

《YOUR GENETIC DESTINY》

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内容简介

A Guide to Genetic Disorders and Inherited Disease and What You Can Do to Protect Yourself and Your Family.

Much in the news, inherited disease and genetic testing are complex and confusing issues that leave most people asking "So, what can I do with this promising information?" A powerfully helpful and authoritative guide, *Your Genetic Destiny* has the answers. From what tests to have taken to what the results mean and when further genetic counseling is in order; from what foods to avoid to which medications to take and what other medical options are available, world-renowned geneticist Aubrey Milunsky demonstrates how knowledge of our genetic makeup can save our lives. Covering heart disease, hypertension, cancer, diabetes, mental illness, Alzheimer's disease, obesity, longevity, and infertility, *Your Genetic Destiny* is the most comprehensive, compassionate, and informed guide available for all concerned about the risks of inherited disease.

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[显示全部信息](#)

目录

Preface

Acknowledgments

KNOWLEDGE IS LIFESAVING

1 What You Should Know and Why

2 Personal Considerations and Your Family History

THE THREADS OF YOUR LIFE

3 Too Many or Too Few Chromosomes

4 Sex Chromosome Disorders

5 Chromosome Rearrangements

THE LUEPRINTS FOR LIFE

6 Genes

7 You and Your Genes

8 Ethnic Genes and the Disorders They Cause

9 When Threads or Blueprints Go Awry: Mental Retardation and Birth Defects

10 Genes That Make You Susceptible to Various Disorders or Complications

HARMFUL GENES

11 Genes and Heart Disease

12 Genetic Disorders of Heart Structure Rhythm, and of the Arteries

13 Is High Blood Pressure Inherited?

14 Genes and Diabetes

15 Obesity: Genes or Environment?

16 Genes and Cancer

17 Is There a History of Cancer in Your Family?

18 Mental Illness in the Family: Schizophrenia

19 Genes, Depression and other Mood Disorders

20 Genes and Alzheimer's Disease

21 Genes, Aging, and Longevity

AVOIDANCE AND PREVENTION OF GENETIC DISORDERS

22 Prenatal Diagnosis of Genetic Disorders

23 Genetic Disorders and Pregnancy

PERSONAL MATTERS, PREDICTIVE TESTS, GENETIC COUNSELING, AND TREATMENT

24 Presymptomatic and Predictive Genetic Diagnosis

25 Genetic Counseling

26 Genes, Ethics, Law, and Public Policy

27 Treatment of Genetic Disorders

Appendix

Index

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