

GENETIC TESTING

A Wellness Package



Advanced Genetics Service
Provider of the Year in Asia Pacific
2021, 2022, 2023



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Wellness Package

About Subang Jaya Medical Centre (SJMC)

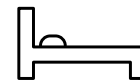
We set out to serve our patients holistically, shifting from patients to people, and healthcare to health.

Multiple-award winning hospital in Malaysia and regionally.

One of the few internationally accredited hospitals by the Joint Commission International (JCI) in Malaysia

First hospital in Asia-Pacific to receive a Centre of Excellence (CoE) accreditation for our Cancer & Radiosurgery Centre by the Australian Council on Healthcare Standards International (ACHSI)

Accredited by Malaysian Society for Quality in Health (MSQH) and an internationally recognised MS ISO 15189 accredited laboratory since 2009



443
Licensed Beds



50+
Comprehensive Suite of Medical Specialties



1,600+
Staff



260+
Specialists



In Your Genes

“Prevention is better than cure” is a familiar saying, but what preventive measures can we truly take to safeguard ourselves from diseases?

Enter Genetic Testing – a powerful tool that offers valuable insights into our genetic makeup, allowing a comprehensive assessment of our risk of developing various health conditions.

Why Choose Us?



Clinical-grade test



Rapid turnaround time



Largest sequencing capabilities



Consultation from certified genetic counsellor



Comprehensive action plan supported by multidisciplinary team



Accredited and award-winning genomics technology & hospital



The genome is a treasure trove of insights. **In healthcare, genetic testing isn't just an option; it's an evidence-based choice that leads to tangible improvements in patient well-being.** This development shifts medicine from one-size-fits-all to tailored solutions, where value is measured in lives improved.



Dr Pathamanathan Rajadurai is also an award-winning and established researcher with more than 200 scientific publications in international and peer-reviewed journals.

Meet Our Consultant Pathologist



Dr. Pathmanathan Rajadurai

Backed by Science



In this study, Polygenic Risk Scores based on breast cancer risk-related genetic variations performed similarly in Asian and European women. Adding non-genetic risk factors to models improved prediction accuracy, supporting personalised screening and prevention strategies.

Source: Incorporating Polygenic Risk Scores and Nongenetic Risk Factors for Breast Cancer Risk Prediction Among Asian Women. *JAMA Netw Open*, March 2022

1;5(3):e2149030. doi: 10.1001/jamanetworkopen.2021.49030



Polygenic Risk Scores for postoperative atrial fibrillation improved risk prediction compared to clinical factors in patients having coronary artery bypass grafting or valve surgery.

Source: Predictive Accuracy of a Polygenic Risk Score for Postoperative Atrial Fibrillation After Cardiac Surgery. *Circ Genom Precis Med*, April 2021

14(2);e003269. doi: 10.1161/CIRCGEN.120.003269.


About Our Partner Lab, AGTC Genomics



A leading genomic centre in next-generation sequencing (NGS)

Founded by leading geneticists and researchers

Equipped with the latest, fastest and award-winning genomics technologies

Understanding Genetic Testing

How is it done?



01

Your saliva, swab or blood sample is collected and sent to our partner laboratory.



02

Your DNA is sequenced and interpreted.



03

Your results are validated by a geneticist and scientist.



04

Your personalised Genetic Test Report is ready.

When?

Anytime! The best part: **You only need to test once and enjoy lifetime benefits.**

What is genetic testing?

Genetic Testing is an advanced screening process that involves the analysis of your DNA and RNA to identify changes or mutations in your genetic material.

Why genetic testing?

- To learn if you have any risk of genetic conditions that runs in your family before symptoms arise.
- To learn how you respond to medications and lifestyle changes.
- To understand and guide your disease prevention or treatment plan.

Genetics 101

What's a Genome?

Your genome is your DNA. The iconic double helix that looks like a twisted ladder. It contains instructions that develop you into who you are. Knowing more about your genome and how it works helps you understand your health and make informed decisions.

How does your genome work?

Humans share nearly identical genes, around 99.9% of DNA. Yet, 1-3 letter variations in genes shape hair, eye colour, and skin tone, as well as impact disease risk and medication reactions.

Does your genome determine everything about you?

Not entirely. Genomes are complex; most traits are often result from multiple genes. Lifestyle and environment matter too. Your choices determine your health, not just DNA.

What causes genetic diseases?

