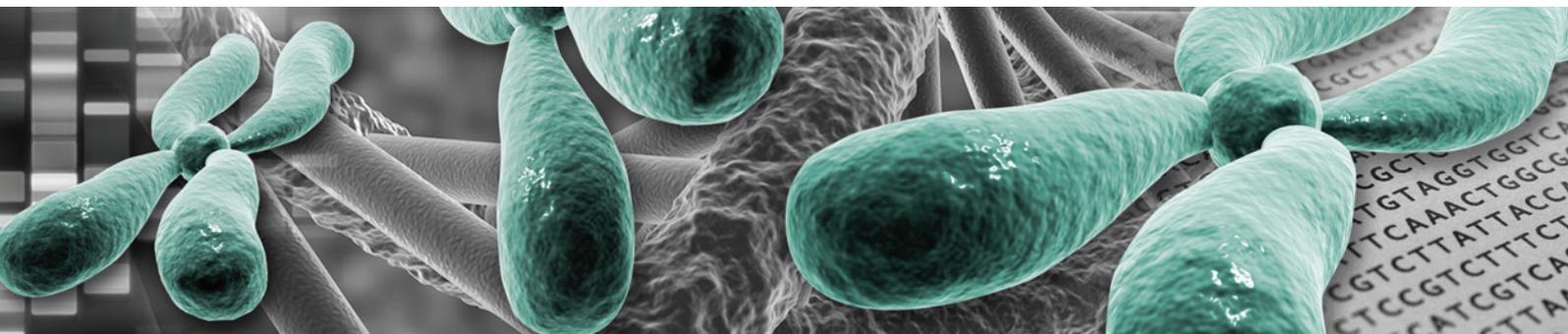




Centre for Translational Genomics

Gene-based Personalised Health and Nutrition



About Us

You would not build a house without plans, nor embark on a road trip without a map. The Centre for Translational Genomics gives you a unique opportunity to have your genetic blueprint translated into diet, lifestyle and health recommendations.

Our purpose at CTG is to understand how your genes may impact the way you respond to the world around you. We do this by translating your genetic results into personalised and actionable diet, lifestyle and medical recommendations.

CTG is the first clinical centre of its kind in the world. Headed up by the Cape Town based Nutrigenomics expert Dr Yael Joffe PhD RD, the medical and nutrition team at CTG offer Gene-based Personalised Health and Nutrition interventions.

What to Expect

- 1** The first consultation reviews your past and present health. We will explain what you can expect from our genetic tests, and together we will identify your nutrition and health goals, the appropriate genetic test required, and your practitioner requirements.
- 2** The genetic tests cover the areas of weight management, disease prevention, health management, sports performance, and drug response. These tests are available from CTG; the cheek swab can be done on-site or taken home and couriered to the laboratory.
- 3** Your genetic results take approximately two weeks to return from the laboratory, at which time your practitioner will make an appointment with you for a full and in-depth discussion of your results, developing your personalised diet, lifestyle and medical recommendations.

Our Team



Dr Yael Joffe RD PhD

In the rapidly-evolving disciplines of Nutritional Genomics, Dr Yael Joffe is acknowledged globally as an expert in the field. From her background as a dietitian, she obtained her PhD from the University of Cape Town, exploring the genetics and nutrition of obesity in South African women. She is a regular speaker at conferences and workshops, tailoring her presentations to the needs of clinicians and their clients. She has co-authored the book, *It's not just your Genes*, has published in peer-reviewed journals, and has been involved in the development and supervision of nutrigenomics courses, and nutrigenetic tests around the world. Dr Joffe is currently an Adjunct Professor, teaching Nutrigenomics at Rutgers University, and has developed the Manuka Translational Nutrigenomics online course. Yael is also the founder of CTG, and the CTG Network.



Dr Julie Etellin MBChB

Dr Julie Etellin is a family GP who has worked on the Atlantic Seaboard since 2001. She has always felt passionate about employing a holistic approach to patient care and illness management. This prompted her to participate in the Integrative Medicine programme at The University of Stellenbosch. She has continued to study further in the field of Functional Medicine, completing her AMCP training through IFM. Her practice offers DNA testing, focusing on weight management, disease prevention, female estrogen metabolism and sports performance. Julie is currently enrolled in the Manuka Translational Nutrigenomics course.



Annelie Smith RD

Annelie Smith RD, is a registered dietitian with a special interest in nutrigenomics, kidney disease, oncology, and gastrointestinal disease. She has worked extensively in the field of sports nutrition, working with many elite athletes. Annelie has presented extensively at health seminars, corporate wellness events, and on radio and television. She is also completing the Manuka Translational Nutrigenomics course, enabling her to combine her many years and extensive experience in treating patients, with her knowledge of genetics and genomics. Annelie recently joined the first ever Centre for Translational Genomics, where she will be the lead dietitian, as well as the Network Development Manager for the CTG Network.



Alex Royal RD

Alex has a progressive and fresh approach to dietetics and nutrition. Her passion in the field, and for working with clients to achieve their goals has allowed her to shape a busy and successful practice in Cape Town. She also has experience in corporate wellness, and clinical nutrition in surgical and ICU departments. She presents at workshops around the country and writes for many magazines and online sources. She qualified with an honours' degree in Nutrition and Dietetics from the University of Cape Town, and an honours' degree in Environmental Science.

Contact Us

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Genetic tests provided by
DNAlysis Biotechnology