Genetica®

Health F

Hereditary Female Reproductive System Cancer Screening

Explore Your Genes
Define Your Future

www.genetica.asia

G-Health F, Issuance Date: 20 January 2025, cbe034badb

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at Genetica®

Dear Ms. SAMPLE_NAME,

On behalf of Genetica® team, I would like to send you our warmest greetings with deepest gratitude for your interest and trust in our Genetica® gene decoding technology consultation service.

With the recipe for success of prestigious and reputable scientists in the genetics field and artificial intelligence technology, Genetica® sincerely believes that we can bring about greater values and meanings into each of our customers' lives. This is the mission, the aim I and my colleagues are pushing our hardest efforts to reach. Everyday, we thrive to seek for more knowledge and to perfect our service, bringing gene decoding closer to public's heart. The precious gem of unlocking one's genomes is no longer limited to elitists of expertise knowledge, with Genetica®, it now extends its embrace to you, to your family and to everyone, the embrace of unearthing uncountable mysteries buried deep in our unique genomes using scientific technologies.

Our dear customer, the report on your hand now narrates a map for you to explore yourself thoroughly and to listen to your own body. From this map, you can direct your own ultimate working, fitness, rest, education, and diet plans towards your best life.

On choosing "Genetica®, Explore your genes - Define your future", you will always be accompanied with our most experienced experts for all consultations needed. Therefore, do not hesitate to contact us should you have any inquiries upon your results. You can also log into our Genetica® application to update helpful information curated specifically for your genomes.

We truly hope you have had a great experience using our service.

It was our greatest pleasure being your guide on this journey,

Cao Anh Tuan
Founder & Chief Technology Officer at Genetica®

BACKGROUND

Human genomes contain 20,000 to 25,000 genes. Genes in our bodies are inherited from our parents. Some genes don't have any negative effects, but some definitely do. Our genes make us unique as the way we are.

Basic Terminologies in Genomics

Genome

A gene is the basic unit of heredity which is a phenomenon of parents passing on their characteristics to offspring. In most cases, the material constituting genes are DNA, and genes are passed on to the next generation by replicating DNA. DNA carries genetic code, defined by 4 different bases A, T, G, C.

DNA

DNA, or deoxyribonucleic acid, is the hereditary material in humans and almost all other organisms. Nearly every cell in a person's body has the same DNA. The information in DNA is stored as a code made up of four chemical bases: adenine (A), guanine (G), cytosine (C), and thymine (T).

