

## Getting your Genomic SNP Report

It is now possible to get a large part of your genome mapped. There are many mapping services, each offering different insights into your genes, heritage and more. These direct-to-consumer services offer fun perspectives on where your ancestors lived, and show tendencies for various traits like eye and hair color, and may give you a few insights into risk factors for health issues. They are NOT diagnostic, nor are they useful as clinical tools. A few of those services also generate a “raw data” file that you can submit to third-party clinical services. These third-party services use your raw data to generate more clinically useful profiles.

The clinical profile I am most familiar with is generated by Sterling’s app on [www.mthfrsupport.com](http://www.mthfrsupport.com). To get a raw data file of your genome we recommend using AncestryDNA. If you have a 23andMe report from before May 2023, you can use that as well. Both are direct-to-consumer services (no doctor’s order required).

Please follow the instructions below to obtain your genomic data and generate the report to submit to Dr. Becky for her review.

### **Ancestry.com Reports**

Step 1:

Go to <https://www.ancestry.com/dna/> and select the AncestryDNA kit. You will need to set up an account to do this. Once the kit arrives in the mail, follow the instructions for the saliva sample. Send in the sample and wait. This may take up to 8 weeks.

Step 2:

When you get the email from AncestryDNA that your results are ready, download the results and double-click the zip file to create a txt file. The email link will only work once, so if you need to download your results again you can follow these

instructions: [https://support.ancestry.com/s/article/Downloading-DNA-Data?language=en\\_US](https://support.ancestry.com/s/article/Downloading-DNA-Data?language=en_US)

Step 3:

Go to the website <https://mthfrsupport.com/sterlings-app/>. In the red text box, select “Click here to log in or create an account”. Create your account, and click the blue “Click here to order a new report” button. Click the large blue “Upload My Genome File” and select the txt file of your results (not the zip file). Click Upload and wait. Once your file 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 and select “Variant Report”. Pay the \$39.95 fee via Paypal or credit or debit card. Generating the report will take a few minutes, and once it is generated, you can download it as a PDF.

Step 4:

Send the pdf report to Joanna by attaching it to a message in the patient portal.

Please reach out to Joanna at [info@doctorbecky.net](mailto:info@doctorbecky.net) or (512) 766-4237 if you have any questions about this process.

## **Older 23andMe.com Reports**

Note:

23andMe is actually a research tool – because of this they periodically change what genes they map. In mid 2023 they made such a change and unfortunately eliminated some of the genes that we are most interested in for mapping mood and detox challenges. The instructions below are for 23andMe reports (health or ancestry) generated Before May 2023. We do not recommend using data sets generated after May 2023.

Step 1:

Login to 23andMe.

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 2:

Go to the website <https://mthfrsupport.com/sterlings-app/>.

In the red text box, select “Click here to log in or create an account”.

Create your account, and click the blue “Click here to order a new report” button.

Click the large blue “Upload My Genome File” and select the .txt file of your results (not the zip file).

Click Upload and wait.

Once your file 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 and select “Variant Report”.

Pay the \$39.95 fee via Paypal or credit or debit card.

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