

Genetic Lifehacks

Learn. Experiment. Optimize.

Member's Update

Hi everyone,

This week brings a couple of new articles, one of which is a member requested topic. In the works for the next few weeks are requested articles on fatty liver disease and infertility.

Continuing on my quest to talk openly about genetic data and privacy, I wanted to share a recent article on Neo.Life about [Blackstone group's purchase of a majority share in Ancestry.com](#). The article does an excellent job of pointing out the pitfalls of aggregating genetic data along with other information about health, habits, and more.

As a reminder, when you connect to your genetic data file as a Genetic Lifehacks member, your data stays on your computer and isn't stored on Genetic Lifehacks' server. Thus, if a corporate giant ever comes knocking on my door with a big bag of money (ha!), your genetic data can't be purchased as an asset.

On an unrelated note, I have posted a quick tutorial on [how to delete your DNA data](#) from Ancestry.com.

With gratitude to all of you,

~ Debbie Moon

Latest Articles



Top 10 Genes to Check in Your Genetic Raw Data

It can be overwhelming when you are getting started with learning how your genes affect your health. What is actually important? Does it really matter if something increases your risk of an obscure disease by 10%?

Let me help you cut through some of the confusion with my personal list of what is important. These are 10 genes with important variants that can have a big

impact on health. So check them out, cross them off your list if you don't have them — and read the articles to learn more if you do carry the variant.

[Check your genes](#)



Member requested topic

Inclusion Body Myositis: Recent Research and Genetic Links

Inclusion body myositis is a progressive, chronic condition that causes muscle weakness. The muscle weakness slowly progresses and causes difficulties with climbing stairs, walking, lifting things, and swallowing.

Men are three times more likely to have inclusion body myositis than women, and symptoms often begin in the 50s or early 60s. While a rare condition, it is more commonly found in people in Norway, Western Australia, Minnesota (US), and Japan.

[Read the article](#)

What I've been reading...

A [new study](#) published in Nature looks at how inflammation and cellular metabolism come together in cognitive decline in aging. The study (in mice) found that blocking the receptor for prostaglandin E2 could reverse signs of cognitive aging and restore cellular energy.

If you are a Financial Times subscriber, there is a great article titled [Covid shows that ageing is like a disease — we should treat it accordingly](#). This isn't a new concept, but it is nice to see it in a mainstream publication. Researchers have been saying for a couple of decades that aging is a (possibly treatable?) disease.

A [study \(preprint\)](#) from the University of Florida on COVID looked at viable viron particle sizes in a real-world situation. The researchers sampled the air in a car driven by someone currently symptomatic with a SARS-CoV-2 infection (warm humid day with the A/C turned on). The results showed that the only particle sizes of the viable samples were in the 0.25 to 0.50 μm (250 to 500 nm) aerosol range, and larger particles didn't contain viable viron. Surgical masks don't protect well at that particle size. [\[ref\]](#) [\[ref\]](#)

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