

HealthWatch



Health Care in Northeastern Oklahoma

Fall 2019

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Breaking Out!

Spending time outdoors benefits mental health

Ecotherapy is a growing field of study about nature's relationship to our bodies and minds. Not much is known yet about why exactly nature has such a profound effect on our psyche. But the studies are showing that being outdoors affects our physical self. Blood pressure and tension show marked decreases, and brain activity jumps. Endorphin and dopamine levels rise, and cortisol levels drop -- which reduces stress and leads to greater happiness. Yes, the benefits of nature are often undervalued, and that can lead to a malnourishment of the mind, body, and spirit. Studies show that people who spend more time outdoors are much more calm, relaxed, and focused.

Even a brief visit outside your front door can do wonders for your mental health. Anxiety, depression, and stress wilt away under the guide of Mother Nature. Toes in the water and feet on the grass are your ticket to mental nourishment.

The connection between positive emotions and nature is even more important in today's world. We

**Research shows
a link between
exposure to nature
and stress reduction.**

spend many hours indoors, with our heads buried in screens, overshadowing the bounty that has long been at our fingertips. Symptoms of negative effects such as insomnia, depression, and anxiety simply melt away when we connect with nature. It has also been known to aid in the grief process.

Have you lost focus and vitality? Take a walk outside. Energy will spike and clarity will be restored. Projects will come into focus. Your attention to detail will rise. In fact, ADHD sufferers have seen some relief with time spent in the outdoor world as part of a treatment plan.

Trouble sleeping may also be remedied by increased outdoor activity as well. Turn off that TV you think helps you sleep and restore your circadian rhythm, which is your internal clock, your sleep/awake cycle. Artificial light interrupts this and creates disharmony in the sleep process.

When your inward self balances, your outlook on life does also. You will become more caring and attentive. Those around you will notice your new attitude. After all, you generally don't see people at the beach frowning.

It all starts with one step. Take that step outside. Stand in the



sunshine. Take a walk in the woods. Instead of working out in your basement, jog on the beach. Use walking paths in your city. Take advantage of local parks by doing some yoga. Let your senses take everything in and connect with where you are. Breathe deep in your surroundings.

When you take care to notice and enjoy nature, you'll notice nature takes care of you, too.



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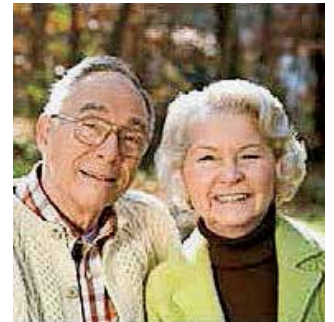
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Heart To Heart

Heart attacks present differently in men and women. Knowing the signs can save your life.

Are men and women that different? Speaking about the heart, there are significant differences – medically.

Women generally have a smaller heart, with smaller chambers and thinner walls. The heart pumps faster than a man's, but it is 10 percent less efficient. Stress will cause her pulse to rise and move more blood.

CAD

Coronary Artery Disease is the leading cause of a heart attack, and it is the same in both men and women. Circulating fats get deposited on arterial walls and form plaques. If these plaques grow slowly, they get harder and narrow the space for blood to flow regularly. If they remain soft, they will likely rupture. The end result is a blood clot that inhibits blood flow and causes a heart attack.

CAD is often difficult to diagnose, but women with this condition will likely experience symptoms of fatigue, sweating, shortness of breath, or neck, jaw and/or back pain. Men often have pain or a burning sensation in the chest, dizziness, nausea, or heartburn.

Women have different risk factors. Endometriosis, polycystic ovary disease, diabetes, and pregnancy are associated high blood pressure. Endometriosis alone has been found to raise her risk of CAD by 400 percent in women under 40. Both men and women share some common issues. High blood pressure, high blood sugar, high cholesterol, obesity, and smoking are all common risk factors. Family history is also important to assess risk in both sexes. A father or brother diagnosed before 55, or a mother or sister diagnosed before 65, increase risk of developing CAD.

It can be difficult to diagnose CAD in women. Angiograms during cardiac catheterization are the preferred method for finding blockages in large arteries. But small arterial issues are often the culprits in women, and they cannot be detected through angiogram.

Women are at a greater risk than men for

in women.

Heart Failure

Men usually enter heart failure because the heart attack prevents the muscle from contracting as forcefully as it should. Women more likely develop heart failure as the result of high blood pressure, kidney disease, or another condition that restricts the heart from relaxing between beats. Women with heart failure generally live longer than men, but they will need frequent trips to hospital for limited physical ability and shortness of breath, and they will likely need nursing home care.