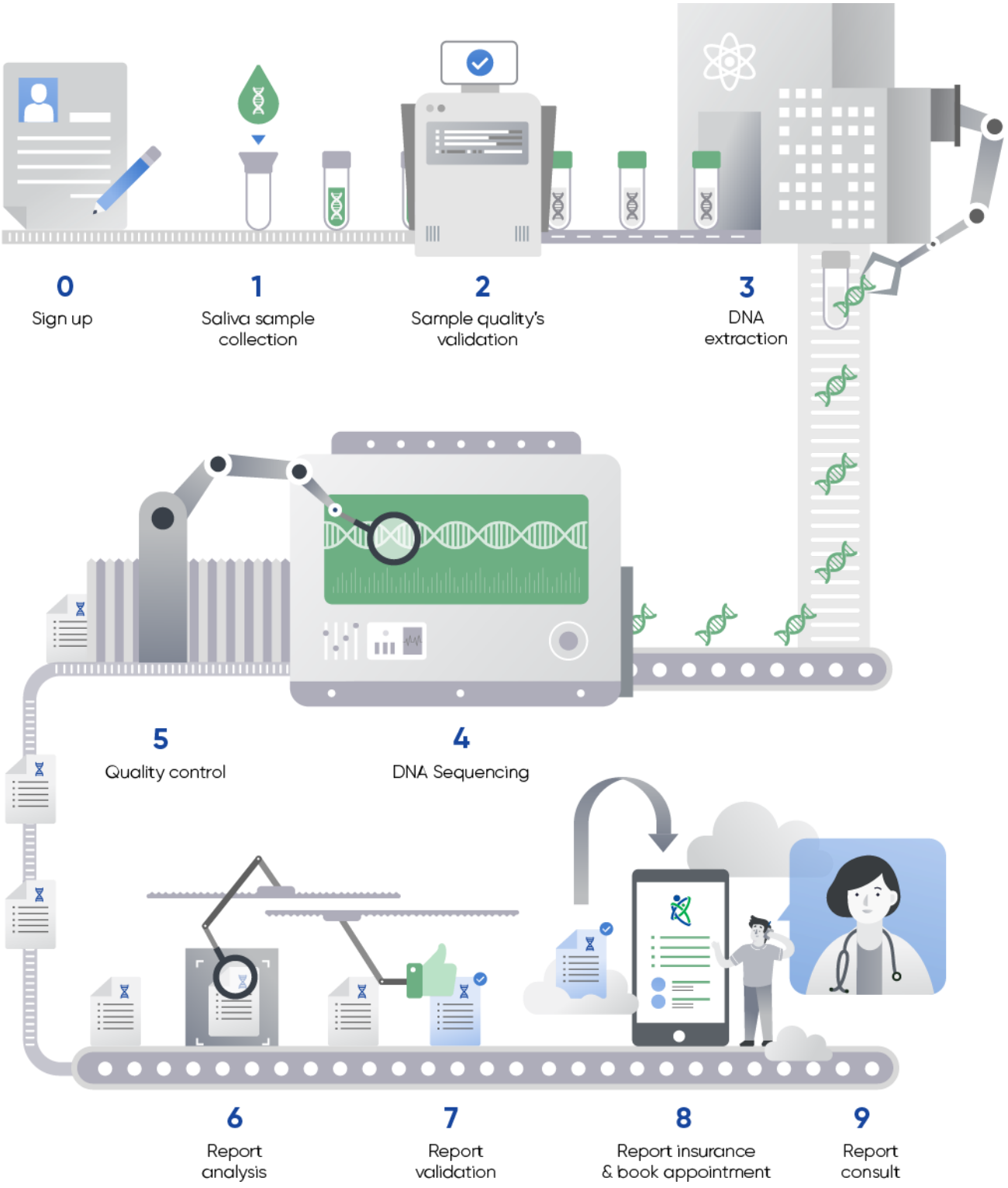
A **single-nucleotide polymorphism (SNP, pronounced snip)** is a DNA sequence variation occurring when a single nucleotide adenine (A), thymine (T), cytosine (C), or guanine (G) in the genome (or other shared sequence) differs between members of a species or paired chromosomes in an individual.

Mutation

Mutation is a change that occurs in our DNA sequence, either due to mistakes when the DNA is copied or as the result of environmental factors such as UV light and cigarette smoke.

Genes can be referred to as the "integrated body of information" which constitutes our bodies, and the purpose of genetic testing is to learn the genetic impacts of the occurrence of a specific disease in advance, and moreover, to control environmental factors as much as possible.

HOW THIS REPORT IS GENERATED?



GENETIC TESTING: AN OVERVIEW

Technological advances have dramatically impacted almost every aspect of daily life, especially in healthcare. Scientists study the complete DNA sequences and perform genetic mapping to help understand what causes disease, what makes a person to lose weight or gain weight faster than the others, and individual differences in behaviors, such as cognitive ability and personality.

With a few drops of saliva, a person can gain a wealth of personal insights. For example, a person with family history of breast cancer can find out if she carries a mutation in BRCA genes. Research shows that mutations in breast cancer (BRCA) genes significantly increase the chances of cancer. In particular, a BRCA1 mutation can increase the chances of breast cancer up to 81% and ovarian cancer up to 54%. Genetic tests will provide the information a user and their doctor need in order to take appropriate preventive actions.

