Personal Genomics Resources

Precision Medicine and Health Care

What is pharmacogenomics? Article
This article by the National Institute of Health provides a short overview of pharmacogenomics, the relationship between our genetics and medicine, as an emerging field of study. 

Obama Plans $215 Million Precision Medicine Effort for Cures News Article
The feature of Personalized Medicine in Bloomberg demonstrates that this topic is relevant to mainstream society. 

Casey’s Personal Testimony to Precision Medicine Video (4 minutes 20 seconds)
Casey’s story is one of the many lives that have been saved due to the diligence of personal genomics. She had a p53 mutation but this approach to medicine gave her the opportunity to lead a full life. 
https://www.youtube.com/watch?v=CiuShmmGno

The Problem and Promise of Precision Medicine Video (4 minutes and 27 seconds)
Since personal genomics is an emerging field experts are still negotiating the validity of the practice. The Times uses this video as an introduction to the benefits and concerns associated with a personalized approach to medicine. 
https://www.youtube.com/watch?v=zkagtWSeisQ

Precision Medicine Video (4 minutes and 32 seconds)
UC San Francisco put together this animated video to explain the basics of personal genomics to a general audience. 
https://www.youtube.com/watch?v=HQKFgfMO5Sw

Caffeine Metabolism

Caffeine Consumption Article
This article created by the global health watch provides general information about caffeine consumption and the genes and alleles associated with fast, moderate, and slow metabolism. Includes a table stratifying these details by race. 
http://www.gbhealthwatch.com/Trait-Caffeine-Consumption.php
**Coffee Cravings Might be Genetic** 23 and me Blog
23 and me is one of the most leading biotechnology companies at this time and they are famous for making user friendly reports about genetic information. This article shares some of the health benefits of drinking coffee in moderation as well as the evidence to make scientists believe genetics influence how much one likes coffee.


**Genetic Variants Associated with Coffee Consumption** Scientific Journal
Sulem, P. et al. and his research associates did extensive work to identify the genetic variants associated with caffeine consumption. This is an excellent document for students to practice understanding published journals and where in the text to find the information they are interested in. It is recommended that students focus on the abstract, results, and discussion.

**Study Suggests Coffee Addiction Related to Genes** Video (3 minutes and 10 seconds)
Daily mail UK featured a nutritionist Dr. Joanna McMillan on their morning show to discuss this topic, demonstrating that this topic is popular on an international scale given that people all over the world consume caffeine on a daily basis. She touches on caffeine metabolism and how it relates to the effects and cravings of coffee that people commonly experience.


**Your Brain on Caffeine** Video (3 minutes and 14 seconds)
An informative and entertaining cartoon by ASAP Science explains how the brain responds to caffeine and why humans experience the positive and negative effects associated with the stimulant

[https://www.youtube.com/watch?v=4YOwEqGykDM](https://www.youtube.com/watch?v=4YOwEqGykDM)

**Lactose Metabolism**

**Most Spectacular Mutation in Recent Human History** Article
An overview of the evolution of lactose tolerance and theories of how it Arose


**Archeology: The Milk Revolution**
A piece published in Nature that explains how the consumption of milk beyond childhood had an impact on European and Middle Eastern history


**Why Are People Lactose Intolerant?** (2 minutes and 55 seconds)
Super Science produced this humorous yet informative animated video about lactose intolerance and the challenge this poses to the body when humans eat dairy products.

[https://www.youtube.com/watch?v=G1NGzycaQV0](https://www.youtube.com/watch?v=G1NGzycaQV0)