

Genetic Testing and Interpretation

It is now possible to get your entire genome mapped. The process is simple and fairly affordable. Making sense of your genome is a little more complex.

23andMe is currently the most affordable approach to getting your genome mapped. It is a consumer service (no doctor's order required). There are now two price points: Ancestry Service (\$99) and Health+Ancestry (\$199). We will not be using any reports from 23andMe, so using the more affordable Ancestry service is fine (you may use either one). We are after the "raw data" genome mapping generated by 23andMe.

Step 1:

Go to 23andMe.com and set up an account (if you have privacy concerns, you do not have to use your real name). Order a kit. It will arrive in the mail. You may be able to purchase a kit at Target or other retailers at this point as well.

Follow the instructions for the saliva sample. Make sure you scrape your cheek a bit so that there are cells in the saliva sample.

Send in the sample and wait. It may take up to 8 weeks.

Step 2:

When you get an email from 23andMe letting you know your reports are ready, go to their site and login.

In the top navigation bar (main menu) select TOOLS

Then select Browse Raw Data

Under the large bold words "Your Raw Data" are a few sentences of text. The word "download" is in blue in the second sentence. Click that.

Scroll down to the bottom of that page and click "download"

Make sure you name and save the file so that you can find it again.

Step 3:

Go to the website: www.mthfrsupport.com

Create an account

Login

In the main menu / navigation, select "Sterling's App"

Then select "Order Reports"

Click the large blue "Upload My Genome File"

Navigate to and then select your raw data zip file that you just downloaded from 23andMe

Click Upload and wait.

Once it shows up in the list of reports, click it to select it.

With it selected the large "Generate Report from Selected File" button will turn blue

Click "Generate Report from Selected File" button.

Select "Variant Report"

Pay the \$31 fee via Paypal

Generating the report will take a few minutes.

Once it is generated, you can download it as a PDF.

Step 4:

Bring the paper copy to me at the office and / or upload the color PDF to the patient portal

Please use this naming algorithm to properly name the document before you upload it to the portal:

Your last name Your first initial year MTHFRSupport Report