

-EPISODE II-
The Right Meds

NICE GENES!

a podcast by Genome BC



[TW: MH, MI]

This episode discusses mental health and mental illness. If you, or someone you know, needs support call the BC Mental Health Support Line at 310-6789 <3

DID YOU KNOW?

There are over 200 symptoms associated with depression. Can you list a few?

PHARMACOGENOMICS

definition: _____



① standard dose



half dose ②



double dose ③



should avoid medication X

CAREERS in SCIENCE

Are you someone who is interested in taking complex concepts and making them understandable and meaningful?

You could be a
GENETIC COUNSELLOR!

Help manage the stress linked to genetic testing and empower your patients to understand how their genome impacts their lives. Find out more at

www.cagc-accg.ca ←

Dr. Jehannine Austin explains that psychiatric disorders are a combination of

and

Epigenomics

The study of external factors, like environment and experiences that turn genes "on" and "off."



Is there a single gene for depression?

YES

NO





How are humans genetically different than rice?

Explain using the term 'junk DNA' or 'the dark genome'

How many \times
Chromosomes
do most humans have?



DNA study
timeline

1950s
simple observations
through a microscope

1970s
linkage
studies

genome-wide studies
2000s

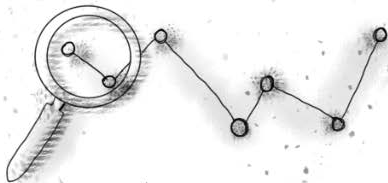
1990s
association
studies

2021
entire human
genome mapped

the future...
→

- META ANALYSIS -

research process used to combine multiple individual studies using statistical methods



WHAT barriers did Lisa come up against when she tried this technology in 2017?

- .
- .
- .

RESULTS: circle the answer

① Remission	↑	↓	same
② Recovery	↑	↓	same
③ Quality of Data	high	low	
④ Risk of Bias	high	low	

IN YOUR OPINION: WHAT are the next steps for the application of pharmacogenetics to help with mental health and mental illness?

download free activity guides

- extract DNA from Kiwis!
- make your own DNA bracelet!
- make some edible DNA!

...and more at www.geneskool.ca

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