



Subang Jaya  
Medical Centre

# GENETIC TESTING

A Wellness Package



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



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Subang Jaya  
Medical Centre

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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

Meet Our Consultant Pathologist

**Dr. Pathmanathan Rajadurai**



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.

## 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.

### Who is it for?

**YOU. Yes, you!** All ages are welcomed – from young adults to seniors, male and female.

### 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.

## Polygenic Risk Scoring

Our Packages vs Others

|                          | <br><b>SJMC Wellness Genetic Test Plus</b> | <br><b>SJMC Wellness Genetic Test</b> | <b>Brand A Genetic Test</b> | <b>Brand B Genetic Test</b> |
|--------------------------|---|--|-----------------------------|-----------------------------|
| <b>Total Reports</b>     | <b>1,000</b>  | <b>500+</b>  | <b>300+</b>                 | <b>50 - 100</b>             |
| <b>Categories Tested</b> | <b>21</b>   | <b>7</b>   | <b>3 - 8</b>                | <b>3 - 8</b>                |
| <b>Markers</b>           | <b>30 Million</b>   | <b>1 Million</b>   | <b>160</b>                  | <b>650,000</b>              |

### 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.



# 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



Tailor your diet and fitness plan



Manage stress and sleep



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, Mediplex 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

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