

# Genetic Lifehacks

Learn. Experiment. Optimize.

Hi everyone,

*Cancer genes:* I don't write a lot about cancer and genetics because it is a sensitive and complex topic that is easily misunderstood. I'm never sure that I explain it well enough, and the last thing that I want to do is freak people out about cancer. Many of the genetic variants related to cancer just add a tiny bit to the absolute risk, but it is hard to put that into an easily understood framework.

But... I'm breaking my 'don't write about cancer' stance. Several members have requested an article on prostate cancer and/or BPH. Plus, the survey that I conducted last month clearly showed that half of you were interested in prostate-related issues. (Probably the half of you that have a prostate :-)  
Hopefully you will find the article on genetics, prostate issues, and possible solutions to be helpful. As always, the article is offered for information only; talk with your doctor for prostate medical advice.

*Member Stories:* I'm collecting member stories to share how people are applying what they've learned from Genetic Lifehacks. Seeing how others apply genomics in their daily lives can be enlightening. **Your story** may be the key that someone else needs to read.

I'm going to be highlighting member stories in the newsletter as well as on the website. If you're willing to take a few minutes to share how you've applied genomics to improve your diet, health, supplements, etc, please [add your story here](#). You can stay completely anonymous in sharing (you all know how much I like to keep things private!).

Gratefully yours,

~ Debbie Moon

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## Prostate Problems: Genetic reasons and research on solutions

Prostate cancer is one of the most common cancers in men. In the US and EU, it is the second most common cancer diagnosis – and the second highest cause of cancer-related deaths in males. (Lung cancer is the most common cause of cancer deaths.)[\[ref\]](#) Currently, 1 in 8 men can expect to be diagnosed with prostate cancer in their lifetime, but the good news is that the 5-year survival rate is 99% when caught early.[\[ref\]](#)

Part of the susceptibility to prostate cancer and other benign prostate problems is genetic. This article explains the genetic variants that increase your risk of prostate problems. Importantly, some of the prostate risk genetic variants are related to environmental toxins that you can mitigate.

[Read the article, view your genes...](#)

### A Member Story....

*I cannot stress enough how helpful this site has been in terms of addressing some "messy" genes that I have inherited from my lovely family. Thanks to this site I have saved loads of frustration fumbling around in the dark trying to find which foods, supplements and meds that may work best (or not!) with my body. Since becoming a member 2 years ago, I have been able to stabilize myself from having massive migraines, hormonal imbalances, weight troubles,*

and rashes. I went from having a drawer full of supplements to having a handful of really great-for-me ones. I was eating all the wrong healthy foods for MY body. I discovered a poor CYP enzyme that negated the effects of a medication and my neurologist agreed its a good thing it was brought to her attention so she could find the right med and dosage for me. Quite literally a lifesaver!

I was even able to get my husband's information showing celiac genes to his doctor to get his celiac diagnosis expedited, which was the end of a decades' worth of copays ,frustration, diet changes, and misery.

I feel so empowered being able to cross reference a new health recommendation with how my body could potentially respond rather than blindly using myself as a guinea pig and suffering after. Coming from a "psuedo-allergic/hypersensitive" family not only have I been able to use this information to help my parents, but hopefully my children will benefit from the knowledge I have acquired from [geneticlifehacks.com](http://geneticlifehacks.com) as well.

I am on this site at the very least weekly if not daily thanks to their privacy policy and wealth of easily accessible knowledge. I recommend it to anyone and everyone I can.

Members: Share your story!



(For the other half of my readership....)

## PCOS: Genetics and Root Causes

Polycystic ovarian syndrome (PCOS) is an endocrine disorder that causes an

increase in androgen hormone production in women. It affects 5 -10% of premenopausal women, and genetics plays a large role in whether you have PCOS.

There is no one gene that causes PCOS, but there are genetic variants in several hormonal pathways that increase the risk for it. Researchers estimate that PCOS is about 70% heritable.[\[ref\]](#) Understanding which genetic variants you carry may help you figure out the most effective way for you personally to manage your PCOS.

[Read the article, view your genes...](#)

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### **Genetic Lifehacks**

Enjoying the warm sunshine, MT

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