


state conceded to corporate and consumer interest, and granted 23andMe a license to operate.<sup>12</sup> Consumers may be justified in their interest in DTC genetic tests as there are substantial benefits to having access to one's genetic information. Knowing one's predisposition and genetic vulnerability to preventable conditions can allow patients to take pre-emptive measures to reduce risk. Family planning can be more informed. Medical treatments can become more personalized, and negative drug-gene interactions can be avoided. Favourable outcomes can be reached if test results are interpreted correctly.

The challenge then, should be for physicians to take a proactive approach in counseling patients who desire DTC tests and assisting them in interpreting the results. DTC genetic tests are unlikely to leave the biotechnology landscape in the near future. The best approach may be for physicians to embrace the knowledge that DTC tests provide and work with their patients to circumvent the shortcomings in the DTC approach to genetic testing. 

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## Low Carb Diets – Sometimes Just as Sweet As They Sound

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The article published in the March 2012 issue praising the health benefits of low carbohydrate high protein diets<sup>1</sup> failed to stress the importance of protein sourcing on long-term outcomes.

True, it seems that going low-carb can have desirable effects on longevity and cancer rates, but not with a typical animal-based diet. Research from the Nurses' Health Study and Health Professionals Follow-up Study showed increases in all-cause, cardiovascular, and cancer mortality with low carbohydrate diets that were animal-based, while plant-based analogues had an inverse association.<sup>2</sup> The article by Ho and Krystal did make

note that a high-protein diet should be “preferably not high in red meat”<sup>1</sup>, but recommendations to source protein from non-animal sources should have been included. 

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