Laboratorios
Larrasa

Personalised Medicine

Personalised Medicine
The Key to improving your health

1. Personalised medicine is a revolutionary approach that recognises that each person is unique. It is based on the analysis of your genetic information, your medical history and your individual needs to provide you with tailor-made medical care, personalising prevention, diagnosis and treatment strategies.

2. Personalised medicine is crucial for predicting and preventing hereditary diseases, adapting and customising treatments and medicines, improving family planning and optimising your wellbeing and lifestyle. It is a powerful tool for making informed decisions about your health.

3. With whole genome sequencing, we can unlock your genetic identity and provide you with a more accurate and personalised approach to health. Your DNA holds the key to a healthier, more personalised future: we just bring ypur closer to it.

Between 15-20% of the population carry pathogenic variants associated with disease risk

About 5% of patients are hospitalised for adverse drug reactions

Approximately 20% of sudden cardiac deaths are caused by genetic defects

About 20% of cancer cases are of genetic origin and are related to hereditary factors

Why should you know your genome?

Knowing your genome is a personal guide to health, as your genes influence how you function. This information allows you to prevent disease, adjust you lifestyle and make informed medical decisions, focusing on your genetic strenghts. It provides you with keys to take better care of yourself through lifestyle changes and personalised medical treatments, offering preventive strategies tailored to your needs and enabling you to take proactive measures to maintaing your wellbeing.

- Impact on treatment response
- Disease risk prediction
- Preventive medicine and lifestyle
- Health resource optimisation

How do i know if it is right for me?

Our Personalised Medicine service is based on the optimisation of treatments and care for healthy patients who want to further improve their health, who are concerned about developing certain diseases and illnesses, or patients with existing conditions who need a diagnosis and traetment for their illness.

However, these are a number of specific cases in which it is highly recommended:

- **A family history of hereditary** or genetic diseases, such as cancer, heart disease or metabolic disorders.

- For **newborn children,** using our Newborn Screening, you can detect genetic diseases that appear at an early age, anticipating their effects and applying a treatment, minimising the possible consequences.

- Genetic testing can also help **couples** identify possible hereditary conditions that could be passed on to their children, detect fertility problems, and make informed decisions about family planning.

- For patients with **diseases with no known cause** or with **rare diseases**, this allows for an accurate diagnosis in a shorter time and the adaptation of possible treatments targeted to their specific case.

One test, twelve studies

- Predisposition to cancer
- Predisposition to heart disease
- Predisposition to late-onset neurodegenerative diseases
- Carrier study
- Study of secondary findings
- Pharmacogenetic profile
- Newborn Screening
- Genetic skin diseases
- Genetic eye diseases
- Nutrition
- Sport
- Clinical study (targeting any disease of genetic origin not described in the previous sections).

What if the answer lies in your genes?

What medicine and treatment is best for me?

Am I likely to develop a hereditary disease?

Am I genetically predisposed to heart risks?

What food intolerances or metabolic disorders might I develop based on my genetics?

What can I find out about my family history and how it affects my health?

There are cases of cancer in my family. Will I get it too?

Is it possible to increase my athletic performance and reduce the risk of injury with genetic information?

Sometimes we ask ourselves questions that personalised medicine can answer. Understanding your genome gives you the ability to make informed decisions about your health and wellbeing so you can prevent problems before they occur, maki]ng a substantial difference to your life.

At Laboratorios Larrasa, we carry out **12 studies with a single sample,** providing you with a comprehensive overview, of your genetic information and the riskss and strenghts associated with it.

Remember, **your genes are unique, as are you.** Your wellbeing is in your hands, and personalised medicine helps you take control.

Empowering lives

Laboratorios Larrasa

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