

# Getting Started with DNA Testing

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## Books

- *The Family Tree Guide to DNA Testing and Genetic Genealogy*, 2<sup>nd</sup> ed. by Blaine T. Bettinger
- *Your DNA Guide – The Book*, by Diahna Southard
- *Genetic Genealogy in Practice*, by Blaine T. Bettinger and Debbie Parker Wayne
- *Advanced Genetic Genealogy: Techniques & Case Studies*, edited by Debbie Parker Wayne
- *The Adoptee's Guide to DNA Testing: How to Use Genetic Genealogy to Discover Your Long-Lost Family*, by Tamar Weinberg
- *Tracing Your Ancestors Using DNA: a Guide for Family Historians*, edited by Graham S. Holton
- *The DNA Guide for Adoptees*, by Brianne Kirkpatrick and Shannon Combs-Bennett

## Websites

- International Society of Genetic Genealogy Wiki (ISOGG): [https://isogg.org/wiki/Wiki\\_Welcome\\_Page](https://isogg.org/wiki/Wiki_Welcome_Page)
- Facebook Group: Genetic Genealogy Tips & Techniques: <https://www.facebook.com/groups/geneticgenealogytipsandtechniques>
- Blaine Bettinger – The Genetic Genealogist: <https://thegeneticgenealogist.com>
- Kitty Cooper: <https://blog.kittycooper.com/genealogy>
- Roberta Estes – DNAeXplained: <https://dna-explained.com>
- The Legal Genealogist: <https://www.legalgenealogist.com>
- Help pages on any of the DNA testing websites

## DNA Shared Matching – Expected Relationships

- Shared cM Project: <https://thegeneticgenealogist.com/2017/08/26/august-2017-update-to-the-shared-cm-project>
- Interactive Relationship Chart: <https://dnainter.com/tools/sharedcmv4>

## Health Reports

- 23andMe (~\$249 CAD): <https://www.23andme.com/en-ca/dna-health-ancestry/>
- Test your DNA at Ancestry, FamilyTreeDNA or 23andMe and then download your raw DNA. Upload that file to a DNA health reporting company such as:
  - Promethease <https://promethease.com> [acquired by MyHeritage in 2019]
  - Livewello.com (~\$20 USD) <https://livewello.com>
  - Gene Heritage (~\$12 USD) <https://www.geneheritage.com>
- Read the fine print. Health reports may be informative but are not definitive and results may cause anxiety. Some further reading:

- What Genetic Tests from 23andMe, Veritas and Genos Really Told Me About my Health  
<https://www.sciencenews.org/article/review-genetic-tests-23andme-veritas-genos-health-comparison>
- Results of At-Home Genetic Tests for Health Can be Hard to Interpret  
<https://www.npr.org/sections/health-shots/2018/06/18/609750963/results-of-at-home-genetic-tests-for-health-can-be-hard-to-interpret>
- Direct-to-Consumer Raw Genetic Data and Third-Party Interpretation Services: More Burden than Bargain?  
<https://www.nature.com/articles/s41436-018-0097-2>

### Using DNA to Learn About Your Family History

- I've written a 3-part series of articles:
  - Disappointed with Your Ethnicity Results?  
<https://familyhistoryjourneys.com/2019/01/14/disappointments-with-ethnicity-results>
  - Solving Mysteries Using Your DNA Results  
<https://familyhistoryjourneys.com/2019/02/19/solving-mysteries-using-your-dna-results>
  - How to Delicately Approach a New-Found Relative  
<https://familyhistoryjourneys.com/2019/03/09/how-to-delicately-approach-a-new-found-relative-2/>
- DNA & A Question of Paternity  
<https://genesandhistory.wordpress.com/2019/03/08/dna-a-question-of-paternity-part-1-introduction/>
- Overcoming Brick Walls in Your Family Tree with a Genealogy DNA Test  
<https://www.familysearch.org/blog/en/genealogy-dna-test/>

### Privacy

- Do DNA Tests Put Your Personal Information at Risk?  
<https://www.familytreemagazine.com/premium/do-dna-tests-put-your-personal-information-at-risk>
- Canadian insurance industry pens rules on use of genetic test results  
<https://www.theglobeandmail.com/life/health-and-fitness/health/canadian-insurance-industry-pens-rules-on-use-of-genetic-test-results/article33573054>
- Correcting the Record on Privacy <https://thednageek.com/correcting-the-record-on-privacy>
- Commercial researchers gain FTDNA access | The Legal Genealogist  
<https://www.legalgenealogist.com/2019/02/17/commercial-researchers-gain-ftdna-access>
- Are you sure you have the skills for genealogy research?  
<https://mailchi.mp/dnabargains.com/omg-23andme?e=9ebb60f041>

**Need More Help?** Contact me anytime at [marie@familyhistoryjourneys.com](mailto:marie@familyhistoryjourneys.com)