

Editorial



Dear Reader

Welcome to GENONEWS – the new newsletter from GENOSENSE Diagnostics. Our newsletter will be published four times a year to keep you right up to date. We will bring you all the latest scientific news, with up and coming conferences and of course “what’s New” from our products. .

In this first issue we talk about the GENOSENSE PREMIUM Systems. With this diagnostic tool you get the best overview of most of key genes in the body, leading to an evidence based prevention plan to prevent disease and improve lifestyle. We show you how the PREMIUM System works, what kind of genes are analysed and what the experts say – read the article on the next pages.

Our new and updated website – GENOSENSE Diagnostics www.genosense.com, gives you instant access to the world of Genes. It is packed with the latest information for you. This new design will provide you with just one place to find out about our products and information on the analysis of genes and hopefully whet your appetite as you search and study the world of Polymorphisms.

I wish you an interesting time reading our Newsletter!

Dr. Felix Stonek

PREMIUMSystems from GENOSENSE Diagnostics

Modern Medicine is undergoing radical changes. One such change is the shift in emphasis from the diagnosis and treatment of disease to preventative medicine and a general accep-

They represent the essence of our physical being.

By taking a careful look at our gene makeup we catch a glimpse of our future and past. We see the interactions be-



tance of the role of “alternative” or “complementary” medicine. By looking more closely at the balance in the body and ridding the body of “disturbances”, the potential for positive and long-term changes can be made.

Genetic Diagnostics is a relatively new investigative field of medicine, and a very important one.

Genes are the code for the very essence of the build of our bodies and the way we function.

tween different genes in our body and learn more precisely, how our body works. None of us are likely to get to know our full 20,000 plus genes nor the polymorphisms associated with them, but knowledge of specific polymorphisms can be hugely beneficial and can influence our daily lives.

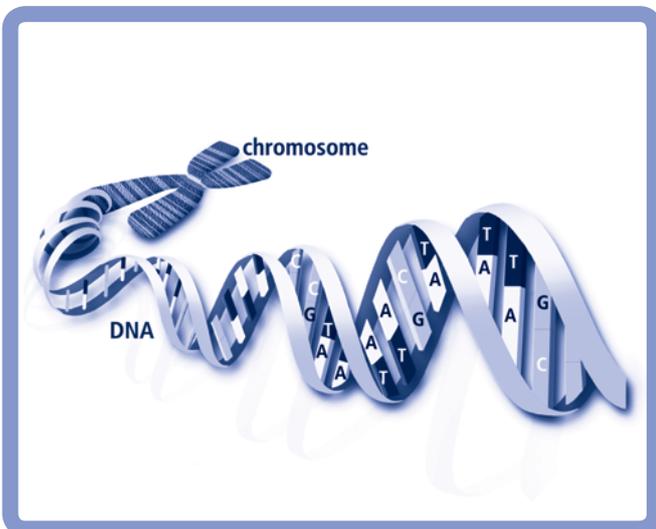
GENOSENSE Diagnostics offers its cutting edge PREMIUM Systems individual genetic tests for women and men, who

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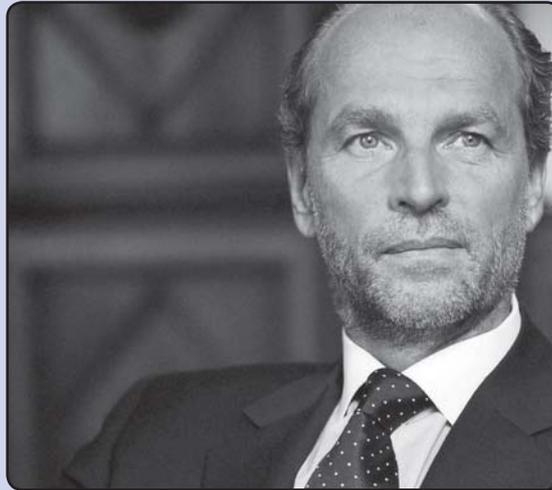
Q1. Dr. Klentze, you are an expert in the field of preventive genetic diagnostics. How do gene polymorphisms really influence our everyday life?

