

“Using Today’s Commercial DNA Test Results in a Medical Family Tree”
 Fountaindale’s Annual Genealogy Day — 30 March 2019 with Marsha Peterson-Maass

The four most important points to take away from today’s presentation:

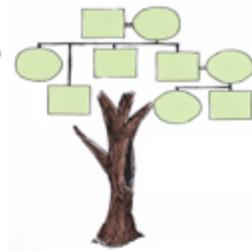
- 1) A Predisposition = that you only have a greater risk of manifesting a certain medical condition than the general public.
- 2) Any amount of accurate Predisposition info about your Medical Family History you bring to your physician can be helpful (especially if you can find any Date of Disease Onset info).
- 3) We must **not** self-diagnose our own health based on medical Predispositions → get expert advice.
- 4) If possible, compile your MFT using both the genealogical research method + DNA Health Predisposition results.

Let’s start by looking at examples of today’s Commercial DNA test results for Health

- 👉 Currently \$199 before a sale (Health + Ancestry service), www.23andMe.com offers Health Report results for: 1) Health Predispositions; 2) Wellness, and; 3) Traits.
- 👉 Example of these DNA results to place in your Medical Family Tree.

Record your own Health Predispositions

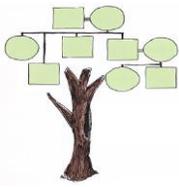
Health Predisposition - Chromosome, Marker (Gene)	Genotype
Late-Onset Alzheimer’s Disease - Chr.19, rs429358 (APOE)	CT (Variant C)



Record your Health Relatives’ Health Predispositions

Health Predisposition – Chromosome, Marker (Gene)	Marsha	Dad	Mom	Brother
Late-Onset Alzheimer’s Disease - Chr.19, rs429358 (APOE)	CT (Variant C)	CT (Variant C)	TT	TT
Health Predisposition – Chromosome, Marker (Gene)	Marsha	Dad	Mom	Brother
Late-Onset Alzheimer’s Disease - Chr.19, rs429358 (APOE)	CT (Variant C)	CT (Variant C)	TT	TT
	Predisposed “Slightly increased risk”		Not Predisposed “No increased risk”	

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Fundamentals of Genealogy® textbook series

What is your Medical Family Tree?

- 👉 The genealogical approach (page 3)
- 👉 Three brief Medical Family Tree Case Studies (pages 4-5)

Why are your Primary and Secondary Health Relatives the most important?

- 👉 Some basic biology, shared genes and Primary & Secondary Health Relatives (pp 8-9)
- 👉 “Identify Your Health Relatives” blank form (pages 10-11)

Putting together the Medical Family Tree chart and Predisposition Results Sheet

- 👉 Interviewing your family and others with knowledge (pages 15-17)
- 👉 Genealogy Research for Medical information (pages 13-23)
- 👉 Medical Family Tree (pages 28-29) including Patterns (pages 32-33)
- 👉 “Medical Family Tree” blank form (pages 30-31)
- 👉 Include with Commercial DNA and genealogical research results

Self =100

Your Name: Jane Ann Smith
Birth Date/Loc: 21 July 1968-Burlington, IN
Death Date/Loc: N/A
Cause of Death: N/A

<input type="checkbox"/>	<input type="checkbox"/>	Medical Condition	Onset Age
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Colon Polyps & Diverticular	39
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Very High Triglycerides	40
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Basal Cell Skin Cancer	34
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Late-Onset Alzheimers---Chr.19, rs429358 (APOE)	

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- 👉 Online MFT creation - CDC’s “My Family Health Portrait” from the Surgeon General” <https://phgkb.cdc.gov/FHH/html/index.html>
- 👉 Online MFT creation and more Health services - TapGenes <https://www.tapgenes.com/>
- 👉 Predisposition Results Sheet (pages 36-37)
- 👉 “Predisposition Results Sheet” blank form (pages 38-39)
- 👉 The National Society of Genetic Counselors (HQ in Chicago) <https://www.nsgc.org/>

In Conclusion . . .

- 👉 The Seven Steps (Steps outline on pages 6-7 . . . Compilation details on pages 14-40)
- 👉 Privacy considerations (page 40)
- 👉 “Bill’s Solution” - you might not like this research, but maybe another family member will.

Recommended Reading

Peterson-Maass, Marsha. *Medical Family Tree Workbook*. Chicago, Illinois, U.S.A.: Lulu Publishing Company, 2010.

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