On another spectrum, parents can **leverage genetic information** to create an optimal education plan to **unlock their child's potentials. Every child is unique**. A one-size-fits-all education will hinder children to unleash their innate talents. A child who has a tendency to be extrovert performs prolonged study everyday, which may lead to depression. For the past two decades, researchers have found dozens of genes that increase a child's susceptibility to anxiety, attention-deficit hyperactivity disorder, heightened risk-taking, and antisocial. However, unless the child suffers a traumatic or stressful childhood, the above traits are not revealed when they grow into adulthood. Genetic studies have shown that children with certain gene variants may need and benefit greatly from more maternal support.

According to Dr. Jennifer Stagg, the author of the (best seller) book **Unzip your genes, genomic testing provides information that was not clinically available just a few years ago**. She can now provide guidance to patient questions such as, "It seems like I get fat when I weight-train. Is that possible?" or "I've tried every low-carb diet and it doesn't work. How could that be?" It is really quite simple. A patient's saliva sample can provide answers. "Mrs. Smith, genetically you are predisposed to gain fat mass with an intensive strength training program" and "Mr. Morgan, with your genetic makeup, you will do better on a Mediterranean diet."

Genomics allows us to see how variations in our DNA can interact with one another and impact our growth, behavior and overall health. However, **our genes are not our destiny**. The way our genes get expressed is also affected by our lifestyle, environmental and psychosocial factors.

TABLE OF CONTENT

INTRODUCTION TO G-HEALTH F

Cancer is the abnormal and uncontrolled growth of cells in the body. Cancer develops when the body's growth checking mechanism fails to work. Cells with mutated DNA instead of dying, grow out of control, resulting in abnormal growth. These cells form a mass of tissue, called a tumor, which can be benign or malignant (cancerous). Malignant tumor cells invade nearby tissues and spread to other parts of the body, but the benign tumor cells do not spread. Depending on the type of cancer, possible symptoms could be a lump, abnormal bleeding, prolonged cough, unexplained weight loss, and a change in bowel movements. While these symptoms may indicate cancer, it is also due to other causes and should be consulted with a physician. There are many types of cancers that affect humans, but according to the National Cancer Institute, the most common type of cancer is breast cancer, followed by lung and prostate cancers. Tobacco use is attributed to about 22% of cancer deaths.

Other factors such as obesity, poor diet, lack of physical activity or excessive alcohol drinking can lead to cancer development. Also, certain infections, exposure to ionizing radiation and environmental pollutants cause cancer. In the developing world, 15% of cancers are due to infections such as *Helicobacter pylori*, hepatitis B, hepatitis C, human papillomavirus infection, Epstein–Barr virus and human immunodeficiency virus (HIV). These infections can cause changes in the genes of the cell. Approximately 5–10% of cancers are attributed to inherited genetic defects. In addition to exposure to chemicals or other substances, other factors in life such as age and family history can be causes of cancer. A person's risk of developing cancer depends on several factors, including how long and how often one is exposed, genetic makeup, diet and lifestyle, overall health, age, and gender. The best way to gain knowledge of genetic changes is by genetic testing. Anyone concerned about whether their family history puts them at risk for cancer should consider genetic testing option. Genetic testing for germline mutations, (known as variants), provides information about your genes, that may impact your health now or in the future. Even though genetic testing does not eliminate a person's risk for cancer, it can help make informed medical and lifestyle decisions and, in many instances, earlier detections can increase the chance of a positive outcome.

REPORT SUMMARY

TYPE OF CANCER	LIFE TIME RISK
Breast Cancer	9.98%
No pathogenic or likely pathogenic mutation	Normal
Cervical Cancer	0.63%
No pathogenic or likely pathogenic mutation	Normal
Endometrial Cancer	1.88%
No pathogenic or likely pathogenic mutation	Normal
Ovarian Cancer	1.08%
No pathogenic or likely pathogenic mutation	Normal

BREAST CANCER

WE DID NOT DETECT ANY PATHOGENIC OR LIKELY PATHOGENIC MUTATION
in 35 genes analyzed

We analyzed a total of 35 genes. We didn't detect any pathogenic/likely pathogenic mutation associated with breast cancer.

This doesn't mean you'll never develop breast cancer. Environmental and lifestyle factors, including exposure to various toxins, can increase your chances of getting this cancer over time.

