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Dr. Mohan's Diabetes Specialities Centre launches Genomic Lifestyle Counselling

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The model combines genomic risk assessment with structured lifestyle modification plans



Chennai-based Dr. Mohan's Diabetes Specialities Centre has announced the launch of its Genomic Lifestyle Counselling (GLC) programme, a pioneering initiative designed to integrate genetic insights with personalised lifestyle interventions for the prevention and management of metabolic diseases.

Speaking at the launch, Dr V. Mohan, Chairman emphasised that healthcare is rapidly transitioning from a generalised approach to precision-based care. He stated that genomic science now enables clinicians to understand individual susceptibility to conditions such as Type 2 diabetes, obesity, and cardiovascular disease. By leveraging genetic profiling, interventions can be tailored with greater accuracy, improving outcomes and long-term disease prevention.

Dr R. M. Anjana, Managing Director elaborated on the scientific framework of the GLC programme. She explained that the model combines genomic risk assessment with structured lifestyle modification plans, including diet optimisation, physical activity recommendations, and behavioural guidance. The goal is to provide patients with actionable, evidence-based strategies aligned with their genetic predispositions.

Dr Anjana noted that this approach strengthens early risk identification and empowers individuals to make informed decisions to delay or prevent the onset of metabolic disorders.

Dr Geeta Dharmatti, Nutrigenomic Counsellor detailed the practical implementation of GLC. She explained how nutrigenomics enables customised dietary planning based on gene–nutrient interactions, ensuring that nutrition advice is scientifically aligned with an individual's metabolic profile. The program also integrates continuous counselling support to enhance adherence and measurable health outcomes.