

Study reveals high genetic risk of CAD among Indian population



Indus Health Plus study revealed that 90 per cent of people have a high genetic risk of Vitamin D deficiency and 57.55 per cent of people have a high genetic risk for Vitamin B12 deficiency as per their genetic makeup which can also contribute to overall cardiovascular health

On World DNA Day, April 25, 2023, a study based on genetic testing by Indus Health Plus revealed that 24 per cent of the total individuals who underwent genetic testing by Indus have a high risk of Coronary Artery Disease (CAD) and 29.5 per cent people have a high risk for high LDL levels as per their genetic makeup. This underscores the importance of genetic factors in influencing an individual's susceptibility to CAD and highlights the need for personalised risk assessment and preventive strategies. The sample size for the study was about 10,000 individuals who underwent genetic testing.

Study further revealed that 90 per cent of people have a high genetic risk of Vitamin D deficiency and 57.55 per cent of people have a high genetic risk for Vitamin B12 deficiency as per their genetic makeup which can also contribute to overall cardiovascular health.

Amol Naikawadi, Preventive Healthcare Specialist, Indus Health Plus says, "Genetic testing is gaining popularity among people to get an understanding of the predisposition of various lifestyle conditions along with other health check-ups. This does not only help in better health assessment but also improves disease management, particularly for individuals with a family history of CAD or other risk factors. In addition, it enables people to plan an effective diet and efficient fitness regime. This will also guide an individual to personalise their medication for treatment in consultation with the doctor and make appropriate lifestyle choices."

In the Indian context, where the population is genetically diverse and faces unique healthcare challenges, genetic testing can have significant implications. India has a high burden of lifestyle-related diseases, such as diabetes and cardiovascular diseases, along with a growing prevalence of genetic disorders. It can help identify the genetic risk of developing such diseases, enabling early interventions and management strategies. Genetic testing can provide valuable information to manage these risks effectively, personalise medication and guide lifestyle choices, diet, and fitness regimens that are culturally relevant. Saliva-based genetic testing is non-invasive, painless, and can be easily done at home, making it more convenient for individuals who prefer to collect their DNA samples in the privacy of their own home.