

## VIDEO TRANSCRIPT

### Paul on Learning About His Own DNA

[Link to video.](#)

**[Paul]:** I have known since I was a teenager that I have a mood disorder. I have moderate depression, particularly seasonal depression.

I don't know how much you know about the symptoms. Some of them are kind of physical, you feel kind of jet lagged. You don't know what time it is. You have sleep disturbances, appetite disturbances. And what moderate depression means is that you can get dressed and you can go to work, but you're miserable.

Over the decades, I've learned that there are strategies to manage this and there's a lot of good information about that now. So, one thing is dietary, there's a specific diet that you should follow. It's important to have a program of regular exercise.

**[text on screen]:** As a participant in the Personal Genome Project, Paul had his genome sequenced and discovered a possible genetic explanation for his condition.

**[Paul]:** The allele that I carry of this is, based on very limited data, dominant - meaning one copy will affect your phenotype. And it's been associated with familial depression.

I'd like people to be able to learn early in life that this was a problem that they had and this was the strategy for dealing with it. This is your diet plan, this is your exercise plan and this is your strategy for facing this.

