

## Dr Saleem Mohammad, Xcode Lifesciences: DNA-based customized medical care on anvil

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If you are unwell, you could visit a doctor, but no longer will you be taking general medication for a range of possible medical conditions. The treatment will need to be customized and personalized for you as a person. The diet pattern, the exercise regime, and the lifestyle all needs to be custom made for every individual. And this can be done only based on understanding of the DNA.

Creating a unique schedule and structure for each person translates to everyone leading a life that suits their body, understanding the needs and demands of it, giving the body exactly what it needs to lead a long and healthy life.

### **DNA assessment**

You might wonder and worry that your parents have diabetes, and since it is genetic, you are likely to get the disease as well and there is no escape Well, not really. Yes, the chances of you getting Diabetes are high, but you could alter the age at which you get the same, or how your body reacts to the condition. Now there is an actual opportunity to take a good look at your life, introspect, and take some decisions that will help change the course of your health.