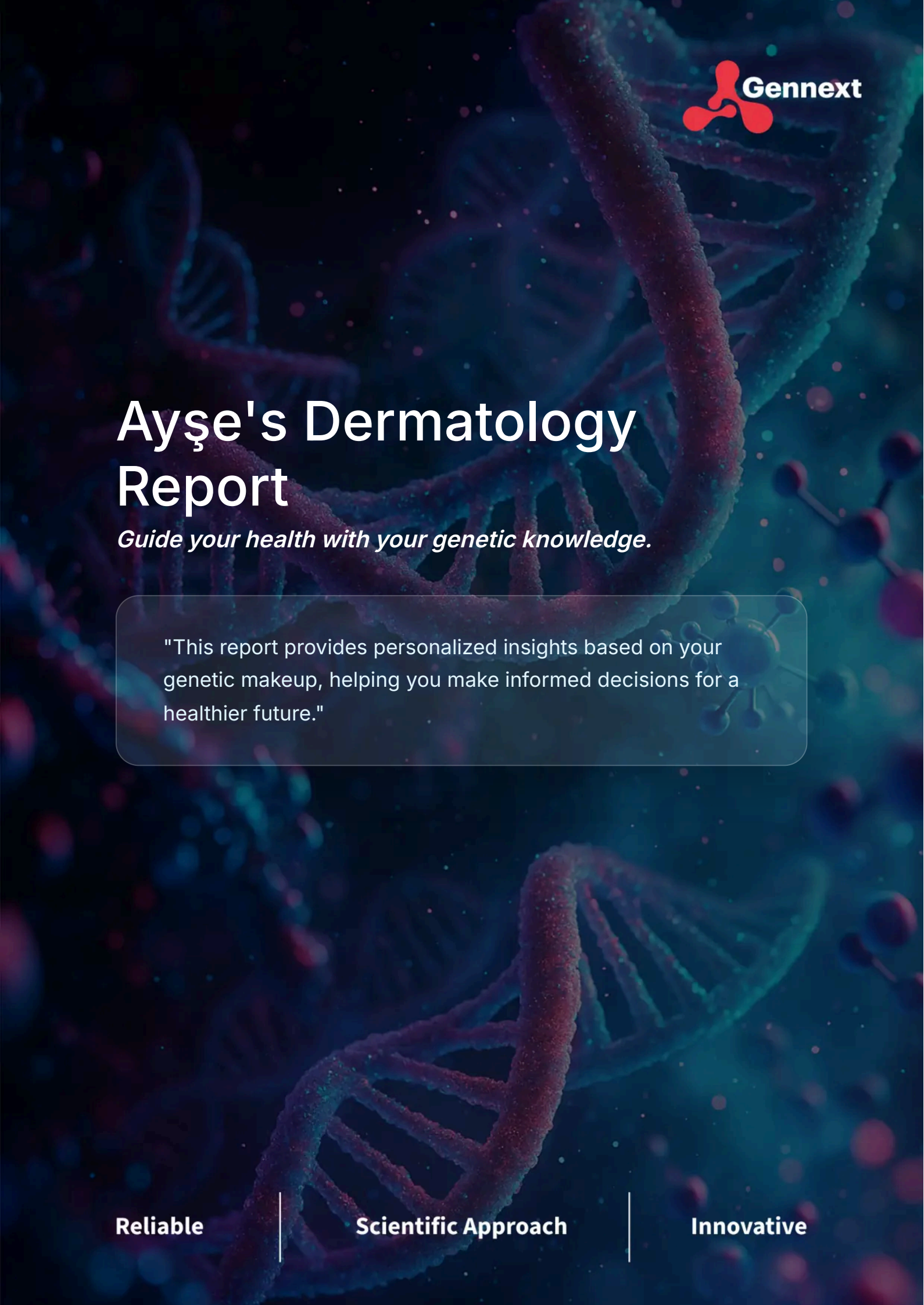


Ayşe's Dermatology Report

Guide your health with your genetic knowledge.

"This report provides personalized insights based on your genetic makeup, helping you make informed decisions for a healthier future."

Reliable | Scientific Approach | Innovative

Table of Contents

Sections

This report contains genetic data.

Please keep this document secure and share only with authorized healthcare providers.

Report Generated: January 16, 2026

Your Personal Health Assessment

This report summarizes your key health insights, descriptions and recommendations to optimize your well-being.

