

# Genetics for Wellness

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## **Genetics-based Medical Care Services**

Genetics for Wellness (GFW) was established in 2023 to meet the specific needs of those who understand that their genes hold an abundance of information that can be used to improve their *quality of life*.

A single human cell contains over 30,000 genes (Your genome) and each gene plays an important role in maintaining your overall health and wellness. Currently, there is an unmet need in San Antonio for Physicians who are willing to use **your** specific genetic make-up, called your genotype, to identify potential health risks, and design wellness strategies to counterbalance these risks. The GFW Physicians can provide you with a practical interpretation of how well your gene variants (alleles) are accomplishing their designated tasks and if needed, proactively recommend interventions, medications and supplemental therapies that would work best in **your** body.

In addition, knowing how your specific genes can affect the metabolism of different drugs allows for the selection of the ideal medication for each illness or conditions you may have. Knowing how well your genes can perform detoxification and inactivate drugs is a prerequisite requirement for choosing safe medication(s) and for avoiding medication interactions. This same information should also be used to direct the choice of medication dosages. \*More information on this topic is found under the “P450 system” tab

## **GFW is a Unique “Concierge” Medical Service**

Dr. Adrienne Vaughn has practiced in the field of Allergy, Asthma & Immunology since 1999. When appropriate, she has managed her patients using information provided by genetic testing. In her field of practice, she has gained a reputation for

exceeding the “Community Standards of Medical Care” and has been rated by her patients and Physician Peers as a “Top Doctor” in San Antonio.

The patient members of our Concierge Medical Service pay an up-front fee to access unique medical services that are not available from any other Medical Care Provider in SATX. Even the best Medical Insurance cannot provide you with the unique “Premium” medical care opportunities we are offering.

## **How the Process Works**

- 1) Initially, a complete “Whole Genome” DNA sequencing is obtained for each patient from a commercial DNA sequencing service, providing us with a data-base that identifies all your specific gene variations.
- 2) Your DNA-encoded genetic information is then searched using our chosen analytic applications (Computer programs), commonly referred to a “Apps”, to identify any genetic variants that might negatively impact your health or place you at risk for developing future illnesses.
- 3) Your membership fee covers (4) 45-minute consultation appointments; during your first appointment we will review your medical history to create a comprehensive medical record. Also, during this visit, we will walk you through correctly ordering your DNA sequencing and the needed Apps. During the following 2 visits, we will discuss how your genes impact your risks for: 1) General health, 2) Cancer.
- 4) During your 4<sup>th</sup> and final visit, we will look at how your genes impact medication detoxifications and we will conduct a complete review of your prescription and OTC medications with attention to how your genotype drives drug metabolism and excretion, impacts specific drug effectiveness and can triggers side-effects or adverse interactions with other medications.
- 5) \*Based on your genotype, we will suggest appropriate life-style interventions, establish relevant on-going health screening protocols and if needed, recommend the optimal OTC dietary supplements.
- 6) As our patient, we will act as your medical advocate by collaborating with other physicians who may, or may not, be choosing the best medical therapy for your genotype.