

Viewpoint: Are you being duped? Some direct-to-consumer genetic tests are 'complete trash'

[\[H\]ow accurate are \[direct-to-consumer\] genetic tests? The truth is that testing runs the gamut of quality, ranging from medical-grade accuracy to total garbage.](#) So how should you choose?

First, ask yourself what you are looking for in a DTC test: do you want medical information that can guide your management? Or simply recreational ancestry and 'genutainment'? Are you willing to pay \$70 or \$1000 for that kit, or somewhere in between?

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If you are looking for general health information and you are willing to spend ~\$1000, you can get a full genome sequence from several companies, including Full Genomes or Veritas.

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If you are looking for ancestry and/or recreational genetics, Ancestry.com (~\$69) and 23andMe (\$99 ancestry, \$199 health + ancestry) are two popular options. Be sure to consider the pros and cons before ordering a kit.

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And then comes the dark side: [Companies that have recently issued human reports on dog DNA](#) or, even more worrisome, [issued a full genetic report on a tap water sample](#). That's right, tap water. [The take away here: some DTC genetic tests are fraudulent, and consumers are being duped.](#)

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[I]t is important for consumers to know that their DTC test may yield good information, limited information, or complete trash.

Editor's note: Ellen Matloff is a certified genetic counselor and president and CEO of My Gene Counsel

Read full, original post: [How Accurate Is Direct-To-Consumer Genetic Testing? From Gold\(ish\) To Garbage](#)