Risk of Breast Cancer

It's possible for a woman to develop breast cancer even without a genetic mutation. The overall lifetime risk of developing breast cancer is:[10]

Men
1 in 1000 (0.1%)

Women
1 in 10 (9.98%)

Genes Analyzed

We analyzed the **35** genes listed below. We didn't find any pathogenic/likely pathogenic mutation associated with breast cancer.

APC, AR, ATM, ATR, BARD1, BLM, BRCA1, BRCA2, BRIP1, BUB1B, CDKN2A, CHEK2, COL7A1, DOCK8, EPCAM, FANCA, FANCC, FANCM, GJB2, MAX, MUTYH, NF1, PALB2, PMS2, POLE, POT1, PRDM9, PTCH1, PTPN11, RAD51C, RECQL, RET, SETBP1, TP53, UROD.

Risk Factors

Your chances of developing breast cancer increase with one or more of the following risk factors.

Gender

Breast cancer is far more common in women than it is in men.[1]

Menopause

Women who have gone through menopause, or the hormone replacement therapy sometimes associated with it, are at increased risk of breast cancer.[8,9]

Age

As with many forms of cancer, the older you get, the more likely you are to develop breast cancer.

Genetic Mutations

Hereditary genetic mutations can increase your risk of breast cancer. Most famously, these genetic mutations affect the BRCA1 and BRCA2 genes.[2]

Obesity

People who are overweight or obese are at greater risk of developing breast cancer.[3]

Lack of Exercise

A lack of exercise, potentially via its link to obesity, may put you at risk for breast cancer.[4]

Unhealthy Diet

A diet that is high in saturated fat and alcohol, but low in fruits and vegetables, can put some people at risk for this cancer as well.[5-7]

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CERVICAL CANCER

WE DID NOT DETECT ANY PATHOGENIC OR LIKELY PATHOGENIC MUTATION
in 17 genes analyzed

We analyzed a total of 17 genes. We didn't detect any pathogenic/likely pathogenic mutation associated with cervical cancer.

This doesn't mean you'll never develop cervical cancer. Environmental and lifestyle factors, including exposure to various toxins, can increase your chances of getting this cancer over time.

Risk of Cervical Cancer

It's possible for a woman to develop cervical cancer even without a genetic mutation. The overall lifetime risk of developing cervical cancer is:[7]

Women
1 in 159 (0.63%)

Genes Analyzed

We analyzed the **17** genes listed below. We didn't find any pathogenic/likely pathogenic mutation associated with cervical cancer.

BLM, BRCA1, BRCA2, BRIP1, CDKN2A, FANCA, FANCI, FANCM, MSH2, PALB2, PAX5, PHOX2B, POLE, POLH, RET, SRGAP1, TSC1.

Risk Factors

A risk factor is a potential cause, or contributor to the development of cancer.

Smoking

Smoking, as well as the inhalation of secondhand smoke, can increase the chances of cervical cancer.[1,2]

HPV

HPV stands for the human papillomavirus. This is a very common sexually transmitted infection. Early sexual activity, or a large number of sexual partners, increases the chances of being infected with HPV.[3,4]

This is important to be aware of because HPV increases the risk of cervical cancer.[5]

DES

DES refers to a drug called diethylstilbestrol, which was used—most often—prior to 1971. If your mother took this drug while pregnant with you, then you may have an increased chance of developing cervical cancer. [6]

References

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6. Hoover RN, Hyer M, Pfeiffer RM, et al. Adverse health outcomes in women exposed in utero to diethylstilbestrol. N Engl J Med. 2011;365(14):1304-14.

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ENDOMETRIAL CANCER

WE DID NOT DETECT ANY PATHOGENIC OR LIKELY PATHOGENIC MUTATION
in 28 genes analyzed

We analyzed a total of 28 genes. We didn't detect any pathogenic/likely pathogenic mutation associated with endometrial cancer.

This doesn't mean you'll never develop endometrial cancer. Environmental and lifestyle factors, including exposure to various toxins, can increase your chances of getting this cancer over time.

