

# Men's Health

**ADULT 8000**

- Diagnose Men's Unexplained Abnormalities
- Support Early Interventions to Prevent Men's Premature Mortality

Cancers and cardiovascular disorders represent over half of the causes of premature death for men 50-75 years of age, with diabetes, respiratory, neurological and liver diseases accounting for the majority of the remaining deaths.

Most of the male chronic diseases are asymptomatic at onset, and are often reported as unexplained abnormalities by routine health examination.

Although environmental factors and lifestyles affect the onset of these diseases, many of these disorders are also associated with genetic causes.

Over 8,000 human diseases are caused by genetic mutations. By examining over 20,000 genes and analyzing 8000 disorders simultaneously, the **Adult 8000** test is effective in identifying risks associated with a wide range of critical disorders.

- This test specifically assess men's prostate, testicle, heart, kidney, and liver health, and genetic health factors associated with obesity, exercise and diets.

## Testing Process

- The test is processed at U.S. CLIA-certified and CAP-accredited clinical laboratories.
- Clinical report is issued by a board-certified medical director.
- Genetic counseling included (board-eligible genetic counselor).



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## Whole Genome Sequencing

## 8000 Disorders Personal Health Assessment

### Reproductive Health Assessment

- Male & Female Infertility
- Spontaneous Abortion Risk
- Carrier Screening Analysis-  
1300 Disorders

- Cancers
- Cardiovascular Disorders
- Endocrine System Abnormality  
including Diabetes and Fatty Liver
- Sleep Disorders
- Hearing and Eye Disorders
- Skeletal and Bone Disorders
- Immune System Disorders
- Skin Abnormality
- Auto-inflammatory Disorders
- Behavioral Abnormality
- Neurological Disorders including  
Dementia and Alzheimer Disease



Clinical  
Laboratory  
Improvement  
Amendments



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## CANCERS COMMON DISEASES

ADULT 8000

WHOLE GENOME SEQUENCING

### Cancers

Breast
Ovarian
Uterine
Prostate
Testis
Lung
Gastric
Colorectal
Liver
Pancreatic
Thyroid
Esophagus
Renal
Bladder
Gallbladder

### Common Diseases

Type 2 diabetes	Glaucoma
Coronary artery disease	Macular degeneration
Osteoporosis	Rheumatoid arthritis
Stroke	Osteoarthritis
Asthma	COPD
Parkinson's disease	Atrial fibrillation
Alzheimer's disease	Dyslipidemia
Vascular dementia	Hypertriglyceridemia
Frontotemporal	Heart failure
Depressive disorder	Hypertension
Cerebral aneurysm	Myocardial infarction
Migraine	

## Polygenic Risk Determination

Lifetime risks for cancers and many common complex diseases can be conferred by changes in multiple genes simultaneously. Your physician may decide to determine your polygenic risks to more comprehensively clarify your overall risks for multiple disorders. This test uses ethnic-specific genetic markers to determine lifetime and relative risks specifically for East Asians, South Asians, and Caucasians.

# Silent Killer - Cancers

## Men's Cancers - Prostate & Testicle Cancers

Question: I have a family history of cancer. When my father discovered that he had prostate cancer, it was already terminal. I am worrying if one day I also have a cancer without any symptoms. Can whole genome testing help me?

Precision Medicine:

- About 10-15% of cancers are caused by gene mutations, and many cancers have no symptoms. If you are a carrier of a cancer gene mutation, regular screening (mamogram, MRI, Rainbow 7000 Protein testing, etc.) may detect cancers at the early stages.
- Early discovery of cancer leads to early treatment. Survival rate of early stage cancer patients exceeds 90%.

## Prostate Cancer

Question: My PSA was elevated rapidly. I already have an enlarged prostate (Benign prostatic hyperplasia). I worry about prostate cancer, but I do not want a prostate biopsy. Are there any non-invasive testing options other than an MRI?

Precision Medicine:

- Patients may consider genetic testing to determine if he is a carrier of a gene mutation associated with familial prostate cancer, and with polygenic risk of an aggressive form of prostate cancer. Pathogenic mutation carriers, with aggressive prostate cancer risks and a high PSA score, may consider a prostate MRI. Patients with a high Gleason score from the MRI, combined with other risk factors, may choose a biopsy.

# EYE AND RETINAL DISORDERS



Retinitis Pigmentosa

Determine If Eye Diseases  
are Caused by Gene  
Mutations

Glaucoma  
Cataract  
Night Blindness

Genetic Findings may Provide  
Prognostic information to help you  
Understand How your Disorder  
may Progress

Analyze 1000+ Eye Disease Genes

Adverse Drug  
Reaction

**Determine Adverse Drug Reactions of 180 Medications**

Inform physicians to avoid medications that cannot be  
metabolized as predicted by drug manufacturers



## Choosing the Right Medication the First Time is Critical

Cancer Patients often have  
Limited Time to Receive Treatment

### Chemotherapy Choices

Question. I have cancer, and only chemotherapy options are available. Can genomic testing help me choose a chemo drug?

Question: My father had cancer. No targeted therapy was available. He had only one year left to treat the cancer. There was simply not enough time to try the chemo drugs. The treatment outcome was poor. For me, I want to be better prepared. Can I take your test now, and have a list of cancer drugs with minimal adverse drug reactions?

Precision Medicine:

- Cancer patients often do not have time to try multiple chemo drugs.
- Pharmacogenomic testing includes over 40 cancer drugs and determine their adverse drug reactions.
- If you have cancer, and your oncologist needs to choose from a number of cancer drugs, the test result may guide the decision in a timely manner.

### Treating Erectile Dysfunction

Question: I have mild erectile dysfunction. I try to modify my lifestyle and diets to improve my condition. I would also like to use medication to treat the symptoms but I prefer to use a drug that has the least side effects. Can genomic testing help me?

Precision Medicine:

Pharmacogenomic testing determines which of the three commonly-used erectile dysfunction drugs you can metabolize normally and with the least adverse drug reaction, so you can use the medication with the least side effects.

## PROSTATE, KIDNEY & LIVER HEALTH



- Hereditary Prostate Cancer, "Aggressive Prostate Cancer" Risk
- Testicle Cancer
- Liver & Kidney Diseases



### Pharmacogenomics - Reduce Adverse Drug Reactions

- Enlarged Prostate Treatment
- Erectile Dysfunction Medications
- Men's Cancer Drug Choices

## CARDIOVASCULAR DISEASES

- Critical Disorders that Affect Men's Heart Health -
  - Circulatory & Cardio-Metabolic Diseases
  - Mortality Risk after Heart Surgery due to Arrhythmia (Irregular Heartbeat)

