Genetic Testing and Mobile Health Technology Combine to Provide Significant Improvements in Patient Results

The Associated Press

SAN DIEGO--(BUSINESS WIRE)--Sep 17, 2012--Pathway Genomics Corporation, a San Diego-based clinical laboratory that offers its genetic tests internationally, has partnered with innovative La Jolla-based medical practice MD Revolution. Founded by Dr. Samir Damani and Dr. Sunil Bhoyrul, MD Revolution is the first clinical practice to systematically incorporate genomic and mobile health technologies into chronic disease management and prevention. Dr. Damani, a board-certified cardiologist who currently serves as the practice's primary physician, has fully integrated Pathway Genomics' premier nutrigenetic test, Pathway Fit®, into his practice, and has experienced exceptionally positive results in patient outcomes.

"We have enrolled over 50 patients into one of our programs. Among patients that have completed the program, we found dramatic clinical and statistically significant improvements in at least one of four key health parameters including weight loss, visceral fat reduction, increases in metabolism and allowable daily caloric intake," said Dr. Damani. "Other parameters have included improved blood pressure control and marked improvements in cardiorespiratory fitness as measured by sub-maximal VO2 (oxygen consumption) testing." Through its patent pending processes, MD Revolution is defining how genomic and mobile health technologies can be leveraged for superior clinical outcomes for adults of any age who have a range of health goals, from simply optimizing their health to treating chronic conditions such as diabetes.

One of Dr. Damani's patients, Mitch Thrower, can attest to the benefits of Pathway Fit and the positive impact that MD Revolution's program had on his life. As a seasoned triathlete and former owner and chairman of magazine, Thrower realizes the importance of understanding how one's body responds to food and exercise.

"Going through the MD Revolution process, we tested for basic metabolic rate and we tracked my diet – everything I ate – for a couple of weeks. I was going to bed at least 1,500 calories deficient every night and was eating the wrong foods," said Thrower. "That's where Pathway Fit was helpful, in terms of determining what kinds of foods are best over what timeframe." After he started MD Revolution's program, Thrower was able to successfully manage his weight, and he improved his overall health and wellness. "I've never felt healthier," he explained.

While Thrower's background is somewhat unique, the successful outcome he experienced is one that is very familiar to Dr. Damani. "Nutrigenomics provides valuable insight into how we process nutrients, respond to exercise, maladaptive eating behaviors, and our propensity for vitamin deficiencies. It enables a more tailored approach to diet and exercise," said Dr. Damani. "Patients no longer have

to be pushed from one fad diet to another. While the field of genomics and its implications on disease and health is evolving, we cannot ignore the tools available today that enable better prevention and treatment of chronic disease." About Pathway Genomics Pathway Genomics owns and operates an on-site genetic testing laboratory that is accredited by the College of American Pathologists (CAP), accredited in accordance with the U.S. Health and Human Services' Clinical Laboratory Improvement Amendments (CLIA) of 1988, and licensed by the state of California. Using only a saliva sample, the company incorporates customized and scientifically validated technologies to generate personalized reports, which address a variety of medical issues, including an individual's carrier status for recessive genetic conditions, food metabolism and exercise response, prescription drug response, and propensity to develop certain diseases such as heart disease, type 2 diabetes and cancer. For more information about Pathway Genomics, visit www.pathway.com [1].

About MD Revolution MD Revolution leverages genomics, mobile health technology and personalized medicine to radically improve lives and lower healthcare costs. Its innovative personalized health programs create a culture of wellness by making adoption of healthy behaviors easy across all patient populations. The MD Revolution system encompasses physician-guided genomic and metabolic testing, mobile health monitoring, self-tracking, personalized fitness training, nutritional counseling, and integrated software applications. MD Revolution's patent pending processes and software programs are now also being deployed for corporate wellness. For more information, go to www.mdrevolution.com [2].

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Source URL (retrieved on *12/12/2013 - 11:12am*):
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