Genetic diagnostics is becoming more and more common in practical medicine. Small changes in the DNA, known as Single Nucleotide Polymorphisms (SNPs), are important for our life. They guide us in matters concerning our life style, and can show for example whether or not our nutrition is suitable for us. In practical terms we can create preventive medicine, which is individualized for every patient.

Through the knowledge of my genetic polymorphisms I gain control over my life and my health care. For example: thrombotic risk genes, published in several studies, are regulated by health care. Knowledge of these genes can even prevent patients from severe complications in the future. It is important to point out however, that genetic polymorphisms do not act as a judge, saying what is right or wrong; but stimulate the patient to change his or her lifestyle.



Interview with Dr. Michael Klentze



Dr. Michael Klentze MD. PhD. ABAAM
Medical Director, Klentze Institute of Anti-Aging, Munich,
Germany. Secretary General of the ESAAM (European Society of Anti-Aging Medicine)

The diagnostics of polymorphisms will strongly influence our life in the next 10 years

Q2. Is it possible to use polymorphism diagnostic information for life style treatment, too?

The combination of gene polymorphisms should lead us to a more individualized nutrition. Diets that are promoted everywhere do not work in the same way with different patients. This seems to be logic, because the variety of genes in our population is so different, that only a nutrition

that is based on polymorphisms, could act as proper health care.

Q3. „Holistic“ is a key word in modern medicine. Are the PREMIUM systems a „holistic gene diagnostic“?

Indeed, the Premium Systems are a kind of holistic diagnostic. This holistic factor is very important in preventive medicine.

As a clinically orientated doctor I am very interested in such tests, because I can identify risk constellation for patients and prevent them in a holistic way. This way is a combination of the pillars of prevention: Exercise - how and how often, Nutrition - which, when and why, Meditation and Relaxation, Detoxification and Cancer Prevention, Hormone Therapy - risk or benefit.

Q4. Finally an outlook: How great is the potential of polymorphism diagnostics in medicine over the next 10 years. And how can it be used to prevent diseases?

The diagnostics of polymorphisms will strongly influence our life in the next 10 years. Social systems force us to preventive medicine that should be individualized.

Polymorphism diagnostics has reached an important place in anti aging – and preventive medicine and will keep this place in the future. I try to say, that this diagnostic tool will be useful and necessary in the future - long before other tools are indicated.

Thank you for this interview!

PREMIUMSystems
from GENOSENSE Diagnostics

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are interested in genetic risk profiles for possible diseases.

Our PREMIUM System tests do not search for one "Gene of disease" such as "the osteoporosis gene". But analyses a wide variety of proven scientific polymorphisms that have been associated with optimum body functioning and will reflect the genetic risk profile of the whole organism.

From here, GENOSENSE delivers its reports in an evidence-based format (quoting clinical references) and outlines preventative measures. In addition the PREMIUM report looks at pharmacogenetics and seeks to explain why the same medication has different actions in different patients due to their inherent gene polymorphisms. This exciting study of polymorphisms in man is rapidly developing and we at GENOSENSE will bring you all the latest developments.



We are regularly updating our PREMIUM systems with the best scientific knowledge available worldwide.

Do you want to get an overview of your genes or the genes of your patients? – Then look no further. PREMIUM Systems from GENOSENSE Diagnostics will provide you with the answer!

GENOSENSE
The background

GENOSENSE Diagnostics focuses its activities on providing competent and professional gene analysis information in this rapidly developing new

"Doctors want a compact and fast information source about the genes that are analysed at GENOSENSE. At our homepage we offer a short description of all our polymorphisms."



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If there are further questions, you can use our hotline with the telephone number: +43-1-253 0 253 190.

On the GENOSENSE website we present to you our full range – from the specific FemSensor and AndroSensor tests to the comprehensive Premium tests. And new to our range is the recently developed Nutrition Sensor panel. Full details of these tests and the others in our range can be found at our website. –

field of diagnostics and the interpretation of polymorphisms. At www.genosense.com you can see our commitment to bringing you this service.

So now you can surf the "world of genes" as your source of Gene news, ideas and advice.

