

March, 2019

Genetics: New Frontier in Personalized Medicine

Greetings!



R.Ph., AFAARM

Genetics: New Frontier in Personalized Medicine

Jeff Hogrefe,

23andMe, Ancestry.com, AncestryDNA.com... we are being bombarded with the opportunity to Genetically learn where we came from, who we are, why we are as we are... etc.. This is both exciting and revolutionary new field of scientific discovery.

Genetic testing also has major implications in terms of how we approach medical care. With new discoveries regarding the unique and individual variations of cancer, we are finding that certain genetic traits can affect both outcome and treatment strategies in chemotherapy, immunotherapy, and adjunctive therapies. As the innumerable number of the James Cancer Billboards proclaim **there is no Routine Cancer** Our talented oncologists are quickly developing into expert geneticists.

Away from oncology, Genetic testing is being widespread in the arena of **personalized individualized medicine** Knowing certain gene variations can predict many things: How you will respond to certain medications and what dose of medication should you be given fall under the genetic subgroup called Pharmacogenomics. This area of genetics is

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Understanding

somewhat black and white and has a relatively high level of predictivity and accuracy.

The other side of medical genetics is called **Nutrigenomics**. This area can be a little more subjective in terms of application.

Nutrigenomics is looking at how certain genes can affect biochemical processes and how nutrition, diet, and lifestyle can affect genetic expression. Many companies offer testing that with their results it is possible to determine best strategies for diet, exercise, and overall health.

When implementing Nutrigenomics in predictive and preventative health, there are 3 main biochemical processes to focus on, **Methylation, Detoxification, and Inflammation**.

Methylation is the biochemical process of adding a Carbon and 3 hydrogens (methyl group) to various chemicals in our body. Methylation is used in over 250 biochemical processes in the body. The most notable functions include

- repairing DNA Damage
- improving immune function
- rebuilding cell walls (membranes)
- increasing energy production within our cells (mitochondrial function)
- clearing out dead cells and repairing damaged cells
- producing Neurotransmitters (serotonin, dopamine, norepinephrine, melatonin)

Nutrigenomic testing can determine how well the body methylates. Certain gene variations can decrease methylation by 75-80%. This can lead to such things as increased cancer risk, fatigue, inability to fight infections, increased risk for heart attack and stroke, and anxiety, depression and other mood disorders. Fortunately, it is possible to overcome genetic variations in methylation by identifying the variations and bypassing the biochemical processes with proper nutrition and supplements.

Poor methylation also decreases production of glutathione. **Glutathione** is the most important substance the body uses to detoxify and remove harmful substances from the body. Nutrigenomic testing can determine how well glutathione is conjugating and detoxifying harmful chemicals and carcinogens. Poor detoxification can increase risk of asthma, autoimmune disease, cancer, and dementia.

Thermography Drift Factor

Posted on [March 9, 2019](#) by [webdecor](#)
Anthony Piana, DC, The Professional Academy of Clinical Thermology

In a world of technology, it is very easy to impress people with technical jargon and either persuade them towards the technology you are trying to sell them, or away from a competitor. With the issue of drift factor, this has been such the case with a couple of the medical thermography systems out there. As President of the non-profit organization, The Professional Academy of Clinical Thermology (PACT), it is my duty to filter through some of the common misconceptions.

In this article I will address drift factor. As a physician I do not declare to be a thermal physicist, therefore, I have consulted with thermal professionals to provide the answers. According to Gary Strahan (ASNT Level 3 Thermographer), all non-cooled cameras tend to drift as the sensor (microbolometer) is not cooled by liquid Nitrogen or Helium Gas Filled Schottky Barrier Closed Cycle Coolers. The thermal cameras that are used today in the medical world for the most part are non-cooled cameras and will drift. The 1st Microbolometers were TE Cooled. TE Coolers are also called Peltier Devices and are more of a temperature stabilizer than a cooler. Most microbolometers today have no Stabilizer (TE Cooler) as manufactures realized they used more power and while they cool they also heat. They are actually better heaters than coolers.

The original infrared thermal cameras were cooled by liquid nitrogen and did not drift like the microbolometer cameras of today. There are actually a few people out there still using this old technology and have not updated their systems, nor are they able to calibrate them annually as required by PACT guidelines.

Strahan states there are several sales people as well as physicians that are parroting information they heard from non-camera manufacturers and physicists in the past. There are only a handful of companies that manufacture FDA Cleared Medical Devices.

The goal is to determine overall detoxification, and develop strategies to improve this process and decrease risk of disease (or slow onset of disease).

Nutrigenomic testing can predict levels of **inflammation**. Genetic variations can increase ability to express inflammatory chemicals that can increase risk of obesity, diabetes, stroke, heart attack, auto immune disease, and dementia. Current belief is that inflammation is tied to the initiation of most cancers as well.

Determining overall levels of inflammation and genetic variations that can affect the expression of inflammation is critical to predict overall health. Implementing strategies such as reduction in inflammatory foods (trans fats, sugar, omega 6 oils, animal fats, and processed foods) increasing low inflammatory foods (overall reduction is carbohydrates, omega 3s, fish, cruciferous vegetables, anti-oxidant fruits (berries) and olive oil) as well as proper supplementation: high dose omega 3s, standardized curcumin extract, quercetin and vitamin c, CBD oil, and resveratrol) is vital in prevention of disease.