Atrial Fibrillation

Afib causes irregular and often rapid heart rhythm. Women will likely be treated for Afib with catheter ablation, which generally leads to rehospitalization after the procedure. Women are still more likely to survive longer and less likely to die from Afib related issues.

Long Term

Several factors can help decrease your chances of developing heart disease.

- Quit smoking.
- Get your body to its optimum weight, blood pressure, blood lipid level, and blood sugar level.
- Eat a balanced diet including fruits, veggies, fish, and whole grains. Cut out simple carbs and processed foods.
- Get regular exercise -- 30 minutes minimum per day.

Make the effort to get healthy. It will be worth it in the long run.



developing blood clots, which increases their chances of another heart attack. Additionally, women don't always receive proper medication, including blood thinners which will lessen the chances of round 2. As a result, women are more likely to have a second heart attack in the next 12 months.

Men are at risk at an earlier age. Estrogen offers women some protection until after menopause, when estrogen production decreases. The average age for heart attack in men is 66, compared to 70

Learning Healthy Eating Habits

Start your kids on the path to good health for a lifetime

We all know difficult children. The one who only eats pizza and chicken nuggets. The one who views veggies as “vile weeds.” “Bananas are for monkeys!”

Smart eating habits can be achieved for even the most stubborn of children. You can start by having regular family meals at a designated time, serving a variety of foods, and being someone your kids can look up to by eating well yourself.

Don't wage war on food. Talk to your kids. Let them know why you make the choices you do to help everyone learn to make healthy choices.

Buy Healthy Food

Don't buy those packaged chocolate chip cookies every week at the store. If you want to get the cookies, make them a true treat, a rarity.

Replace one or two unhealthy snacks a day with healthier alternatives until you have replaced them all. This will make it easier for kids to learn the difference and choose the healthy option.

Instead of frying, roast or grill to limit the fat introduced into the meal. Much like with cookies, limit fast food to an occasional trip. Ditto with sugary drinks. Neither deprivation nor indulgence is the goal.

Family Meals

Not only does this provide stability, it will normalize your child's eating clock and condition them as to what to expect. It also provides balance in home life. Families who eat regular meals together are more likely to eat healthier fruits and veggies, and then less likely to snack on unhealthy options or to engage in other bad behaviors such as tobacco or alcohol use.

Teenagers are more likely to attempt to skip these family meals, as they typically

have busier schedules and are striving to exert their independence. To help encourage them, allow them to invite a friend to dinner, let the teen be involved the meal planning, and make sure your dinnertime is

reach for that second slice.

Additionally, keep an eye on portion sizes. Instead of sitting down with all of the items on the middle of the table and letting everyone serve themselves, consider dishing it out to their plates from the kitchen and putting the food away immediately. Make it a group effort.

War

Don't make food a “stand your ground” situation. This isn't a time to bribe your kids. Conflict at meal time only leads to negative feelings about food. This turns into poor habits as one side inevitably gives in.

Parents need to establish a schedule. Snacks and meals included. In addition, don't force a child to eat everything on their plate. Otherwise you'll be forcing them to eat beyond feeling full. This leads to overeating. Food is also not a substitute for love. Kids should not be rewarded for good behavior with food. They aren't circus seals. Give them praise or a hug.

Compromise

Have your kids sit with you and plan meals. Your responsibility is to make sure each meal is balanced. Don't be afraid to let them make some choices, with your guidance. As you help them make correct choices, they will begin to make those choices on their own. Take them to the store with you to reinforce these better options.

Plan at least one meal per week where your kids are actively involved in the preparation of the meal. These kinds of activities get them off their electronic devices and help promote family well-being.

At the end of the day, your habits rub off on your kids. Give them the tools to choose correctly, and they will use that wisdom to make better choices. Your family will grow happier and healthier.



free of lectures and arguing.

Adult's Role

Don't think you are getting off scot-free. The way you behave is often reflected in your children. Your bad eating habits will be your child's bad eating habits. If you have an extra helping of veggies, they will likely follow you. Conversely, if they see you eating two pieces of pie, they may also

THE ROUTINE CHECK-UP

FOR MEN

Health screenings are a vital part of living well and allow physicians to detect conditions and diseases in early stages. However, men are **24%** more likely to skip their check-up than women.