Prof. Christian Schneeberger, Chairman of GENOSENSE Diagnostics writes:

Visit us at www.genosense.com.

Happy surfing!

The new homepage of GENOSENSE Diagnostics
<http://www.genosense.com>





Infothek

Selected upcoming events:

February 2006:

10.-11.2.2006, Bangkok Thailand, Regional Anti-Aging Conference
16.-18.2.2006, Moscow, Russia, Regional Anti-Aging Conference

March 2006:

Anti-Aging World - Conference
23.-25.3.2006/CNIT-Paris
www.AAWC2006.com
 The World Conference 2006 will be held in Paris/France, on March 23-25, 2006, where about 3000 participants. It will be an important European meeting of dermatologists, cosmetic surgeons, anti-aging specialists, general practitioners, gynecologists, nutritionists etc. GENOSENSE will participate with an exhibition booth and organise following workshop:
 Speakers: Dr. Michael Klentze and Prof. Dr. Christian Schneeberger
 Title: The Impact of Genetic Polymorphisms on the Aging Process

April 2006:

6.4.-7.4.2006, Dubai, Regional Anti-Aging Conference
7.4.-9.4.2006, Orlando, Florida, USA-Anti-Aging World Conference
21.4.-23.4.2006, Florence, Italy, Regional Anti-Aging Conference
27.-28.4.2006, Munich, Germany, Workshop: Preventive Genetic Diagnostics-Modern Anti Aging Medicine

Outlook



Next Issue Topic: **NutritionSensor**

And lots of conferences, workshops and seminars, Interviews,... The next genoNews Newsletter will appear in **March 2006**

PREMIUMSystems

from GENOSENSE Diagnostics

Premium female/male

Premium Female examines carefully selected polymorphisms to evaluate health risks within the medical domains



- Gynecology menopause, hormone replacement therapy
 - Oncology breast cancer, osteoporosis, blood clotting, detoxification
 - Cardiology coronary artery disease, arteriosclerosis, hypertension, stroke
 - Pharmacology metabolism of pharmaceuticals
- Premium male examines carefully selected polymorphisms to evaluate health risks within the medical domains
- Andrology longevity, prostate cancer, detoxification
 - Oncology osteoporosis, blood clotting
 - Cardiology coronary artery disease, hypertension, stroke, arteriosclerosis
 - Pharmacology metabolism of Pharmaceuticals

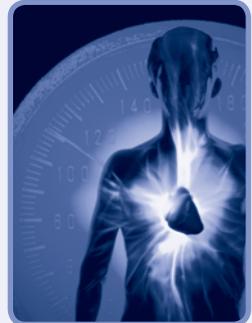
The awareness of the individual genetic profile enables:

- The choice of appropriate strategies to prevent hormone deficiency symptoms and their consequences within the domains of Gynecology and Andrology
- An early recognition and short interval monitoring of patients bearing genetic risk markers for malignant diseases within the domains of Gynecology and Andrology
- The timely application of prophylactic measures against cardiovascular diseases if there is genetic risk for arteriosclerosis
- The optimization of a possibly necessary medication regarding the choice and dose of a pharmaceutical substance
- Specific test-related advice on the changes of life-style habits, e.g. on diets and / or physical activity as well as the avoidance of exposition to toxic substances.

CardioSensor Premium

Examines carefully selected 25 polymorphisms according to the latest scientific research which result in structural changes of proteins which among others

- Influence the food absorption and energy processing
- Regulate the growth of myocardial cells
- Are of major importance as regards the manifestation of hypertension
- Co-determine the homeostasis of blood clotting
- Maintain the elasticity of the blood vessels



The awareness of the individual genetic profile enables:

- To apply personal, individualized strategies for the prevention of illness caused by arteriosclerosis, as e.g. angina pectoris, heart attack or stroke
- To detect risk factors for arteriosclerosis which might not show any indications for a long time, as e.g. hypertension, hyperlipidemia as well as hyperglycemia and its precursors, at an early stage
- To advise on lifestyle-related changes, e.g. on nutrition and/or physical activity that corresponds with the genetic profile in order to improve or keep your life quality.

Impressum

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