Risk of Endometrial Cancer

It's possible for a woman to develop endometrial cancer even without a genetic mutation. The overall lifetime risk of developing endometrial cancer is:[7,8]

Women
1 in 53 (1.88%)

Genes Analyzed

We analyzed the **28** genes listed below. We didn't find any pathogenic/likely pathogenic mutation associated with endometrial cancer.

AR, BRCA1, BRIP1, BUB1B, CHEK2, COL7A1, DICER1, DKC1, EXT2, FAH, FANCG, HFE, MSH2, MSH6, NBN, PALB2, PMS2, POLE, PTEN, RAD50, RAD51C, RAD51D, RECQL4, RET, RHBDF2, SDHA, TMEM127, TP53.

Risk Factors

A risk factor is a potential cause, or contributor to the development of cancer.
Risk factors for endometrial cancer include the following:[1-6]

- Older age
- Starting menstruation at an early age
- Late menopause
- Never having been pregnant
- Obesity
- A family history of endometrial cancer
- Exposure to radiation
- Some forms of hormone replacement therapy
- Certain medications, such as tamoxifen
- Specific medical conditions, such as polycystic ovary syndrome

Compared to white women, Asian women tend to have a lower risk of developing endometrial cancer.[2]

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1. Ali AT. Risk factors for endometrial cancer. Ceska Gynekol. 2013;78(5):448-59.

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7. NIH. SEER Cancer Statistics Review 1975-2016. Available at: https://seer.cancer.gov/csr/1975_2016/results_merged/topic_lifetime_risk.pdf [Accessed 23 Dec. 2019].

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OVARIAN CANCER

WE DID NOT DETECT ANY PATHOGENIC OR LIKELY PATHOGENIC MUTATION
in 35 genes analyzed

We analyzed a total of 35 genes. We didn't detect any pathogenic/likely pathogenic mutation associated with ovarian cancer.

This doesn't mean you'll never develop ovarian cancer. Environmental and lifestyle factors, including exposure to various toxins, can increase your chances of getting this cancer over time.

Risk of Ovarian Cancer

It's possible for a woman to develop ovarian cancer even without a genetic mutation. For an Asian woman, the overall lifetime risk of developing ovarian cancer is:[9]

Women
1 in 93 (1.08%)

Genes Analyzed

We analyzed the **35** genes listed below. We didn't find any pathogenic/likely pathogenic mutation associated with ovarian cancer.

APC, AR, ATM, ATR, BARD1, BLM, BRCA1, BRCA2, BRIP1, BUB1B, CDKN2A, CHEK2, COL7A1, DOCK8, EPCAM, FANCA, FANCC, FANCM, GJB2, MAX, MUTYH, NF1, PALB2, PMS2, POLE, POT1, PRDM9, PTCH1, PTPN11, RAD51C, RECQL, RET, SETBP1, TP53, UROD.

Risk Factors

Your chances of developing ovarian cancer increase with one or more of the following risk factors.

Age

Ovarian cancer can affect girls in their teens. However, most cases of ovarian cancer affect women who are over the age of 50.[1,2]

Genetics

A family history of ovarian cancer or inherited genetic mutations can increase your chances of developing this cancer.[3] For example, a gene called BRCA1 can raise your risk for ovarian cancer. This is the same gene responsible for raising the risk of breast cancer as well.[4]

Menstruation

Women who began menstruating at an early age and/or started menopause at a later than normal age, might be at increased risk of developing ovarian cancer.[5-7]

Hormone Replacement Therapy

Hormone replacement therapy, including estrogen or estrogen-progestin therapy, may increase a woman's risk of ovarian cancer.[8]

References

1. Green, A. Ovarian Cancer: Practice Essentials, Background, Pathophysiology. Emedicine.medscape.com. Available at: https://emedicine.medscape.com/article/255771 [Accessed 20 Dec. 2019].

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Please note, the following reference(s) apply solely to the relevant statistics found here.

9. NIH. SEER Cancer Statistics Review 1975-2016. Available at: https://seer.cancer.gov/csr/1975_2016/results_merged/topic_lifetime_risk.pdf [Accessed 23 Dec. 2019].