From ages 20 to 49, men should visit their primary care provider every **1-3 years** for a complete check-up.

A COMPLETE CHECK-UP INCLUDES...

PHYSICAL EXAM
SKIN EXAM
TESTICULAR CANCER SCREENING
BLOOD PRESSURE CHECK
BODY MASS INDEX CHECK
IMMUNIZATION STATUS CHECK
LAB TESTING *

*as appropriate for history or age

Pneumonia vaccinations may start at age 65 according to guidelines.

ONCE YOU TURN 50...

Your physical should be YEARLY.

In addition to the procedures listed above, these annual physicals will likely include prostate and colorectal cancer screenings.

SOURCES:
American Cancer Society, American Diabetes Association,
American Heart Association, EverydayHealth.org

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Medicine

Testing,

Health screenings are i

There are so many health screenings available these days. Sometimes it can be hard to keep up on the to-do list. For women certain screenings are unnecessary. Ditto for men. Some are universal, but the age at which it becomes necessary varies. Blood pressure, cholesterol, skin cancer, who can keep them all straight? Here is your chance to catch up.

For men ages 20 to 49, you should have a complete check up every one to three years, depending on your personal risk assessment. When you turn 50, it should definitely be every year, and the checklist includes a physical, blood pressure screening, BMI (body mass index) evaluation, skin exam, testicular cancer screening, as well as getting your immunizations and blood work. Don't be afraid to discuss any and all issues you had over the previous year. These things can include suicidal thoughts, mental health issues, loss of appetite, inability to sleep, or mood swings. If you take your car into a mechanic and don't tell him it shudders on the highway, he's not going to be able to remedy the issue. Keep your doctor informed.

The American Cancer Society recommends the PSA (prostate specific antigen) blood test and a rectal exam starting at age 50 for men. Prostate cancer is the second most common cancer after skin cancer, so these screenings can benefit all men. For African American men, or if a blood relative was diagnosed with prostate cancer, you should begin these tests at 40. These factors greatly increase your risk.

On women, complete checkups every three years are also essential in the 20 to 49 year age bracket. Cervical cancer screenings should begin once you reach child-bearing age. Annual mammograms should begin around 40 years, unless you have a family history. Your doctor may then recommend one every six months. As with men, don't ever be afraid of telling your physician everything. It's essential to good health.

Women should also discuss osteoporosis with their doctor. If you are over 50, you are more likely to develop osteoporosis. A woman's risk is four times higher than a man's. Women have thinner and lighter bones and live longer lives, which puts them at greater risk. For women with smaller frames, the risk

Breast cancer signs and symptoms

Breast cancer is a formidable foe. According to the World Health Organization, an estimated 627,000 women lost their lives to breast cancer in 2018. But women are not helpless in the fight against breast cancer, as the WHO notes early detection is critical and could potentially save thousands of lives each year.

A proactive approach is a key component of protecting oneself against breast cancer. While the National Breast Cancer Foundation, Inc.® notes that many breast cancer symptoms are invisible and not noticeable without a pro-

fessional cancer screening, women can keep an eye out for certain signs of breast cancer they might be able to detect on their own. Monthly self-exams can help women more easily identify changes in their breasts. During such self-exams, women can look for the following signs and symptoms and are advised to report any abnormalities they discover to their physicians immediately.

- Changes in how the breast or nipple feels: The NBCF says nipple tenderness or a lump or thickening in or near the breast or underarm could indicate the presence of

testing.

important at every age.

is even higher.

Colorectal cancer took 49,190 deaths in 2016. This number has decreased for two decades, but for both men and women, it is the third most common cancer. Awareness has definitely aided in this reduction since many more people are getting tested.

The most common reasons people give for not screening are:

- 1) Cost of the test.
- 2) No family history.
- 3) No symptoms.
- 4) The test is difficult or painful, and they are embarrassed.
- 5) Concern over the complexity of the screening, and they don't want to take the time off work.

The Anthem Foundation and the ACA offer help in these areas. Patients can get help financially and receive preparation and even



transportation if necessary.

During that next doctor's visit, discuss your options. Hopefully this article makes you more aware. Share it with a friend. You might save a life, including your own.

For more information, contact the American Cancer Society at 1-800-227-2345 or online at cancer.org.

