Scientific Details

How we determine your result:

1. Obtain information from you:
   - Demographic details
   - Medical history
   - Lifestyle

2. Calculate your genetic risk:
   - Analyse genetic markers
   - Predict likelihood of developing the condition

3. Provide personalized recommendations:
   - Diet tips
   - Exercise advice
   - Supplement suggestions

About the type 2 diabetes genetic model:

The model includes over 10 genetic variants associated with type 2 diabetes, as identified through population-based studies.

Factors that may impact your risk:

- Age
- Family history
- Lifestyle (diet, exercise)
- Obesity
- Stress

References:


Other factors that may impact your risk:

- Genetics
- Blood pressure
- Cholesterol levels
- Inflammation

Diabetes screening guidelines:

- Blood glucose test
- Fasting plasma glucose test
- HbA1c test

Change Log:

- Date  |  Notes
- April 15, 2023  |  Updated table data