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Study reveals high genetic risk of coronary artery disease among Indian population

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India has a high burden of lifestyle-related diseases, along with a growing prevalence of genetic disorders

A study based on genetic testing by Pune-based Indus Health Plus has revealed that 24% of the total individuals who underwent genetic testing by Indus have high risk of coronary artery disease (CAD) and 29.5% people have high risk for high LDL levels as per their genetic makeup.

This underscores the importance of genetic factors in influencing an individual's susceptibility to CAD and highlights the need for personalised risk assessment and preventive strategies. The sample size for the study was about 10,000 individuals who underwent genetic testing.

Indus Health Plus study further revealed that 90% people have high genetic risk of Vitamin D deficiency and 57.55% people have high genetic risk for Vitamin B12 deficiency as per their genetic makeup which can also contribute to overall cardiovascular health.â?¯

Amol Naikawadi, Preventive Healthcare Specialist, Indus Health Plus says, “Genetic testing is gaining popularity among people to get understanding of the predisposition of various lifestyle conditions along with other health check-ups. This does not only help in better health assessment but also improves diseases management, particularly for individuals with a family history of CAD or other risk factors."

Saliva-based genetic testing is non-invasive, painless, and can be easily done at home, making it more convenient for individuals who prefer to collect their DNA samples in the privacy of their own home.