SOURCES: Northwestern Medicine, Chicago, IL - www.nm.org; American Cancer Society - www.cancer.org; www.webmd.com; American Diabetes Association, American Heart Association, www.everydaychoices.org, National Osteoporosis Foundation.

breast cancer. Some women may notice changes in the skin texture or an enlargement of the pores in the skin of their breast. In many instances, skin texture has been described as being similar to the texture of an orange peel. Lumps in the breast also may indicate breast cancer, though not all lumps are cancerous.

• Change in appearance of the breast or nipple: Unexplained changes in the size or shape of the breast; dimpling anywhere on the breast; unexplained swelling or shrinking of the breast, particularly when the shrinking or swelling is exclusive to one side only; and a nipple that

is turned slightly inward or inverted are some signs and symptoms of breast cancer that can affect the appearance of the breast or nipple. It is common for women's breasts to be asymmetrical, but sudden asymmetry should be brought to the attention of a physician.

• Discharge from the nipple: The NBCF notes that any discharge from the nipple, but particularly a clear or bloody discharge, could be a sign of breast cancer. The NBCF also advises women that a milky discharge when they are not breastfeeding is not linked to breast cancer but should be discussed with a physician.

THE ROUTINE CHECK-UP FOR WOMEN

Health screenings provide a lifestyle check-up and the opportunity for physicians to detect conditions or diseases in early stages.

From ages 20 to 49, women should visit their primary care provider every **1-3 years** for a complete check-up.

A COMPLETE CHECK-UP INCLUDES...

PHYSICAL EXAM
SKIN EXAM
CLINICAL BREAST EXAM
CERVICAL CANCER SCREENING
BLOOD PRESSURE CHECK
BODY MASS INDEX CHECK
IMMUNIZATION STATUS CHECK
LAB TESTING *

*as appropriate for history or age

CLINICAL BREAST EXAM

From 20-44, women can receive a clinical breast exam every 3 years. Yearly screenings are recommended starting at age 45. Between visits, women should perform monthly self-breast exams and alert their physician to any changes.

Mammograms are recommended at physician's discretion starting at age 40.

ONCE YOU TURN 50...

Your screenings should be **YEARLY**. In addition to the procedures listed above, these annual physicals will now include annual mammograms and colorectal screenings.

OSTEOPOROSIS

Women can be evaluated for risk of osteoporosis at any age. A bone density screening (Dexascan) is recommended at AGE 65 for women with no risk factors. For women with abnormal results, screening is recommended every two years.

SOURCES:
American Cancer Society, American Diabetes Association,
American Heart Association, Everydaychoices.org,
National Osteoporosis Foundation

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Dreaming of Good Sleep

A good night's sleep is just as important as regular exercise and a healthy diet.

Getting a good night's sleep may be more important than you think.

Lack of sufficient sleep can have several negative effects, such as hormone imbalance, decreases in brain function and sex drive, and weight gain. On the flip side, a good night's sleep can improve overall health.

Some of the most impactful things you can do to improve sleep are relatively easy to accomplish. Some might take some time to override bad habits. There's no time like the present to start. Your body will thank you.

Pay attention to lighting

Your circadian rhythm is your body's innate ability to keep time. It tells you when it's time to sleep or wake, and it also affects brain function. Artificial light interrupts your rhythm and throws things out of whack. Sunlight helps restore your circadian rhythm. Spending time outdoors in bright sunshine can also boost your energy. It reduces melatonin levels which helps you stay awake.

In sharp contrast, as evening draws close, try to limit your exposure to bright lights, especially "blue light" sources. Electronic devices such as cell phones and computers emit large amounts of blue light,

which can interrupt the natural circadian rhythm and cause sleeplessness. Limit your exposure to these sources after dusk when possible. Use an app to turn off blue light on your mobile device, and don't watch TV in bed. Many people have the habit of leaving the TV on while they sleep. The light and sound interrupt good sleep patterns. This is not a good habit to have. If you follow good daytime habits, you can eventually break these poor nighttime habits.

Don't nap

I know what you're thinking -- you can't possibly make it through the day without at least one cat nap, maybe even two.



Many people suffer from sleep disorders which affect their ability to sleep. If you've tried all of the things above and still don't get a restful sleep, you may need to undergo a sleep study.

Short naps are fine and have been linked to many beneficial brain effects. Long naps decrease nighttime sleep quality and throw that circadian rhythm off its axis. If you need to nap, make it a power nap of 30 minutes or less.

Bedroom setup

You'll have to play around with some of these to get your desired results. Things like temperature, noise, and furniture arrangement can all play a factor in sleep quality. Many studies indicate that outside interferences, such as traffic noise, trains, outdoor lights or streetlamps, can affect sleep and in turn, long-term health issues. In a recent study of 100 women, 50 percent showed positive signs of better sleep after diminishing exposure to these types of external issues.

