

Editorial



Dear Reader,

Welcome to a new issue of GenoNews – the newsletter of GENOSENSE Diagnostics. We hope, that you enjoyed a couple of leisure days during summer time and start with new energy for the autumn season. After presenting gene polymorphism diagnostics for women in the last GenoNews issue, we focus our this newsletter on men, who still do not receive that amount of preventive medicine that they deserve. Men still do not have as many preventive medical examinations, as those that are offered by many national health systems or private health insurances to women.

The question is: How can we encourage men to take more preventative steps? Can AndroSensor 40plus, another innovative product from GENOSENSE Diagnostics, designed specially for men, change their thinking and focus them on lifestyle improvements via knowledge of the individual genetic background?

We put this his and other interesting questions to Prof. DDr. med. Hartwig W. Bauer (Munich), an international expert in the field of urology and andrology – read the interview inside our newsletter.

You can find interesting product information, indications and practical user instructions of AndroSensor 40plus on our updated website and in our downloadable leaflets. Also in this issue I want to draw your attention to several interesting conferences, workshops and congresses – you will find them as usual on the last page of this newsletter.

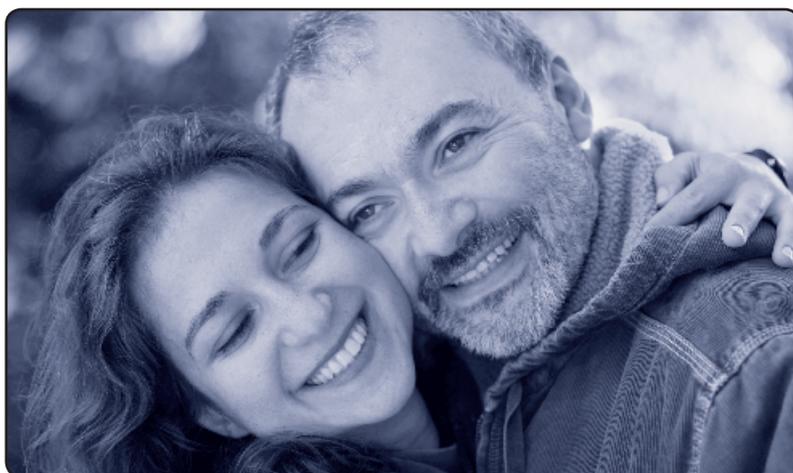
I wish you an interesting time reading our Newsletter!

Yours Dr. Felix Stonek

Polymorphism- diagnostics for men

Statistics show that men still suffer from reduced life expectancy compared to women. On the one hand, this difference seems to be genetically determined, on the other hand lifestyle, body fitness and prevention are crucial factors that affect this out-

consulting with patients about genetic risk factors and therapy strategies against it. The AndroSensor 40plus acts more or less as a “bridge” between individual genetic risk factors of men and lifestyle thereby leading to recommendations for men specific- and general diseases.



come for men Therefore, men can definitely profit from making lifestyle changes that include fitness tests and nutrition supplements. Similar to gynaecologists (“prevention doctors” for women), urologists act more and more, as “prevention doctors” for men, who do not only treat men-related diseases (e.g. prostate cancer) when they become evident, but also deliver preventive information to their patients.

With the AndroSensor 40plus from GENOSENSE Diagnostics, doctors receive yet another important tool to aid in their

Men can receive an individual recommendation concerning nutrition or medical treatment. GENOSENSE Diagnostics developed the AndroSensor 40plus to provide answers for the “core-themes of urology” (prostate cancer, benign prostate hyperplasia). AndroSensor 40plus also covers themes for genetic lifestyle treatment (Osteoporosis, Arteriosclerosis, Detoxification).

In summary, this Sensor is a product, that is made for urologists and practitioners, who are interested in the field of “preventive medicine for men”! ●

Dr. Stonek: The preventive medical check – up is well established in women. How do you encourage men to have this check –up?

Prof. Bauer: It might be true, that women do have more preventive medical check –ups. The reason might be that better results are achieved in the prevention of certain diseases, such as the cervical cancer. The situation for men is slightly more difficult. Medical check-ups for men were first established in Germany around 1970, but still valid dates are missing, that men profit from this regular check-ups. That means, that at the moment a general invitation for men to take part of regular preventive check-ups will not improve the general health behavior of elderly men. Improvements will not be made, if the check-up is a technical orientated examination that still does not deliver reliable recommendations.

A personal consultation with the patient in the office concerning questions of “becoming old”, “maintaining health in the second half of their life” could lead to an increased acceptance of men to show more interest in their own health.. Such a preventive medical check-up could be used to prepare men for middle or old age. Such a consultation might include information about psychological- and physical constitution and individual- and family risk factors. It means, that not new examinations or new techniques will encourage men to have regular check-ups, but receiving information about “getting older” and individual risk factors can then lead to trustworthy recommendations for keeping healthy.

Dr. Stonek: Prostate cancer is one of the most common cancers in men. Could we expect polymorphism diagnostics to feature more in the prevention of this disease?

