Find out more at www.Dtect.com



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CAR-PAT-05

DNA



Genetic Screening for Cardiovascular Diseases

**Your First Step
Towards Total Health**

PATIENT'S GUIDE



Manage Your Health With Dtect Cardio

Dtect Cardio is a genetic screening test. This test detects genetic markers in your DNA. These genetic markers are medically-linked with an increased risk of developing cardiovascular diseases (CVD)^{1,2}. By having better knowledge of some of your genetic risks for CVD, you will be in a position to make positive changes to your lifestyle and diet, if necessary.

Dtect Cardio also screens for genetic markers related to adverse reactions towards drugs commonly used in treating cardiac diseases. This information may assist your doctor to prescribe a more effective cardiac treatment plan, if required.

Dtect Cardio uses the latest research technologies available from Life Technologies Corporation, USA.

Ask your doctor for Dtect Cardio today.

¹ Large-scale association analyses identifies 13 new susceptibility loci for coronary artery disease. Schunkert et al, Nat Genet.; 43(4): 333-338. doi:10.1038/ng.784.

² Association between a literature-based genetic risk score and cardiovascular events in women. Paynter et al, JAMA. 2010;303(7):631-637. doi:10.1001/jama.2010.119.

Understand Your Risk Factors With Dtect Cardio

Dtect Cardio is especially relevant for high risk individuals with a family history of cardiovascular diseases (CVD), and for those who carry increased health risks associated with inherited and behavioural factors.

Common Risk Factors for CVD⁴

- Occurrence of premature coronary heart disease in family members (in male first degree relative <55 or female first degree relative <65)
- Hypertension (BP $\geq 140/90$ or on antihypertensive medication)
- Low HDL cholesterol (<40 mg/dL)
- Diabetes
- Cigarette smoking

⁴ Based on Framingham 10-Year Risk Score and NCEP ATP 3 Guidelines.

Process for Using Dtect Cardio

- 1 Ask your doctor for Dtect Cardio today.
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- 2 Your doctor will collect either a buccal swab sample from your inner cheek or a blood sample, and send it to our laboratory.
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- 3 We will extract DNA from the sample and screen for genetic markers.
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- 4 We will send the results to your doctor. If you require, we will also send you the results.
↓
- 5 Your doctor will explain the results to you and provide advice on the next course of action.

Manage Your Risks for CVD With Dtect Cardio



DID YOU KNOW?

Diseases of the circulatory system, such as stroke and heart attack, were the main cause of deaths in Malaysian public hospitals in 2010. They comprised more than 25% of reported cases⁵.

⁵ Ministry of Health (MoH): Health Facts 2010 MOH/S/RAN/01.11(AR).

