



WHAT ARE THE TYPES OF DIRECT-TO-CONSUMER ANCESTRY TESTING, AND WHAT CAN WE LEARN FROM THEM?

Type of DNA Tested	Autosomal DNA	Y-Chromosome	Mitochondrial DNA (mtDNA)
Genetic Markers Tested	Single Nucleotide Polymorphisms (SNPs) in chromosome pairs 1-22	Short tandem repeats (STRs) on the Y chromosome only	Single Nucleotide Polymorphisms (SNPs) in the mitochondrial DNA (mtDNA)
Who Can Take This Test?	Anyone	Only people with a Y-chromosome (typically those who are born male)	Anyone
Which ancestors can you learn about?	All of your biological ancestors	Male ancestors on your father's side	Female ancestors on your mother's side
Can it tell me what my real race or ethnicity is?	Ancestry testing might tell you information about where in the world your ancestors came from, but not what your family members look like. It can't tell you about your family's culture, traditions, or lifestyle. These tests can be useful and informative tools, but we must be careful about how to interpret their findings.		

What Else Do I Need to Know about Ancestry Testing?

- You can compare results with other members of your family to get a more complete picture of your genetic ancestry. For example, men can share their Y-chromosome results with their female relatives, who can't take this type of test.
- If you are curious or decide to take a direct-to-consumer (DTC) ancestry or any other type of commercial genetic/DNA test, talk to your family first! DNA testing, including ancestry testing, can tell a lot about yourself and sometimes you can receive some surprising results. Discuss any interesting or surprising results with your family!
- Some DTC DNA testing companies, including those that perform ancestry testing, may offer to give you results about your health. Be careful! Few of these tests have been approved by the US Food and Drug Administration (FDA), and none can give you definitive or diagnostic information about your health. Consult with your doctor about any health-related results derived from commercial DNA tests.
- Some testing companies give you the opportunity to anonymously share your genetic data for research purposes. Be sure to read the fine print so you understand what, where, and how your genetic information is being used.