Other important genetic variations Nutrigenomic testing examines include

- mitochondrial function (energy production)
- ability to process and utilize vitamin d
- gluten sensitivity
- histamine response (allergies, eczema, and food intolerance)
- thyroid function
- blood clotting risk
- salt sensitivity and risk of high blood pressure
- lipid and triglyceride metabolism
- liver metabolism related to pesticides and estrogen-like substances

Nutrigenomic testing would most benefit individuals suffering with migraines, fibromyalgia and chronic fatigue, unresolved thyroid issues, ADD and ADHD, Autism, Metabolic syndrome, allergies, dementia, family history of cardiovascular disease and cancer, and anxiety, depression and mood disorders and women taking hormone replacement therapy.

Jeff Hogrefe, R.Ph., AFAARM graduated in 1987 from Ohio Northern University with a Bachelor of Science degree in pharmacy, and received specialized compounding training at the

Most companies that sell the systems are not manufacturing or calibrating them.

Strahan states, "Microbolometer based cameras can drift easier than Cooled cameras because the sensor is not cooled. It is for this reason we have sensors in the FPA, Lens, Camera body etc. in order to eliminate drift or inaccuracy. This is built into every ICI camera and any and all are welcome to come to the ICI Lab and see their system calibrated. It is the reason we have both Fixed walk in Environmental Chambers where we cycle Room temperatures up and down while the camera system, blackbodies and calibration software are running."

I personally toured the chamber and the Beaumont facility and had the feeling I was at NASA with the technology I saw.

Strahan further commented that ICI cameras have NUC [non-uniformity correction] Flags and sensors built into them to compensate for drift.

I personally have owned an ICI camera for 12 years now and see the image quality difference when the Image Touch-up (NUC) is executed.

After investigating the issue I found there are complete lies on some of the websites regarding drift factor. The FDA requires the manufacturers to be forthright and be able to back up the specifications they put on their websites. I found this dishonesty to be misleading, not only regarding drift factor, but in the accuracy statements of their cameras.

When I asked Strahan to elaborate on the ICI sensors he further commented, "Our sensors are sensitive to .002C. Our FPA, Lens and Other Cameras RTD's (Resistive Type Devices) (Platinum Thermocouples) control drift through a 12 Coefficient mathematical formula. The NUC Flag built in to almost all Microbolometer based cameras continually loads into the system firmware and software as the environment changes. The cameras are calibrated in a cycled, walk in environmental chamber that is heated and cooled over hours or days. I suggest doing a side by side comparison of accuracy to the [other

Professional Compounding Center of America (PCCA) in Houston, Texas in 2004. At PCCA he was trained in both sterile and non-sterile compounding and he regularly attends continuing education seminars. In addition, Jeff has specialized training in asthma, diabetes care and complementary IV therapies. For the past several years, Jeff has been studying with A4M for his degree in Functional Medicine. In the fall of 2013, Jeff received his Advanced Fellowship in Anti-Aging and Aesthetic Regenerative Medicine. He continues his affiliation with A4M (Academy of Anti-aging and Regenerative Medicine) by serving as a Diplomate. In the winter of 2018, Jeff became certified in nutrigenomic testing. He is currently in a 2 year program with cancer scientist, Dr Mark Rosenberg, dealing with innovative and Integrative screening and treatment of cancers. Jeff has a passion for helping men and women prevent disease and live a higher quality of life. Most recently, Jeff became certified in genetics and genetic testing in 2018 through Biologix and in early 2019 with DNA Life. He is currently teaching a class on genetic testing with DNA Life through Cedarville College for medical professionals for CE credit.

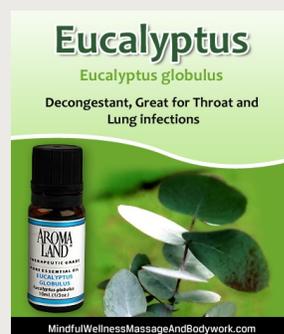


company] Cameras."

The real questions to ask here are do the other cameras live up to this standard? Do they annually calibrate their cameras? Do they use temperature sensors? Where is the test data on their claims of accuracy?

For 12 years at my post as President of PACT, I have heard physicists' and sales people from legitimate companies say [other company] is deceptive and scientifically inept. In conclusion I say be careful of what you read and what is reiterated by many that may appear to be truth.

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- I've had many clients who have recently suffered from a



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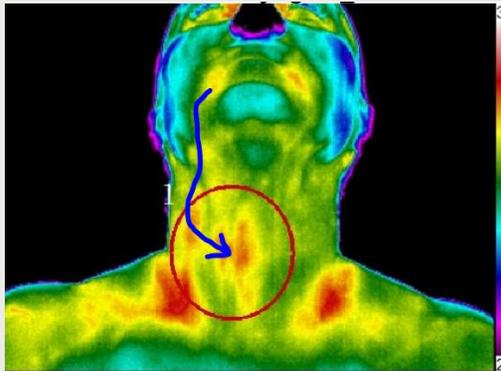
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WHIF Individual Grant Program

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announce its newest offering. WHIF is accepting applications for financial assistance with the cost (full or part) of diagnostic thermography screenings for men and women on the full upper body through Mindful Wellness Medical Thermography and Holistic Health Medical Thermography. *Click here for more information and access to the application.*

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