

Learn your lifetime genetic risk profile for these conditions:

- **Coronary Artery Disease (CAD)** - Leading cause of death.
- **Stroke** - 5th most common cause of death in the US.
- **Atrial Fibrillation** - 5-fold increase in stroke risk.
- **Type 2 Diabetes** - 3-fold increase in CAD risk.
- **Hypertension** - Causes CAD, stroke, and kidney disease.
- **BMI** - Increases risk of CAD, diabetes and some cancers.
- **High LDL Cholesterol** - Increases risk of CAD.
- **Lipoprotein (a)** - Increases risk of CAD and aortic stenosis.
- **Triglycerides** - Increases risk of CAD and pancreatitis.
- **Low HDL Cholesterol** - Increases risk of CAD.
- **Alzheimer's Disease** - The leading cause of dementia.
- **Prostate Cancer** - A leading cause of cancer in men.
- **Breast Cancer** - A leading cause of cancer in women.
- **Ovarian Cancer** - Hormone driven cancer in women.
- **Brain Cancer** - Difficult cancer to diagnose.
- **Pancreatic Cancer** - Difficult cancer to diagnose in early stages.
- **Kidney Cancer** - Cancer that responds well to early intervention.
- **Melanoma** - Early screening for those at high risk.
- **Inflammatory Bowel Disease (IBD)** - Ulcerative colitis and Crohn's disease risk.
- **Early Menopause** - Risk before age 45.
- **Osteoporosis** - A common cause of bone fractures.
- **Psoriasis** - Auto-Immune skin disorder.
- **Celiac Disease** - Auto-Immune gastrointestinal disorder.
- **Ancestry** - Based on 26 global populations.

READY TO GET STARTED?

- Talk to your healthcare provider to see if this testing is right for you.
- All it takes is some saliva, that can be collected at the doctor's office or home, and mailed to the lab.
- You will receive secure, fast, and accurate results.
- The analysis is based on over 650,000 variations in human DNA.
- The report explains your results and possible disease prevention steps you can take based on your unique genetic risk profile.

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References:

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2. Rasmussen IJ, Rasmussen KL, Nordestgaard BG, Tybjaerg-Hansen A, Frikke-Schmidt R. Impact of cardiovascular risk factors and genetics on 10-year absolute risk of dementia: risk charts for targeted prevention. *Eur Heart J.* 2020 Nov 1;41(41):4024-4033.
3. Mujwara D, Henno G, Vernon ST, et al. Integrating a Polygenic Risk Score for Coronary Artery Disease as a Risk-Enhancing Factor in the Pooled Cohort Equation: A Cost-Effectiveness Analysis Study. *J Am Heart Assoc.* 2022;11(12):e025236

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Polygenic Risk Map™



Know Your Genetic Risks So You Can Take The Right Actions.

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Major Diseases Are Influenced By **GENETICS**

Major diseases like heart disease, diabetes, cancer and Alzheimer's are influenced by your genes (that you are born with and inherit from your parents)

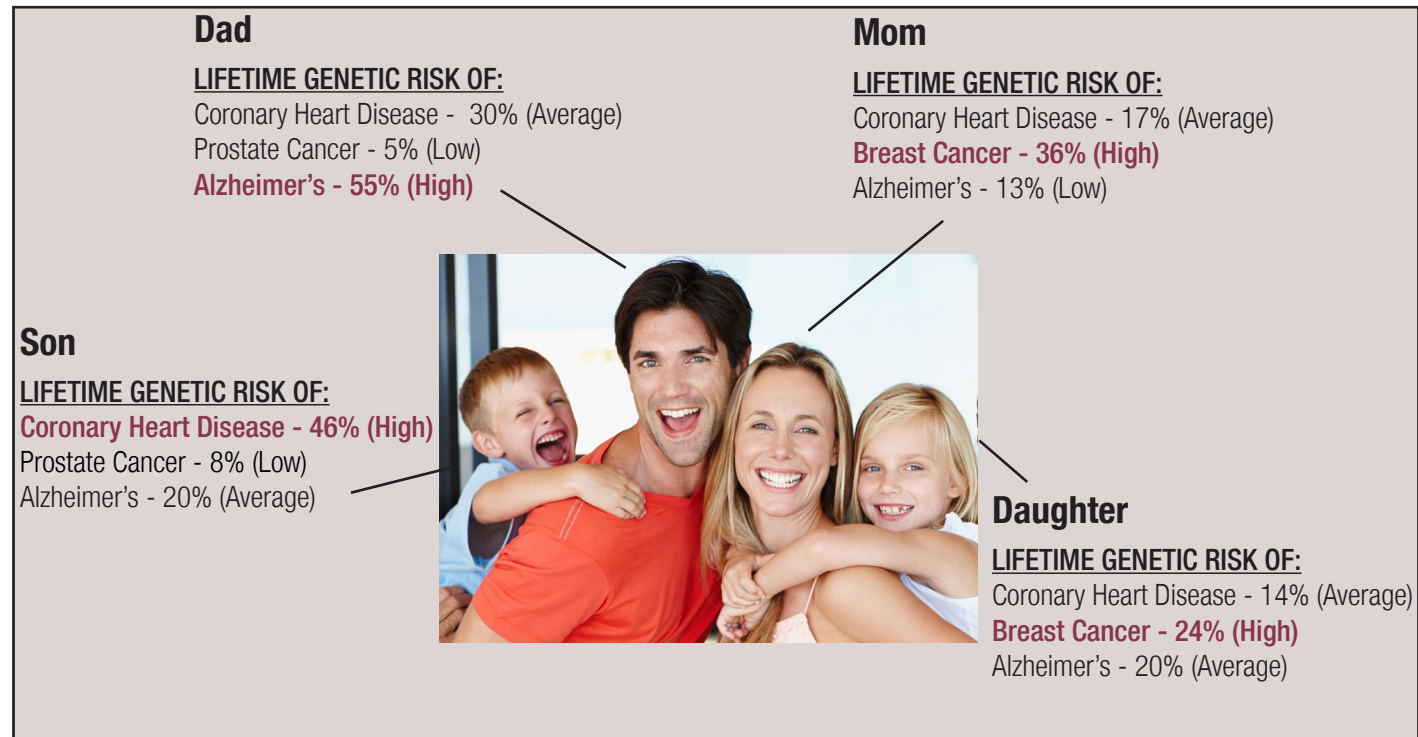
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Things Under Your Control

Like:

- Dietary choices
- Physical activity
- Environmental factors
- Medical care and screening
- Medication and supplements

Knowing Your Lifetime Genetic Risk Profile Can Make All the Difference



Because **Knowledge is Power** - Especially When Genetic Risk is High

The higher your genetic risk, the greater your prevention efforts matter^{1,2}. Genome-guided personalized prevention can help you work with your healthcare provider to make the appropriate changes in your lifestyle and medical care. The goal is to lower your overall risk of certain diseases and conditions. Research shows that prevention efforts work best when you start early³. For some, that means better quality of life and more time with loved ones.