

# DNA Testing – Is It For Me?

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*Over 25 million people have taken a DNA test with Ancestry.com. Should you be one of them? Or should you be one of the 14 million who have tested with 23andme? Or should you test somewhere else? This presentation will discuss the why's and how's of DNA testing as well as what to do with the results.*

## Why?

### Reasons to Test

- Adoption
- Ethnicity
- Finding living relatives
- Genealogy questions
- Health questions

### Reasons Not to Test

- Privacy concerns
- Family secrets
- Whispered stories
- Known egg/sperm donations

[Others with shared DNA may test]

## Tests & Testing Companies

### Types of DNA Tests

- Autosomal – Shared DNA with all lines back to about 3<sup>rd</sup> great-grandparents. Some DNA shared with earlier ancestors
- Mitochondrial - DNA inherited from direct maternal line. Reveals shared ancestor centuries ago. Males and females inherit.
- Y-DNA – DNA inherited from direct paternal line. Males only.
- X-matches – Some companies include as part of autosomal testing. Limits possible shared ancestors. Everyone has one or two X chromosomes.

## **Testing Companies**

- 23andme
- Ancestry DNA
- FamilyTreeDNA
- MyHeritage DNA
- plus more

## **Transferring to Another Testing Company**

Some companies allow DNA data to be shared. Sharing can be from the company or to them. 23andme and Ancestry only allow downloading. FamilyTreeDNA and MyHeritage allow both uploading and downloading.

## **DNA Testing Plan**

### **The Planning**

- Define the why – a specific question that may be answered with DNA testing
- What do you know now? Who has already tested?
- Determine
  - which type of test
  - which company
  - who to test
- Follow and adapt the plan

## **Your Results**

### **Ethnicity Results/Haplogroup**

- Can reveal secrets
- Genetic verses genealogical
- Vary by company

### **Matches**

- Can reveal secrets
- Can turn off/on
- Shared cMs predict relationships
- In common with/Shared matches – may or may not be the same shared DNA

## Learning More

(Links confirmed as of 1 Aug 2024)

**Blogs** from professional genealogists specializing in DNA:

Blaine Bettinger – [The Genetic Genealogist](#)

Roberta Estes - [DNAeXplained](#)

Dana Leeds – [Genealogy with Dana Leeds](#)

Cece Moore – [The DNA Detectives](#)

Diahan Southard – [Your DNA Guide](#)

## Books

1. Bettinger, Blaine T., *The Family Tree Guide to DNA Testing and Genetic Genealogy* (Cincinnati: Family Tree Books, 2019).
2. Elder, Dana, Nichole Dyer, and Robin Wirthlin, *Research Like a Pro with DNA: A Genealogists's Guide to Finding and Confirming Ancestors with DNA Evidence* (Highland, Utah: Family Locket Books, 2021).
3. Southard, Diahan, *Your DNA Guide the Book* ([US]: Your DNA Guide, [2020]).

*Or search your favorite library catalog or book seller using “DNA” and “Genealogy.”*

**Institutes** - these institutes often offer sessions on beginner to advanced DNA:

[GRIP Genealogy Institute](#), part of the National Genealogical Society

[Institute of Genealogy and Historical Research](#) (IGHR)

[Salt Lake Institute of Genealogy](#) (SLIG), offered by Utah Genealogical Association

## Special Interest Groups

Genealogy societies may have groups that meet to learn and discuss DNA.

Membership in the society may be required to attend. Northland, Johnson County, and Topeka all offer DNA SIGs.

## Websites

[Ancestry.com](#) learning center and [ancestry.com/dna](#)

[FamilySearch](#) – [familysearch.org/home/dna-testing](#). No sign in required.

[International Society of Genetic Genealogy Wiki](#) – [isogg.org/wiki](#)

[MyHeritage.com](#) – [myheritage.com/dna](#)

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