

Personalized Type 2 Diabetes Screening, Prevention, and Management

Type 2 diabetes (T2D) occurs when the body can't make or use enough insulin to control blood sugar. If not well-managed, it can lead to serious problems like heart, kidney, or eye disease.¹ Genetic testing can help you understand your personal risk for T2D, so you and your provider can take steps for better health.



Background

Genetics and T2D Risk

- Small changes in your DNA (genetic variants) can slightly increase your risk of developing T2D.
- If you have many of these variants, they can add up to significantly increase your overall T2D risk.

Clinical Factors and T2D Risk

- Genetics are only part of the picture—other lifestyle and health factors can impact your risk of developing T2D.²
- These include: age, sex, BMI, blood pressure, cholesterol levels, fasting glucose, triglycerides, physical activity, and smoking history.²

Understanding Your T2D Risk

- Knowing your personal risk score is just the start—your provider can use your score to create a care plan designed just for you.
- Personalized care plans can include tailored screening, prevention, and management recommendations that meet your health needs.

MyOme's Approach to T2D Risk Prediction



Measuring Genetic Risk

MyOme's T2D test measures your genetic risk using a Polygenic Risk Score (PRS). Think of it like a scorecard that adds up all of the small genetic variants linked to T2D. The higher the score, the greater your overall T2D risk.



Integrating Clinical Factors

MyOme's test goes beyond genetics by incorporating key clinical details from your health history into your final risk score calculation.



Improved Risk Prediction

By looking at your genes together with certain health measures, MyOme's test can predict your risk more clearly than tests that use only one piece of the puzzle.



Clinical Testing for T2D

Your doctor can check for diabetes with simple blood tests, such as a fasting blood sugar test and hemoglobin A1c test, or via oral glucose tolerance tests. Catching high blood sugar trends early gives you the best chance to prevent or delay T2D onset.³

Reducing Your Risk of T2D

According to American Heart Association (AHA), you can take the following steps to lower your chances of getting T2D⁴:



BMI

Reach and maintain a healthy weight



Physical Activity

Exercise regularly (at least 150 minutes of moderate activity each week)



Smoking

Don't smoke or vape



Eating Habits

Eat a balanced diet rich in fruits, vegetables, and whole grains



Blood Pressure

Manage and maintain normal levels

Enable Personalized Care with MyOme's iPRS™ Test for T2D



Proactive Health
INTEGRATED PRS™
TYPE 2 DIABETES

When it comes to your health, information is power. Ask your provider about our iPRS test to better understand your risk of T2D and make more informed health decisions.



Visit our website to learn more about genetic testing for personalized disease risk prediction.

1. CDC. National Diabetes Statistics Report. 15 May 2024. Web. Accessed 18 Aug 2025. <https://www.cdc.gov/diabetes/php/data-research/index.html>. 2. NIH. Risk Factors for Type 2 Diabetes. July 2022. Web. Accessed 18 Aug 2025. <https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes>. 3. US Preventive Services Task Force. Screening for Prediabetes and Type 2 Diabetes. *JAMA* (2021). doi: 10.1001/jama.2021.12531. 4. American Heart Association. Preventing and Treating Diabetes. 4 Apr 2024. Web. Accessed 20 Aug 2025.

This test was developed, and its performance characteristics were determined, by MyOme, Inc., a clinical laboratory certified under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) and College of American Pathologist (CAP) accredited to perform high complexity clinical laboratory testing. This test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Test results should always be interpreted by a clinician in the context of clinical and familial data with the availability of genetic counseling when appropriate. MyOme is not responsible for the content or accuracy of third-party websites.