

# How It Works?



Gather saliva samples. Make sure the cap is securely fastened



Document the sample And reach us to collect your samples



Lab Processing & Data Analysis



Report Generation



Login in your account or check your email



Schedule your Genetic Counselling



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Discover.  
Empower.  
Transform.





## Genes & Cardiovascular Diseases ●●●

Cardiovascular diseases (CVDs) have emerged as the leading cause of mortality worldwide. In India, 1.7-2.0 million deaths are attributed to CVDs annually.<sup>1</sup> India accounts for 1/5<sup>th</sup> of these deaths worldwide especially in younger population.<sup>2</sup>

The era of modern genomics has uncovered many genetic variations that predispose individuals to the risk of CVDs.<sup>1</sup> Identifying the genetic risk can help put early screening and adopt a preventive strategy by making the possible lifestyle changes to mitigate the risk.

1. Mahadevan L, Yesudas A, Sajesh PK, Revu S, Kumar P, Santhosh D, Santhosh S, Sashikumar JM, Gopalakrishnan VK, Boben J, Rajesh C. Prevalence of genetic variants associated with cardiovascular disease risk and drug response in the Southern Indian population of Kerala. Indian J Hum Genet. 2014 Apr;20(2):175-84. doi: 10.4103/0971-6866.142896.  
2. Sreenivas Kumar A, Sinha N. Cardiovascular disease in India: A 360 degree overview. Med J Armed Forces India. 2020 Jan;76(1):1-3. doi: 10.1016/j.mjafi.2019.12.005. Epub 2020 Jan 13.






- MyDNA Cardio Genguard is a DNA based genetic test which helps to gain information regarding the predisposition to heart diseases and other related conditions. It also covers individual's body response to diabetes and cardiovascular diseases medications.





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*Live Long  
Healthy Life*  
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## Why to Take MyDNA CardioGenguard ●●●

-  To assess the risk of CVDs and diabetes before symptoms appear
-  To gain the information regarding predisposition to most common cardiovascular diseases (atrial fibrillation, coronary heart disease, heart attack, stroke, etc.), the risk regarding obesity and imbalances in lipid metabolism, and hence, the possibility of passing on the same to your children.
-  On the basis of the test results, medication / treatment, lifestyle modifications and other steps can be suggested to reduce the risk of cardiac disorders and diabetes in future

## Who can Take this Test? ●●●

-  People with family history of CVDs
-  People who are taking diabetes and heart related treatment
-  People having conditions like diabetes and hypertension/blood pressure
-  People with unhealthy lifestyle