Prof. Bauer: Polymorphisms do not tell us whether or not we are going

Interview with Univ. Prof. DDr. med. Hartwig W. Bauer



Senior consultant in Urology and Andrology

Since 1992 member of the commission E of the agency for pharmaceutical products of the German government, since 2002 its chairman.

mail@praxis-bauer.de
www.praxis-bauer.de

The medical report of the AndroSensor 40plus shows the patient his individual genetic profile and enables the doctor to create specific lifestyle recommendations.

to get a particular disease but they do show us if we carry a risk or preventive factors in our body. The knowledge of these genetic factors makes preventive medicine even easier. For example; if the Polymorphism result indicates an increased risk for developing prostate cancer, the patient should receive regular screening and a nutrition optimization.

Prostate cancer is the most common cancer disease in men in the western world. Fortunately, the number of deaths through prostate cancers is getting smaller in the past years. This shows us, that there is a wide gap between a manifest carcinoma and a carcinoma lesion. Nevertheless, we are still unable to find out, what factors can cause an aggressive tumour with high prevalence of progression. We are unable to differentiate, whether a specific prostate cancer does not influence every day life of the patient or has to be treated immediately otherwise life quality and life expectancy

of the patient are restricted. This ignorance leads to over treatment in many cases. I expect gene polymorphism diagnostics, to provide the beginnings of a solution for this problem because it allows us not only to identify individual risk factors for prostate cancer but also genetic markers that will enable us to watch clinical outcomes.

Dr. Stonek: Men still have reduced life expectancy compared to women. Some experts say, that this is due to a wrong way of life of men. Is it possible to make lifestyle recommendations with the AndroSensor 40plus?

Prof. Bauer: The average life expectancy of men in Germany is about 7 years shorter than in women. In general, the gap in life expectancy between men and women is higher in developed than in undeveloped countries. In

undeveloped countries, we find differences of 3 years compared to 7 years in developed countries. Half of this difference in developed countries is caused by a typical “men behavior”. Men show a reckless behavior with their own body, e.g. while driving a car compared to women. Also, men do not think about healthy nutrition which leads to higher obesity and cancer risk levels than for women. The other half of this 7 years difference is genetically determined and cannot be regulated by the individual. The earlier a man knows of its genetic risk factors e.g. through identification with the AndroSensor 40plus, the better the physician can act against the onset of a diseases, such as prostate cancer, thrombosis, osteoporosis, detoxification disturbances or chronically inflammation.

Dr. Stonek: Keyword PSA (prostate specific antigen) screening: Could you think, that beside PSA other parameters could be used

for identifying risk constellations and preventive markers of prostate cancer in the future?

Prof. Bauer: It is well known, that the PSA is an organ specific antigen, but not a carcinoma specific antigen. The carcinoma diagnostic with PSA will always be insufficient, because PSA levels are also elevated through hyperplasia or inflammation of the prostate. Moreover, PSA levels cannot clarify, whether this tumour is slow growing, benign or fast growing aggressive tumour. The research for identifying new tumour specific antigens will continue, but it will take a long time, as we can see in other organ systems.

Personally, I expect more success in identifying genes that show the individual readiness or activation of pathways for developing prostate cancer.

Dr. Stonek: Which indications do you recommend for the AndroSensor 40 plus in your daily office?

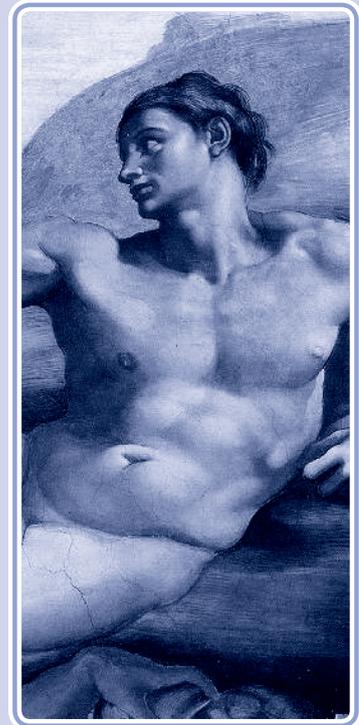
Prof. Bauer: The medical report of the AndroSensor 40plus shows the patient his individual genetic profile and enables the doctor to create specific lifestyle recommendations. The patient can learn about his risk of thrombosis during immobilization, his risk for osteoporosis due to reduced examinations or lack of nutritional substitution and his risk for prostate cancer and disturbances in his detoxification processes. Specific genetic results such as a polymorphism in the androgen receptor can influence the masculine phenotype leading to changes in spermatogenesis, reduced bone mineral density, and changes in hair and prostate growth.

Dr. Stonek: Prof. Bauer, thank you for this interview. 

