I AM MADEMOISELLE

Our columnist comes face to face with the bare truth of her DNA

Through my loud tinnitus, I hear, 'All normal, except for G - Glycation.' REALLY? My X (matrix), relating to collagen, suggests I'm ageing 'normally'. My T (tone) shows no sign of pigmentation; I would hope not - raised in Scotland, I'm allergic to the sun. But the bit I am most surprised at, given the fact that I live on a busy road in central London, is A (antioxidant). Apparently, I have a 'normal inflammatory response to stress and pollution'. I make up for being so bloody 'normal' (boring) with category G. At the top end of the scale, I run a risk of 'advanced glycation' and - GULP - 'internal ageing'. I'm ageing on the inside!

Out from behind the comfy seat I've been uncomfortably sitting on for the past hour appears a large, luxurious black box. I prize it open to find a three-month supply of vitamin supplements, a slender tube of eye cream, a serum, a pot of face cream and a foam cleanser, all chosen to work specifically with my DNA. I ask the two doctors whether further DNA testing could provide me with the perfect set of instructions for other stuff, like what I should be eating and what type of exercise I should be doing. In a flash, the medical duo produces two further DNA test swabs, which I scrape around the insides of my cheeks in the manner of someone who no longer suffers from a morbid fear of test results.

When the second lot of DNA tests return from the lab in Sweden, the results show I have 'an increased risk of obesity'. Oh. 'People who carry this gene variant can decrease the risk of obesity through physical activity and with the help of a proper diet and strong exercise.' I take to my bed with a bar of Green & Black's and slather myself in Allél serum. I reckon it's the serum that's giving my skin that 'post-shag glow' everyone keeps commenting on - honestly, my skin looks and feels incredible. It's better than sex. As for my additional DNA tests, I guess it's time for 'strong exercise'. I'm working on it...

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