



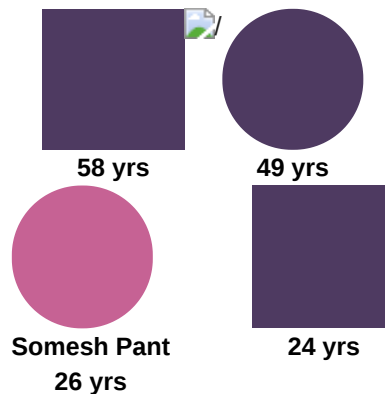
Dear Somesh Pant,

We are glad to see that you have opted this test with us. Your genetic Counselling report captures the major highlights from your pregnancy Insightome™ genetic test report & incorporates the observations of your accredited genetic counsellor. We sincerely hope you will find this report to be a helpful resource to guide you in managing your pregnancy associated health, nutritional and lifestyle aspects in alignment with your genetic profile. It will assist you in health optimization by synchronizing your nature (genes) and nurture (lifestyle) & contribute in obtaining improved pregnancy outcomes.



Pedigree

Shows the presence of a trait within your family across one or more generations



Discussion


Somesh Pant opted for the Insightome™ genetic counselling session in order to review and understand the findings of her personalized genome report.

Specific Concerns


undefined intends to gain further insights about her gestational diabetes and weight gain issues.

Why genetic counselling is a part of pregnancy Insightome program?


Our genetic counselling is driven by the primary objective of helping you understand and interpret the Insightome™ genetic test report results for its effective alignment and synergism with your pregnancy. The counsellors evaluate the interaction between your genes and your real life personal and family health parameters to provide meaningful interventions. The illustration below captures how the interplay between your genetic profile and your environment contribute to manifestation of medical conditions.




For many pregnancies associated medical conditions (like gestational diabetes or preeclampsia) each woman has some predisposition (risk) of developing the condition during their pregnancy. This diagram represents this as a bucket- a woman experiences the condition when their bucket gets full up. Most health conditions arise due to a combination of genetic and other risk factors.




Everyone starts life with some genetic predisposition (risk) factors for the condition. Some women have very few, some women have a lot. You are born with this risk and you can't change it. Insightome aims to measure this predisposition for you.



Over the course of life, we are exposed to other factors that increases the chance of them experiencing the condition.



If you had more genetic risk factors in your bucket to begin with, it takes fewer other risk factors to fill the bucket and result in the health condition.



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Even if you have a 'high genetic risk' of a particular condition, for most health conditions, having a high genetic risk does not mean you'll get it.

By working on the factors you can change, you might be able to reduce the change of developing a health condition, even if you have a high genetic risk.

Your certified Insightome counsellors takes into consideration these aspects to provide interventions that can help to reduce the chances of developing medical conditions or nutritional deficiencies during your pregnancy. These recommendations help you and your treating clinician plan your pregnancy better to improve the pregnancy outcomes.

Pregnancy Insightome Genetic Tests: Trait symptoms & Management

Your Insightome test has reflected the following traits with elevated and moderate predispositions. We have listed the symptoms, that you should be mindful of, pertaining to these traits. We recommend that the you should reach out to your treating clinician in case you experience any of these symptoms for appropriate and timely management.

Traits	Symptoms ones should look out for (A)	When to see doctor (B)	References
Gestational Diabetes	undefined	undefined	undefined

Traits	Symptoms ones should look out for (A)	When to see doctor (B)	References
Preeclampsia	undefined	undefined	undefined

Traits	Symptoms ones should look out for (A)	When to see doctor (B)	References
Low Gestational Weight Gain	undefined	undefined	undefined
Recurrent Abortion	undefined	undefined	undefined

Traits	Symptoms ones should look out for (A)	When to see doctor (B)	References
Sleep Quality	undefined	undefined	undefined
Oxidative Stress	undefined	undefined	undefined

Traits	Symptoms ones should look out for (A)	When to see doctor (B)	References
Preterm Birth	undefined	undefined	undefined
Hyperthyroidism	undefined	undefined	undefined

Results Overview

This section enumerates your pregnancy associated genetic predispositions and real life medical, lifestyle and nutritional conditions. Insightome certified genetic counsellors would help you interpret the correlation between the two for arriving at appropriate pregnancy focused interventions.

Somesh Pant's Genetic Profile (Elevated & Moderate Predispositions)

Pregnancy Associated
Gestational Diabetes
Preeclampsia
Low Gestational Weight Gain
Recurrent Abortion
Sleep Quality

Fetal Associated
Preterm Birth

Inflammation Associated
Oxidative Stress

Endrocine Associated
Hyperthyroidism

Nutritional Associated

Real Life Status (Medical, Lifestyle & Nutritional Profile)

Medical Conditions			
Somesh Pant	Father	Mother	Sibling
hypertension	Obesity	diabetes	frequent-fractures

Lifestyle Conditions (self)		
caffeine	with-meals	moderate(5000-7500)
irregular		

Nutritional Conditions (self)		
sweet	salty	peanut
emotional		

Your Test Summary

Insightome Genetic Counselling Recommendations:

Evaluation:

- Conclusive statements from the Genetic counsellor that includes her Furtviews in the backdrop of the real life conditions.

Suggestion:

- her interventions suggested/ lifestyle or
- Other diagnostic tests (in consultation with the Medical Genetist)