As we uncover the human genome's secrets, we learn that almost all diseases have a genetic component. Some are inherited mutations present at birth, while others stem from acquired mutations during life. Such mutations aren't inherited but occur randomly or due to environmental exposure.



Unlock your best health potential...
with more than 1,000 reports!

The Gold Standard in Testing

Polygenic Risk Scoring combines data from numerous genetic variants into one unified score, facilitating disease risk assessment.

We analyse 1-30 million genetic biomarkers to:

- Determine how your disease risk changes as you grow older.
- Measure your genetic disease risk across the genome.
- Prevent diseases before risk factors show up.

Disclaimer

- A negative result means a mutated gene was not detected by the test, which can be reassuring, but it's not a guarantee that you don't have the disorder.
- Even if you don't have the mutated gene, that doesn't necessarily mean you'll never get the disease. Also, genetic testing may not be able to detect all genetic defects.
- No matter what the results of your genetic testing, speak with your doctor, medical geneticist or genetic counsellor about questions or concerns you may have. This will help you understand what the results mean for you and your family.
- Not all health insurance policies pay for genetic testing. So, before you have a genetic test, check with your insurance provider to see what will be covered.

Wellness Genetic Testing

Category	No. of Report	Subcategory
Allergies	12 Reports	Environmental Allergies Drug Allergies
Diet & Nutrition	36 Reports	Eating Disorders Nutrition Food Allergies & Intolerance Taste Sensitivity
Drug Response	601 Reports	Allergy Gynaecology & Obstetrics Autoimmune Infections Blood Diseases Kidney Bone Health Liver Disease Cancer Pain Cardiovascular Respiratory Central Nervous System Rheumatology Diabetes Steroids Endocrine Urological Gastrointestinal Vision
Lifestyle	17 Reports	Alcohol Risk Smoking Risk Stress & Sleeping Disorders
Personality	44 Reports	Behavioural Traits Success Traits Talents
Skin	26 Reports	Hair Skin
Sports & Fitness	16 Reports	Fitness Injury Risk Sports Performance

Wellness Genetic Testing Plus

(Includes everything on Wellness Genetic Testing)

AND

Category	No. of Reports	Subcategory
Bone Health	16 Reports	Bone & Joint
Brain & Mental Health	36 Reports	Dementia & Brain Health Mental Health
Cancers	44 Reports	Cancer Risks Cancer-causing mutation
Cardiovascular Diseases	24 Reports	Blood Vessel Diseases Heart Diseases
Gastrointestinal Health	21 Reports	Gastrointestinal Disorder
Immune System	22 Reports	Autoimmune Diseases Inflammation Diseases
Infectious Diseases	26 Reports	Infectious Diseases
Metabolic Diseases	25 Reports	Diabetes Obesity Hormonal imbalance Other Metabolic Diseases Lipid Metabolism
Neurological Disorders	27 Reports	Stroke Neurological Disorders
Family Planning	384 Reports	Family Planning
Renal Health	3 Reports	Renal Health
Reproductive Health	7 Reports	Reproductive Health
Respiratory Health	10 Reports	Lung health and diseases
Vision, Hearing & Oral Health	24 Reports	Vision Hearing Oral Health



What's next?

Step 1



Receive a comprehensive report of your individual genetic predisposition

Step 2



Learn about your genetic traits and the potential risks associated with various health conditions.

Step 3



Get a personalised consultation based on your genetics from our Certified Genetic Counsellor.

Meet Our Genetic Counsellor
Ms. Yoon Sook Yee



- More than 15 years of experience
- One of few credentialed Genetic Counsellors in Malaysia
- Accredited by the Fellow of the Human Genetics Society Australasia
- Previously the Head of the Genetic Counselling Programme in Cancer Research Malaysia



Genetic counselling ensures you understand your genetic information correctly, which is vital for making medical decisions. This is important as not all genetic changes are alike, and they don't all lead to health risks. Genetic testing helps you know more about your genes to better plan your health management.



Your Path to **Wellness**



Better personal wellbeing



Build self-awareness



Learn about supplement dosage



Manage stress and sleep



Tailor your diet and fitness plan



Understand your skin condition



Frequently Asked Questions (FAQs)

How long will it take to receive my results?

Your report will be ready within 30 working days.

How will I receive my results?

You will get a hardcopy of your Genetic Test Report. Our Health Screening Centre will notify you when it is ready. We will then schedule an appointment with our Genetic Counsellor to discuss the results.

Will my genetic test results be leaked to insurance companies or third parties?