Other services from Genetica®

65 genes

G-Care

Foundation To Your Quality Life

Over 18 years of age

NutriCare
- Carbohydrate metabolism
- Protein metabolism
- Fat metabolism

Facts-to-Know
- Béo bụng
- Chuyển hóa affeine
- Nguy cơ mất ngủ

HealthCare
- Breast Cancer or Prostate Cancer
- Stomach Cancer
- Asian Flush

Personality
- Belly fat
- Caffeine sensitivity
- Insomnia tendency

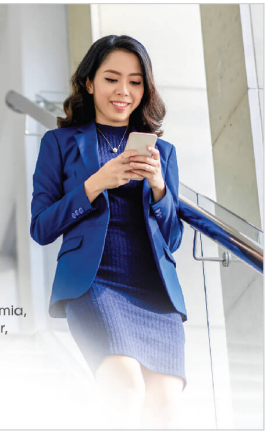
PhysiCare
- Endurance ability
- Power performance
- Cardiorespiratory fitness

300 genes

G-Pro

Unearth Your Potentials

Over 18 years of age



Mind & Spirit
- Personality
- Behavior tendency
- Cognitive ability
- IQ, EQ
- Educational attainment
- Language ability
- Math ability
- Music ability

Nutrition
- Protein, Fat, Carbohydrate metabolism
- Vitamin requirements
- Liver Detoxification
- Food and Drink sensitivities
- Eating behavior
- Cardiometabolic risk
- Diabetes risk scores
- Cardiometabolic health

Fitness
- Endurance ability
- Power performance
- Cardiorespiratory fitness
- Recover ability
- Tendency to get injuries
- Weight Management Difficulty
- Tendon/ Ligament strength
- Exercise benefit

Resting
- Insomnia tendency
- Belly fat
- Caffein metabolism

Health

Up to 20 common cancers for both genders
- Breast, Bladder, Brain, Cervical,
- Colorectal, Colon, Esophageal,
- Uterine, Kidney, Stomach, Leukemia,
- Liver, Lung, Pancreatic, Testicular,
- Prostate, Ovarian, Skin
- Pheochromocytoma and
- Paraganglioma

125 genes

G-Kid Care

Foundation For Child's Development

From 0 to 18 years of age

Behavioural tendencies
- Extraversion
- Conscientiousness
- Emotional instability

Macronutrient metabolism
- Carbohydrate metabolism
- Fat metabolism
- Protein metabolism

Health risk
- Obesity risk score

Intelligence
- IQ
- EQ
- Cognitive ability

300 genes

G-Kid Pro

Reaching An Optimal Future

From 0 to 18 years of age

Mind
- IQ
- EQ
- Educational attainment
- Cognitive ability
- Math ability
- Language ability
- Music ability
- Fitness potentials

Body
- Vitamin requirement
- Mineral requirement
- Macronutrients requirement
- Eating behavior
- Sweet and bitter taste
- Health risk: Obesity Cardiometabolic/ Diabetes risk.

Spirit
- Personality
- Behavior tendency

Other services from Genetica®

97 genes

G-Health

Access Risk Of Hereditary Diseases

Over 18 years of age

Up to 20 common cancers for both genders

- Breast
- Bladder
- Brain
- Cervical
- Colorectal
- Colon
- Esophageal
- Uterine
- Kidney
- Stomach
- Leukemia
- Liver
- Lung
- Pancreatic
- Testicular
- Prostate
- Ovarian
- Pheochromocytoma
- and Paraganglioma
- Skin

48 genes

G-Autism

Hereditary Autism Risk Screening

The G-Autism report will unveil the genetic risk of an individual via:
- Detect any known pathogenic or likely pathogenic mutations associated with ASD.
- Evaluate the Autism Risk Score: A polygenic score which indicates the user's increased risk of autism.

Everyone will benefit from this report. However, young children who display symptoms of autism are especially advised to take the genetic test.

This report will provide you:
- In-depth knowledge about gene-related causes of ASD.
- Information that enables best-suited personalized therapy and developmental care in regard to the user's risk of autism.