AndroSensor 40plus

AndroSensor 40plus examines carefully selected polymorphisms which lead to structural changes in proteins that:

- Regulate the metabolism of male sexual hormones
- Influence bone-metabolism
- Are co-responsible for morphology of the blood vessels
- Co-determine homeostasis of blood clotting
- Regulate the composition of plasma lipids
- Limit degree of inflammatory processes
- Accelerate or slow down internal decomposition of toxic environmental substances



The awareness of your individual genetic profile enables:

- To decide whether regular health-checks are required in case you bear a genetic risk marker for prostate-related illnesses
- To evaluate the risks and benefits for a planned hormone substitution with male sexual hormones
- To select appropriate strategies to minimize the risk of osteoporosis
- To apply respective medical strategies to prevent illnesses caused by arteriosclerosis, as e.g. angina pectoris, heart attack or stroke
- To advise you on lifestyle-related changes, e.g. on nutrition and/or physical activity that corresponds with your genetic profile in order to improve or keep your life quality
- To advise you on lifestyle-related changes, e.g. on nutrition and/or physical activity and the avoidance of exposition to toxic substances that highly contribute to the maintenance of your health

The highlight of the congress season 2006

1st European Congress on Anti-Aging and Preventive Medicine (ESAAM Congress)

18.- 21. October 2006, Hofburg Congress-Center, Vienna, Austria
www.menopausekongress.at/vienna2006

The first European congress in Anti-Aging Medicine is hosted in Vienna. GENOSENSE Diagnostics organizes a workshop on the impact of genetic diagnostics on preventive medicine and would be pleased to meet you at this occasion there. For detailed information concerning this workshop please contact us at: info@genosense.com





Infothek

Selected
upcoming
events:

November 2006

International Congress of Anti Aging Medicine and V Congress of the Spanish Society of Anti Aging Medicine SEMAL
3-5.11.06, Madrid
semal@ono.com

Visitors will expect a great audience after a great success of last SEMAL events and will meet speakers not only from Europe, but also from Asia and America

December 2006

14th Annual International Congress on Anti-Aging Medicine 2006
The Venetian, Las Vegas, NV, USA
December 7-10, 2006
www.worldhealth.net

One of the four A4M meetings in this year with over 60 international speakers, lots of exhibitions and interesting workshops

Outlook



Next Issue Topic:
Pharmacogenetics
and lots of conferences, workshops and seminars, Interview with an expert,...

The next GenoNews Newsletter will appear in: **December 2006**

Impressum

Publisher: GENOSENSE Diagnostics GmbH
Donau-City-Straße 1
1220 Vienna, Austria
Phone +431-2530253-190
Fax +431-2530253-191
E-Mail: office@genosense.com

Editor-in-chief: Dr. Felix Stonek

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News from the GENOSENSE Partner Family

GENETIC HEALTH UK

The Genetic Health team comprises doctors and scientists that have a real interest and grounding in genetics and the effect of SNP's as risk markers for potential age related diseases.

Brian Whitley who founded Isolagen in the UK in 2001 has been in the medical device industry for over 20 years. He formed Genetic Health Ltd with Dr Paul Jenkins



in January of this year to create a screening company that could provide a past, present and future perspective on a client's health and susceptibility to disease. The team also contains clinical advisors who currently specialize in cardiovascular diseases and pharmacogenetics as well as research scientists who are carrying out exciting research projects in the field of nutrigenomics.

The scientific team includes experts such as Prof. Stephen Bustin, a world-renowned genetic scientist from Queen Mary University of London and Dr Roberta Forresti, a genetic researcher and nutritionist. Dr Paul Jenkins, a Consultant Physician, is the clinical director and has a special interest in preventive medicine. He appreciates the increasing importance of how knowledge of individuals' genetic profile will not only influence their predisposition to disease but will also allow for effective early preventive steps, whether it be nutritional supplements, medical therapy, or focused screening investigations. Their company has its main clinic in London's Harley Street where clients have their genetic reports interpreted in a consultation with either Dr Jenkins or Dr Lynette Yong. Lynette has a particular interest in the role of genetics in the prescribing of hormones to men and women.

At the Harley Street clinic, Dr Jenkins is also able to diagnose asymptomatic coronary artery disease by using an

advanced electron beam computer tomographic (EBCT) scanner, one of only 2 in the UK. This has been shown to provide the gold standard in the diagnosis of silent heart disease and its unmatched images and calcium score reading provide a very useful clinical tool to complement the genetic risk data provided by GENOSENSE.



Dr. Paul Jenkins
MA BChir MD FRCP

The aim of the company is to push the envelope of age related diseases away into the future, thereby prolonging the active lives of their clients. By creating such a detailed picture using bloods, genetic screening, family history and any appropriate radiological scanning, then client can be given a clear route map to follow.

Dr Paul Jenkins says: "I am convinced that the advent of effective genetic analysis such as that provided by Genosense will become increasingly relevant to individuals and clinicians seeking to minimise the burden of age related diseases. For the first time, we are able to determine an individual's overall risk profile for many diseases by combining their genetic risk to that of lifestyle and environmental influences. Such an approach has enormous implications for health care and disease prevention in the 21st century and we are delighted to be working with GENOSENSE as their UK partner to further maximise and develop this approach".

"It has been a real pleasure to work with the GENOSENSE staff over this last year as we have been growing our company. Their team has been very supportive and we look forward to continuing our collaborations and partnership with them."

68 Harley Street, London, W1G 7HE
England
Tel: +44(0)870 043 5551
www.genetic-health.co.uk
info@genetic-health.co.uk