

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi there,

Privacy seems to be rapidly eroding in the modern world. People are doxxed, canceled, tracked, and chased down in the bathroom with cameras.

It is easy to just shrug and give up. *If I'm not doing anything wrong, why does it matter if I'm tracked?*

I would argue that keeping your genetic data private is more important now than ever. If not for you, then for your children or grandchildren.

Over and over, the response from people who order Top 5 Topics reports from me is that I 'nailed it' with the report -- it covers the conditions that they are experiencing and/or the diseases close family members already have. To be honest, it freaks me out that genetic data is this predictive.

Let me give you a scenario...

Like a broken record, I write in many articles that a specific disease is caused by 'genetic variants along with environmental factors'. The truth is that genetic susceptibility is predictive of disease only when combined with all the other information about you - what you eat, where you live, your work environment, etc. But, your grocery store loyalty card tells what you eat, your cell phone location data shows where you live and visit, your fitness tracker shows you sit at a desk all day... and your genes show that you are susceptible to certain diseases.

Now imagine a world where companies are charging employees \$200 extra for health insurance if they don't follow a public health policy recommendation... In this scenario, let's say the employee is not eating according to the recommendations of the American Diabetes Association. If you include genetics along with grocery store data and cell phone data, an employer can pinpoint the employees who are very likely to get diabetes and cost more for healthcare.

I encourage all of you to keep your genetic and health information private. Don't post about your specific genetic mutations on Facebook or Twitter - if not for your own privacy, for your relatives' sake. There's a 50/50 chance your kids or siblings have that same rare mutation.

On Genetic Lifehacks, I turned off comments a couple of years ago because so many people would include their specific genetic data along with their full name and email address. Genetic and health information that then comes up in a simple web search on their name. I also turned off Google analytics, so that Google won't know which articles you are viewing on Genetic Lifehacks.

Privacy and genetics is a huge topic. I've included a couple of recent news articles on privacy below in the "What I've Been Reading" section so that you

can read a little more about it.

Thanks for being a member,

Debbie Moon



Latest article:

Raynaud's: Causes, Symptoms, and Genetics

For many, white or blue fingertips in the cold is an everyday event in the winter. It can bring a tingling, painful misery on a windy day – or even just during stressful situations.

This article explains the causes of Raynaud's syndrome and examines the genetic variants that increase susceptibility. I'll end with the research-backed treatment options in the Lifehacks section.

[Read the article and check your genes...](#)

What I've Been Reading...

1) [There's a Multibillion-Dollar Market for Your Phone's Location Data](#)

The Markup explains the \$12 Billion market for location data. Apps on your phone that you may not even think about are collecting data on everywhere you go.

The article gives examples, such as a Muslim prayer app, that collected location data. This data was then sold to military contractors...

Other examples include political campaigns on both sides using the location data from people who show up at rallies in order to target them with ads. Fast food companies, the IRS, and the US Military all buy the location data gathered by phone apps. For a retail store, buying location data of everyone who entered the store can tell them where their customers live and what their income likely is.

The article is worth reading and thinking about.

2) [Is Your Data Safe in Blackstone's Hands?](#)

This *Neo Life* article specifically addresses some of the pitfalls that could occur with the Wall Street giant Blackstone Group buying Ancestry.com.

3) [Nobel Prize Goes for Temperature and Touch Discoveries](#)

The researchers who discovered the genes and proteins important in sensing temperature and touch were awarded the Nobel Prize in Medicine or Physiology this week.

If you want to read about your genetic variants in the TRPV1 (heat and spice receptor), check out the [Genetic Lifehack's article on it.](#)

Genetic Lifehacks

Cameron, MT

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