32 genes

G-Immunity

Hereditary Susceptibility To Respiratory Viral Infection Screening

Traits tested:
- SARS-CoV
- Influenza
- Acute Respiratory Distress Syndrome (ARDS)

Everyone will benefit from this report.

Benefits:
- Provide users the genetic information about their susceptibility to viral infection.
- Mainly focusing on respiratory viral infections at this time.
- Provide actionable guidelines and recommendations based on research studies from epidemics that have happened, such a SARS epidemic, ...

73 genes

G-Stroke

Hereditary Stroke Screening

The G-Stroke report will provide the following information:
- Pathogenic or likely pathogenic mutations that increase risk of strokes (ischemic stroke, hemorrhagic stroke).
- Stroke Risk Score: a polygenic score that indicates the patient's increased risk of stroke.

Everyone will benefit from this report.

Benefits:
- In-depth knowledge about gene-related causes of stroke.
- Information to make informed medical and lifestyle decisions in regard to the user's risk of stroke.
- Personalized recommendations for preventive and monitoring options.

28 genes

G-ADHD

Hereditary ADHD Risk Screening

The G-ADHD report will provide the following information:
- Pathogenic or likely pathogenic mutations that increase risk of ADHD.
- ADHD Risk Score: a polygenic score that indicates the user's increased risk of ADHD.

Young children and teenagers are especially advised to take the genetic test.

Benefits:
- In-depth knowledge about gene-related causes of ADHD.
- Information to help make informed medical and lifestyle decisions in regard to the user's risk of ADHD, as well as available treatment options.
- Helpful and personalized recommendations.

DISCLAIMERS

Gene Friend Way provides genetic assessment services for research or investigational use. Gene Friend Way does not provide any direct medical advice to individual patients. Genetic information must always be considered in conjunction with other information about your health such as lifestyle, family history, risk factors, biomedical data, diet, nutrition and physical activity among other factors.

Gene Friend Way's role is limited to providing results of genetic test and providing a broad set of general recommendations. More detailed recommendations that may be specific to you are to be made by qualified Professional Practitioners only. General guidelines provided in our report are for information purpose only and are meant to aid your Professional Practitioner to render the relevant professional or medical advice and treatment. While assessing your genetic parameters and providing the report and recommendations, we do not consider your past or existing health conditions and or any medication taken by you (either in the past or currently), even if you may have provided us with such information. Our report and the recommendations therein are to be acted upon in consultation with a medical or other health and wellness professional practitioner.

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If your sample is rejected or testing results are invalid, it means your sample was sub-optimal and could not be tested. You will be advised to re-collect and re-test. All samples not valid for testing are disposed of according to guidelines for biohazardous waste and are HIPAA compliant.

Laboratory Developed Test (LDT). This test was developed and its performance characteristics determined by Genetica in a manner consistent with CLIA requirements. It has not been cleared or approved by the U.S. Food and Drug Administration. This test is not intended to be used without first consulting your physician and subsequent clinical testing as deemed appropriate.

Thank you,

It is our honor to be able to contribute
to your healthy and happy life.

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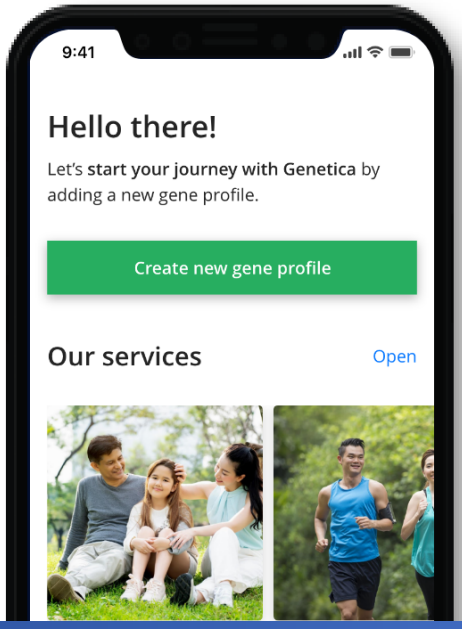

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