

# The Significance of Testing for Genetic Mutations

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## Mini Review

The goal of genetic testing is to find any hidden mutations in your genome. DNA, which is responsible for storing the instructions for all of your body's processes, is made up of genes. Your genes function normally under typical circumstances. When they don't, though, they can lead to illness and disease. These mutations may be genetic, and they may be the primary cause of your illness. There are a variety of invasive and non-invasive methods for testing your genetic DNA. Fluid samples (such as amniotic fluid or saliva), blood, skin, and even hair are tested [1].

A simple cheek swab is used in the majority of DNA test kits. Physical dangers are minimal with genetic testing, especially if the test is merely a cheek swab. The emotional hazards, on the other hand, can be higher. The findings of a DNA test may be unfavorable because the information obtained is related to your health. Keep in mind that the test can only inform you if you have a specific disease-causing gene mutation. It doesn't say how the condition will proceed or whether or not you'll experience severe symptoms. This knowledge, on the other hand, allows you to devise a prevention strategy or indicate how the condition should be treated. If you've been battling a sickness or sickness for a long time and haven't found a solution, you should consider taking a genetic test. Genetic testing can aid in the diagnosis of an illness, as well as the determination of its cause and treatment options [2].

Most of DNA illnesses, according to researchers, are caused by free radicals and oxidative stress. Antioxidants must be produced by your body to counteract this. Unfortunately, your body may produce too many oxidants and not enough

antioxidants depending on your inherited genetic composition. This leads to accelerated ageing, inflammation, and cellular damage, as well as the creation of the ideal environment [3].

Free radicals and oxidative stress are linked to a variety of disorders, including:

- ADD/ADHD
- Alzheimer's disease is a type of dementia that affects people.
- Depression & Anxiety
- Cancer Diabetes Multiple Sclerosis Arthritis
- Parkinson's disease is a neurological disorder that affects people.
- Fibromyalgia
- Failure of the Heart and Learning Disabilities

Your ability to generate and utilize a variety of important enzymes is assessed by genetic saliva testing. These enzymes are in charge of maintaining the health of your cells. Among the enzymes examined were:

- Glutathione is a nutrient that aids in the detoxification of the body as well as the regulation of inflammation.
- SOD: Removes superoxide free radicals from the body
- BH4: Helps the body cleanse ammonia and supports neurotransmitters
- Neurotransmitters: Helps with emotional well-being
- Choline improves the health of the liver

## References

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