The right medication at the right dose based on your patients’ DNA

www.mydna.life
myDNA is a pharmacogenomic test which identifies variations in a number of genes that affect medication response. These variations have been shown to affect either blood levels or the therapeutic response/side-effects to a number of medications.

More than 3,000 Australian doctors have already ordered over 12,000 myDNA pharmacogenomic tests (formerly DNAdose) to help provide more informed and personalised prescribing for their patients.

Analysis of around 4,750 test results found that 70% of people have a finding that predicts significantly altered drug metabolism for one or more medications.

**ABOUT THE myDNA TEST**

Many medications are metabolised by the cytochrome P450 enzymes and variations in the genes coding for these enzymes result in changes in their activity, leading to significant variations in blood levels of these medications at standard doses for certain medications. This has been shown to increase the risk of side effects in individuals called poor metabolisers (who have reduced or no enzymatic activity) or increase the risk of treatment failure in individuals called ultrarapid metabolisers (who have increased enzymatic activity).

Pharmacogenomics has enabled a shift from the one size fits all approach of prescribing to a more personalised one. By categorising patients into different metaboliser groups, health professionals are now able to individualise medications and doses to optimise treatment outcomes for their patients.

The table below illustrates the significant variability in metaboliser profiles of two important metabolising enzymes (CYP2D6 and CYP2C19) in over 4,500 Australian patients who had a myDNA test.

<table>
<thead>
<tr>
<th>METABOLISER GROUPS</th>
<th>CYP2D6</th>
<th>CYP2C19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor Metabolisers</td>
<td>6%</td>
<td>3%</td>
</tr>
<tr>
<td>Intermediate Metabolisers</td>
<td>10%</td>
<td>21%</td>
</tr>
<tr>
<td>Extensive Metabolisers</td>
<td>81%</td>
<td>45%</td>
</tr>
<tr>
<td>Ultrarapid Metabolisers</td>
<td>3%</td>
<td>31%</td>
</tr>
</tbody>
</table>
HOW myDNA CAN HELP YOUR PATIENTS

- Better treatment outcomes
- Fewer harmful side-effects
- Less trial and error in drug selection
- Reduced spend on medications
- Useful knowledge prior to starting new medications

myDNA may be of benefit when prescribing the following medications:

- Antidepressants
- Antipsychotics
- Anti-epileptic
- Anti-inflammatories
- Analgesics
- Proton Pump Inhibitors
- Cardiovascular agents
- Sulfonylureas
- Statins

YOUR PATIENTS’ myDNA REPORT

The report provides an interpretation of how a patient’s genetic profile may affect their response to certain medications. It also provides advice and recommendations on current and future medications.

The myDNA report is sent to you directly to discuss with your patient if you were the requesting practitioner.

After you have discussed the report with your patient, their results are then made available to the patient on myDNA Explore - a portal designed to allow patients to learn more about their genetics and how it can impact their medications.
HOW DO I ORDER A TEST?

A blood test can be ordered through Australian Clinical Labs (previously Healthscope Pathology), which has NATA accreditation to conduct this type of test. The sample required is 4mL in an EDTA tube. This costs $169, although other pathology providers may add an additional charge for blood collection and delivery.

Alternatively, the patient can be referred to a pharmacy participating in the myDNA program for a cheek swab, at a cost of $149. Visit www.mydna.life to find the nearest myDNA accredited pharmacy.

Doctors can also order the cheek swab kits by contacting us at help@mydna.life.

ABOUT myDNA

My DNA Life Australia Pty Ltd (previously GenesFX Health) is an Australian company established in 2007 by Associate Professor Les Sheffield.

myDNA delivers a clinical interpretation service for pharmacogenomic testing. The myDNA clinical team consists of specialist physicians, clinical pharmacologists, clinical geneticists, scientists, molecular geneticists, pharmacists and genetic counsellors.

Further information visit www.mydna.life or speak to a pharmacogenomic specialist by calling 1300 436 373.

myDNA FAST FACTS

MORE THAN 12,000 patients have had a pharmacogenomic test since 2011 from myDNA.

AROUND 3,000 Australian specialists and GPs have received a pharmacogenomic report from myDNA.

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