



Opinion

Genetic testing

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Received: 18 December, 2019

Accepted: 26 December, 2019

Published: 27 December, 2019

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<https://www.peertechz.com>

Genetic testing helps in identifying small changes in the genetic sequence and in turn provides us information about our genome and our body. Types of genetic tests has been expanding over the years. In the past, genetic tests mainly searched for abnormal chromosomes and mutations leading to rare, inherited disorders. Today, tests involve analysing multiple genes, specific variations in those genes to determine information ranging from nutrition and fitness traits to the risk of developing lifestyle diseases such as Diabetes, heart disease and cancer.

Genetic testing is helping us most in terms of accuracy and wide range of information being procured out of it. Test results help people get more understanding about their body and assist in making better decisions about managing their health. For example, a negative result for a particular disease can eliminate the need for unnecessary check-ups and screenings, while at the same time a positive result can direct a person towards more customized detection, monitoring, and prevention or treatment options. It also helps them get to know about genetic disorders flowing in the family and how to stay on top of it.

Advancement in technology has made genetic testing quite hassle free. It can be done even through a small amount of a saliva sample. The saliva sample is to be processed in the labs and then the results can be obtained doing genotyping or whole genome sequencing. Result can be then analysed based on the traits we are looking for. With time, People are being more and more proactive towards their health care and that has driven the labs and hospital towards innovations. Healthcare industry has embraced some of the applications of genetic testing for diagnostic and disease prevention and thus solving many problems.

Genetic testing is a rapidly evolving science; however, there are many areas where academic conclusions don't guide the lab tests and clinical outcomes. There's a great need for a holistic approach that takes into account the gravity and diversity of all issues – clinical, ethical, socio, cultural, economic and even administrative – concerning the evolving science.

Genetic testing determine whether you, your partner or your child carry genes for certain inherited disorders. Genetic testing is done only if you are having any doubts on having disorder and there is no other way to determine it. Genetic screening test is recommended in the following scenarios.

- Planning to start a family and one of them or a close relative has an inherited illness.
- A parent already has one child with a severe birth defect.
- Had two or more miscarriages.
- A woman has delivered a stillborn child with physical signs of a genetic illness.

Now the medical field has advanced and have improved doctor's ability to diagnose and treat certain illnesses. If there is a doubt it's better to be get tested, so that preventive measures can be taken to control it.

In view with the above opinion, we can conclude that the genetic testing helps in identifying small changes in the genetic sequence and in turn provides us information about our genome and our body.