

‘Your 23andMe results are ready’

Yesterday I received an email from 23andMe, if you are not familiar with them – they sequence your DNA. I didn’t open the email. I knew what it was, from the subject ‘Your 23andMe results are ready’. This morning, after I had dropped my daughters off at their gymnastics class, my wife had ‘popped out’ and my son had run off to be grumpy with his teenage mates, I made myself a coffee and opened up my laptop.

I’m not sure why I had started to get nervous about it. When I registered to get the kit, I was very matter of fact about it. I was taking control of my health – I was taking a step towards making better informed choices – I would be able to make lifestyle decisions based on real data, as opposed to averages or guesses. And I was adding data to an enormous database that researchers will be able to use to solve the big medical problems. Good all round. I was very nervous though.

View the original article here: [Today, I Realised That I am Going to Die \(at Some Point\)](#)