Bottom line, remove light and noise sources to help improve overall sleep. Don't fall back on bad habits. Make your bedroom a quiet and restful place, full of relaxation.

Sleeping disorders

Many people suffer from sleep disorders that drastically affect their ability to sleep well. If you have done all the things above and still don't get a restful sleep, you may need to schedule a sleep study to discover the root cause. Sleep apnea is one of the most common culprits. It causes breathing to be inconsistent and interrupted at varying intervals, which causes the sufferer to stop breathing repeatedly over the course of a night. Sleep apnea machines can help get that sleep schedule back on track. Check with your physician if you have questions.

Overall health is impacted greatly by improving your nightly sleeping patterns. There are many other factors that can influence good sleep.

Do some research and find out what works best for you. Make sure you are vigilant in your efforts to have a restful sleep every night. Make that your bedtime routine.

Quick Tips

Try to sleep and wake at consistent times. Your body's circadian rhythm functions on a set loop, aligning itself with sunrise and sunset.

Take a melatonin supplement. Melatonin is a key sleep hormone that tells your brain when it's time to relax and head to bed. Check with your physician first.

Don't drink alcohol. Downing a couple of drinks at night can negatively affect your sleep and hormones.

Don't eat late in the evening. Late-night eating may negatively impact both sleep quality and the natural release of HGH and melatonin.

Relax and clear your mind in the evening. Develop a routine that helps you relax.

Take a relaxing bath or shower. It's another popular way to sleep better.

Exercise, but not before bed. Although daily exercise is key for a good night's sleep, performing it too late in the day may cause sleep problems.

Always discuss any sleep concerns with your doctor.

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at Montgomery, the Spa at Ross Bridge in Hoover and the Spa at the Battle House in Mobile are always highly ranked for pampering their guests. All five of these spas are part of the RTJ Resort Collection and feature innovative treatments inspired by Southern Hospitality. Clearly great golf and spas work well together in Alabama. Come experience them for yourself.



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Going Organic

Are organic foods really better for you?

With all of the choices available today, it has never been easier to eat organically. Everywhere you look in your local supermarket, signs are touting organic products. Sometimes it can be a bit confusing. So, which ones should you choose?

Let's start at the beginning.

"Organic" simply refers to the way livestock and produce are farmed. Organic farming has a few simple goals.

- 1) Reduce the pollution produced
- 2) Keep livestock healthy through natural cycles or resources
- 3) Be self-sustaining
- 4) Remove synthetic fertilizers and pesticides
- 5) Improve soil and water quality
- 6) Use no growth hormones or antibiotics

Ok, that's more than a few and is actually only somewhat comprehensive. Bottom line -- it's a natural way to grow produce and raise livestock which yields a more natural and healthy product.

The USDA has some pretty strict guidelines, and each farmer gains a certificate only after passing some rigorous testing. Only then does it get the USDA organic seal of approval.

It is important here to discuss the difference between "organ-ic" and "all natural". They aren't the same thing. All-natural foods (including "free range" and "hormone free") are foods that contain no artificial ingredients.



Organic foods have the strict guidelines outlined above. With that generally comes increased cost. The process to create organic foods is more difficult, as more crops and animals are lost due to disease. Labor costs and less availability are also big factors since small farms are producing the majority of the organic foods available. Demand is beginning to drive the market, and innovation could make it more affordable in the future.

But which organic foods should you aim to buy? Keep in mind fruits and vegetables with edible skins. Grapes and tomatoes are good examples. Since the skin isn't thick, it's easier for pesticides at the non-organic farms to reach the inside of the fruit. For this reason, these are the foods you should be buying organic more regularly.

Produce like bananas and pineapples are likely not any better for you in the organic aisle than the regular aisle. If you

have to peel it, no need to pay the extra toll. You can read about the Environmental Working Group's "Dirty Dozen" list, the 12 fruits and vegetables with the most pesticide residue. You can find the list on their website at www.ewg.org. The list is updated yearly.

As for meats, it's always better to purchase not only organic, but locally raised. This accomplishes a couple of different things. One, the meat is transported a shorter distance, so there is less time from butcher to shelf which reduces the chances for issues to arise. Also, you'll be supporting your local farmer.