Your privacy and data security are our top priority. We do not sell, lease, or rent your data to any third party. We adhere to leading international security standard ISO-27001.

What about insurance discrimination and confidentiality?

We encourage you to speak to your insurance provider if in doubt and before undergoing the test.

Is genetic counselling necessary after the test? Is it included in the cost of the test?

Yes, the genetic counselling session will help you to understand your personalised recommendations and the cost for one session is included.

Do I still need a genetic test if I have family history on genetic disease?

Yes, a genetic test can provide more precise information about your risk for a genetic disease, even if you have a family history.

I've already had cancer. What can I learn from genetic counselling?

Genetic counselling can help you understand if there is a hereditary component to your cancer and assess your risk of developing other cancers. It can also provide guidance on screenings, prevention strategies, and potential implications for family members and family planning.

What can I do if I learn I have an increased chance of getting cancer?

Our genetic counsellor and healthcare professionals can advise on the latest research, screenings, and interventions available. Our multidisciplinary team is here to support your well-being and health journey.

Discover insights into your genome, health, traits and needs.



Health Risks



Bone Health



Brain & Mental Health



Cancers



Cardiovascular Diseases



Drug Response



Gastrointestinal Health



Immune System



Infectious Diseases



Metabolic Diseases



Neurological Disorders



Renal Health



Reproductive Health



Respiratory Health



Vision, Hearing & Oral Health



Wellness



Allergies



Diet & Nutrition



Drug Response



Lifestyle



Personality



Skin



Sports & Fitness

How is it done?

Using advanced Polygenic Risk Scoring, we analyse 1-30 million genetic biomarkers to determine your risk predisposition due to genomic variants and factors like diet, sleep, stress, and smoking.

Testing for rare, inheritable diseases is direct – it seeks one powerful genetic variant. Complex diseases, however, stem from multiple genetic variants. Polygenic Risk Scoring consolidates these into a single score for disease risk assessment.



INTRODUCING GENETIC TESTING

A Wellness Package



Wellness Genetic Test
(Genetic Counselling Included)

RM1,388

Categories Tested

- Allergies
- Diet & Nutrition
- Drug Response
- Lifestyle
- Personality
- Skin
- Sports & Fitness



Wellness Genetic Test Plus
(Genetic Counselling Included)

RM1,888

Categories Tested

- Allergies
- Bone Health
- Brain & Mental Health
- Cancer
- Cardiovascular Diseases
- Diet & Nutrition
- Drug Response
- Gastrointestinal Health
- Immune System
- Infectious Diseases
- Lifestyle
- Metabolic Diseases
- Neurological Disorders
- Personality
- Renal Health
- Reproductive Health
- Respiratory Health
- Skin
- Sports & Fitness
- Vision & Hearing

One Sample. 1,000+ Health Insights.

Discover your health potential with Genetic Testing, offering insights from 1,000+ reports based on your unique genetic blueprint.

Terms & Conditions

- Only applicable for 18 years old and above.
- Reservation required at least 3 days prior to the appointment date.
- The package price is inclusive of ONE (1) counselling session by Genetic Counsellor. Additional consultation with Medical Officer/Specialist is excluded.
- A counselling session with Genetic Counsellor will be arranged after the genetic wellness report is available.
- The genetic wellness report is available in softcopy and will be e-mailed to the patient's given e-mail address. Patients will receive a hardcopy during your counselling session.
- This package is not applicable to use in conjunction with any other offers or discounts.
- The package is only applicable at Health Screening Centre (HSC), Level 1, Mediplinx in SJMC.
- Subang Jaya Medical Centre (SJMC) reserves the right to change these terms and conditions without prior notice.



EZYPAY 0% Interest Instalment Plan

Visa / Master	3 Months	6 Months
MBB	✓	✓
CIMB	✓	✓
AMEX	✓	✓



Subang Jaya Medical Centre

For further information and appointment booking, please contact:

**Health Screening Centre
Level 1, Mediplex**

1, Jalan SS12/1A, 47500 Subang Jaya, Selangor Darul Ehsan, Malaysia.

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Monday to Friday 8.00am – 5.00pm

Saturday 8.00am – 12.00pm

✉ sjmc.hsc@rsdhealth.com

🌐 www.subangjayamedicalcentre.com

Subang Jaya Medical Centre

Owned by SJP Medical Centres Sdn. Bhd., Registration No. 198901004482 (181788-D)
(formerly known as RSD Hospitals Sdn. Bhd.)

📘 Subang Jaya Medical Centre

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