

# Pharmacogenetic (PGx) testing for mental health

Personalized medicine to help find the right treatment faster

## What is PGx testing?

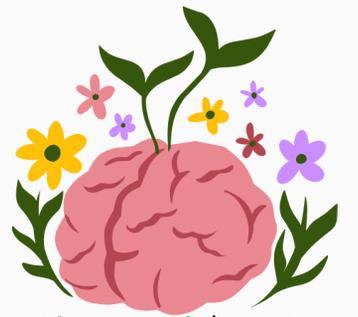
- Pharmacogenetic (PGx) testing looks at your DNA to understand how your body may respond to mental health medications.
- It helps your clinician choose medications with:
  - Better effectiveness
  - Fewer side effects
  - More accurate dosing



## Who Might Benefit?

PGx testing may help if you:

- Have tried multiple medications without good results
- Have had side effects
- Are starting medication for depression, anxiety, ADHD, or bipolar disorder
- Take multiple medications
- Want a personalized treatment plan



## What does the test look at?

Tests genes that affect:

- **Medication metabolism (CYP2D6, CYP2C19, CYP3A4)**
  - May help predict whether a medication may require a lower or higher dose, or whether another option may be safer.
- **Medication response (SLC6A4, HTR2A, COMT, ADRA2A)**
  - May help guide choices for antidepressants, anxiety medications, ADHD treatments, and more.
- **Folate metabolism (MTHFR)**
  - This can help determine whether you may benefit from supplements like L-methylfolate.

Covers medications for:

- Depression
- Anxiety
- ADHD
- Bipolar disorder
- Schizophrenia
- Sleep
- Chronic pain



## Benefits (✓)

- ✓ May reduce trial-and-error
- ✓ Helps predict side effects
- ✓ May shorten time to symptom relief
- ✓ One-time cheek swab
- ✓ Results in ~2 days

## Limitations (X)

- X Does not diagnose conditions
- X Does not guarantee medication success
- X Cannot replace therapy or clinical judgment
- X Some medications have limited PGx data

## How the process works

1

Your clinician orders the test

2

A quick cheek swab collects DNA

3

Lab analyzes your genes

4

Results help guide medication choice

5

You review results with your clinician

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