

“Genetics and wellness” optional course

Prof. Annalisa Botta

Aims of the course

The optional course in “Genetics and Wellness” will provide students with the basic elements of medical genetics, including Mendelian, chromosomal and multifactorial inheritance. This knowledge is the basic grounding to understand how genetics and epigenetics might influence our health and wellness. A special attention will be given to the interplays among genome, epigenome diet and physical exercise. By the end of the course students will also be able to discuss research papers related to this topic through journal club presentations.

Program of the course

- Introduction to the basic concepts of Medical Genetics (Mendelian and chromosomal disorders)
- Genetic variability and multifactorial diseases
- Genetic testing and counseling
- Nutrigenetics and nutrigenomics
- Epigenetics and wellness
- Discussion of recent research papers from literature

Recommended textbook:

- Medical Genetics. 6th Edition - Authors: Lynn Jorde, John Carey, Michael Bamshad. eBook ISBN: 9780323596534. Paperback ISBN: 9780323597371
- Other teaching materials available online suggested during the course

Type of assessment: orale exam