Long-term studies haven't reached a conclusion yet about the potential benefits of organic versus conventional. Health studies have shown some short-term benefits. As more people shift their focus to organic, more data will soon arise on these higher nutrient, less toxic options. Why wait?

Quick Tips

Select a variety of foods from a several different sources. This will give you a better mix of nutrients and reduce your likelihood of exposure to a single pesticide.

- Buy in season. To get the freshest produce, buy local and in season.
- Read food labels carefully. Just because a product says it's organic doesn't mean it's a healthier alternative. Some organic products could still be higher in sugar, salt, fat or calories.
- Always wash and scrub fresh fruits and vegetables under running water. Washing helps remove dirt, bacteria, and traces of chemicals from the surface. Discard outer leaves of leafy vegetables and peel fruits and vegetables to remove contaminants.

Analyzing your DNA

With sites like 23andme and Ancestry, finding out your genetic markers has never been easier. But is it worth the hype?

by **Paula Bichsel**

Owner, Maine Street Media, Inc.
www.mainestmedia.com

I decided to spit in a cup. No, this wasn't at my doctor's office or for any medically necessary reason. Like many other trendsetters these days, I wanted to learn about my DNA and family heritage.

I took this journey a few months ago. I'm adopted, and I wanted to see if I had any siblings out there in the world. Or possibly I'm the daughter of the king who has been frantically searching for me my entire life. It never hurts to dream. But even bigger than that, I've always wondered if I am predisposed to a specific disease or medical condition. Does breast cancer run in my family? What are the chances that I'll develop Alzheimer's disease?

A few years ago, none of this information would have been easily available. But thanks to sites like 23andme.com and Ancestry.com, obtaining this information is



Sharing DNA is more than just hair color. Determining if you're susceptible to certain diseases or conditions is important, especially as you age.

as simple as a bit of saliva.

Once I received the results, I was a little overwhelmed and needed an education on the terms. One that popped out right away was genetic marker. A genetic marker is any series in your DNA that may indicate an increased risk of developing a specific disease or disorder.

Different websites identify different genetic markers. For example, 23andMe identifies your risk for developing lupus, but deCODEme and Navigenics don't. These latter companies test for markers of Alzheimer's disease, which isn't included in 23andMe's report. There are many different sites that offer different information, so be sure to investigate what is important to you before you buy.

Understanding your susceptibility to certain diseases is a powerful tool. If you learn you're more prone to breast cancer, you may choose to schedule a mammogram every six months instead of yearly. Or if you see a risk of osteoporosis in your DNA, taking additional supplements and participating in weight-bearing exercises might be on your agenda. Always discuss any changes in your routine, diet or exercise program with your doctor first. Discovering your genetic markers isn't the only benefit to a DNA test. You can connect with relatives across the world, and you



Many different sites offer information on your DNA and genetic markers. Find the one that's right for you.



can also find out what traits you might have in common. For example, I've discovered that my DNA relatives are 96 percent more likely to

A genetic marker is any alteration in your DNA that may indicate an increased risk of developing a specific disease or disorder.*

drink energy drinks, 65 percent are more likely to have worked as a lifeguard, and they are 53 percent more likely to be able to do side splits. It's been fun to read about these traits and see if they align with me.

Most of these sites are very affordable. You can have your DNA analyzed for around \$100, and they are constantly updating the information as more people are added to their lists. I check my account weekly to see if the king is looking for me. But more than that, I'm happy to have the information regarding my genetic markers so I can make adjustments to my lifestyle. I've learned that I am predisposed to heart disease, so I've since adopted a heart-healthy diet and am making sure to include cardio exercise into my daily routine.

I've also made an appointment with my doctor, and I'm sharing this information with him in the hopes that we can develop a lifestyle plan that will help keep heart disease at bay.

Living a long and healthy life is a goal for all of us. This can be another tool in the arsenal to fight aging and disease.

*RESOURCES: William Harris "What can your spit tell you about your DNA?" 9 March 2009. HowStuffWorks.com. <<https://science.howstuffworks.com/life/genetic/spit-dna.htm>> 16 June 2019

Quick Facts

The Best DNA Test Kits In The United States 2019

As reported by Top10.com

1. MyHeritage
2. LivingDNA
3. Ancestry
4. Vitagene
5. Orig3n
6. GPS Origins
7. Nutrisystem
8. LetsGetChecked
9. Futura Genetics
10. 23andme



All of these sites specialize in different areas and give you information based on their area of expertise. Be sure to research each site and choose the one that provides you with the information that's important to you and your lifestyle.

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