

# To Your Health, Ladies!

The Jewish Women's Foundation of San Diego welcomed Jewish women Feb. 28 to its event "To Your Health: Health Choices for Jewish Women" at the Salk Institute for Biological Studies. The event featured expert keynote speakers, breakout sessions and a genetics panel discussion, and it focused on good health choices in a broad sense, as well as how specific choices can affect the female Jewish population. Dr. Eric Topol, the afternoon keynote speaker and an expert of genomic medicine, discussed how unique genetics can make a person more or less susceptible to a disease, and

the enormous advances researchers have made in this field recently.

"One could say there have been more breakthroughs in genetics in the past year as there have been in the past decade," he said.

Following Topol's discussion, a panel of other genetics experts discussed how the information pertained to Jewish women.

"Some genes are going to appear more often in genetic ethnic groups," said Lisa Madlensky, whose research at the University of California, San Diego, has included genetic prevention of disease. She



specified the higher prevalence of breast and ovarian cancer in Jewish women.

"The strongest marker of disease risk is knowing your family history," she said. "Research your family history and look for diseases diagnosed at a younger than average age."