

## **HOW TO HELP YOUR DOCTOR PRESCRIBE THE RIGHT MEDICINE WITH YOUR DNA**

The use of your DNA by a simple cheek swab has opened the doors to a whole new world of more precise and individualized prescription drug treatment. The idea of personalized medicine is a relatively new practice for Western trained physicians. The idea of personalized medicine in ancient traditions such as that of Chinese medicine goes back thousands of years. In my practice as an acupuncturist and herbalist, I am very keen to know information about your daily habits, medical history and medication use. It is my goal to help you reduce the amount of medication, find a better medication or to wean off a medication with the blessing of your doctor.

In the past several years pharmacogenetic testing, also known as PGX testing has been available to licensed physicians in New York State. The test has been available and expanded upon for approximately 10 years in other states around the country. The definition of pharmacogenetics is the study of inherited genetic differences in drug metabolic pathways which can affect individual responses to drugs, both in terms of therapeutic effect as well as adverse effects.

Medxprime is a company that provides genetic testing of your 50 genes and over 300 drugs. This test allows for your doctor to make an informed decision on how your individual body metabolizes certain drugs. The drugs are categorized into three areas that you can think of as a stop light. Drugs that you metabolize well are a green light. Drugs that you metabolize moderately are a yellow light. Drugs that you do not metabolize well are a red light.

In the US there are over 2 million adverse drug reactions (ADR) hospitalizations annually, with 106,000 of those resulting in death. Adverse drug reactions are considered the fourth leading cause of death in the United States. Take control of your health by finding out which medications are best for you.

Please contact me for more information at 516-410-4297 or [healthyhealing12@gmail.com](mailto:healthyhealing12@gmail.com).