Presented by
Dr. Denise Furness – PhD BSc RNutr REP

Genetics & Fertility Specialist
Molecular Geneticist | Nutritional Genomics Researcher
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About Dr. Denise Furness:
Denise is a molecular geneticist and nutritionist with 12 years experience in Pregnancy and Nutritional genomics research. She conducted her PhD in nutrigenomics and late gestation pregnancy complications at CSIRO Human Nutrition under Professor Michael Fenech. Her early research focused on gene-nutrient interactions in fertility and pregnancy health.

Denise started the Predicting Adverse Pregnancy Outcomes (PAPO) study at the Women's and Children's Hospital, South Australia. She is also a registered nutritionist with the Nutrition Society of Australia and a registered exercise professional with Fitness Australia. Denise has worked extensively with couples experiencing pregnancy complications including infertility, miscarriage, preeclampsia and foetal growth restriction.

Topics Covered:
✓ How MTHFR mutations impact fertilisation plus general information on the methylation cycle
✓ Exploration of genetic variations (SNPs) and nutrient substrates, including the various forms of folate and co-factors
✓ Discussion on the forms of B12 and Folate in Fertility Management: Hydroxocobalamin, Cyanocobalmin, Methylcobalamin, Adenosylcobalamin, Folic acid, Folinic acid or 5-MTHF and prescribing TMG versus Folate
✓ The importance of vitamin C in the methylation cycle

In-Clinic Applications:
MTHFR Pathology:
✓ What to test and how to interpret the test results
✓ What to do when testing is not an option
✓ Other methylation SNPs that may be worth investigating

Patient Management & Case Studies:
✓ Therapeutic strategies and prescriptions
✓ Real fertility patient cases
✓ How to use the research in everyday practice