Overall Score:
45%
Medium Risk

Examined
31
Traits

Examined
7
Categories

≤ 10%	11% - 25%	26% - 74%	75% - 89%	≥ 90%
Low Risk	Reduced Risk	Medium Risk	Elevated Risk	High Risk

Percentile-based risk levels

Category Based Distribution

5 Elevated | 20 Medium | 5 Reduced | 1 Low

SKIN DISEASES AND ALLERGIC CONDITIONS
8 Traits — Medium — 50%

PIGMENTATION AND SKIN COLOR
2 Traits — Medium — 52%

HAIR AND PILOSEBACEOUS RELATED CONDITIONS
3 Traits — Medium — 41%

SKIN CANCERS AND PRECANCEROUS CONDITIONS
8 Traits — Medium — 34%

ANTHROPOMETRIC MEASUREMENTS
5 Traits — Medium — 40%

LIFESTYLE AND GENERAL HEALTH MEASUREMENTS
3 Traits — Medium — 57%

SKIN AGING AND GENERAL SKIN HEALTH
2 Traits — Medium — 40%

Trait Report

Trait by Trait Overview

Access Code: 0000-0000
Date: Jan 16, 2026
Total Traits: 31

1	5	20	5	0
LOW RISK	REDUCED RISK	MEDIUM RISK	ELEVATED RISK	HIGH RISK

Percentile-based risk levels: ≤ 10% | 11% - 25% | 26% - 74% | 75% - 89% | ≥ 90%

Skin Diseases and Allergic Conditions

Average: 50%

Eczematoid Dermatitis	35%	MEDIUM	Oral Ulcers	76%	ELEVATED
Allergic Disease	46%	MEDIUM	Atopic Eczema	82%	ELEVATED
Autoimmune Disease	13%	REDUCED	Dermatitis	79%	ELEVATED
Psoriasis	43%	MEDIUM	Psoriatic Arthritis	25%	MEDIUM

Pigmentation and Skin Color

Average: 52%

Vitiligo	80%	ELEVATED	Suntan	24%	REDUCED

Hair and Pilosebaceous Related Conditions

Average: 41%

Hair Loss	34%	MEDIUM	Disorder of Pilosebaceous Unit	59%	MEDIUM
Seborrheic Keratosis	29%	MEDIUM			

Skin Cancers and Precancerous Conditions

Average: 34%

Basal Cell Carcinoma	33%	MEDIUM	Cutaneous Melanoma	15%	REDUCED
Melanoma	16%	REDUCED	Non-Melanoma Skin Carcinoma	37%	MEDIUM
Oral Cavity Cancer	51%	MEDIUM	Skin Cancer	49%	MEDIUM
Skin Carcinoma	30%	MEDIUM	Squamous Cell Carcinoma	41%	MEDIUM

Anthropometric Measurements

Average: 40%

Body Fat Percentage	52%	MEDIUM	Body Mass Index (BMI)	31%	MEDIUM
Body Weight	73%	MEDIUM	Lean Body Mass	34%	MEDIUM
Waist-Hip Ratio	8%	LOW			

Lifestyle and General Health Measurements

Average: 57%

Drinking Behavior	87%	ELEVATED	Health-Related Quality of Life	56%	MEDIUM
Time Spent Outdoors	27%	MEDIUM			

Skin Aging and General Skin Health

Average: 64%

Skin Aging	64%	MEDIUM	

Polygenic Risk Score Section

Understanding Complex Genetic Traits

This section examines your genetic predisposition for complex traits influenced by multiple genes working together.

Understanding Polygenic Risk Scores

Most human traits—such as height, metabolism, and disease susceptibility—are not controlled by a single gene. Instead, they result from the combined influence of hundreds or thousands of genetic variants, each contributing a small effect.

A Polygenic Risk Score (PRS) aggregates the effects of these many variants to estimate your genetic predisposition relative to the general population. It provides a comprehensive view of how multiple genetic factors work together to influence a trait.

Reading Your Scores

Your scores are presented as percentiles, showing where you rank compared to the general population. A higher percentile indicates a higher genetic predisposition for that trait.

It's important to understand that PRS indicates genetic tendency, not certainty. Environmental factors, lifestyle choices, and other non-genetic influences play significant roles in determining actual health outcomes.

> **Genetic Predisposition + Lifestyle = Total Risk**

What to Expect in This Section

Each trait is analyzed across multiple health categories, from cardiovascular health to metabolic function. For every trait, the 10 genetic markers with the highest effect weights are displayed, representing the strongest contributors to your genetic profile.

Each trait card includes your percentile ranking, key genetic variants (genotypes), and personalized recommendations. QR codes are provided to access detailed variant information and scientific references supporting each analysis.

CATEGORY • MEDIUM RISK

Skin Diseases and Allergic Conditions

This category examines various genetic traits related to this area of analysis.

Average: 50%

8	50%	3	4	1
ANALYZED	AVERAGE	ELEVATED RISK	MEDIUM RISK	REDUCED RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

- 3 Elevated Risk
- 4 Medium Risk
- 1 Reduced Risk

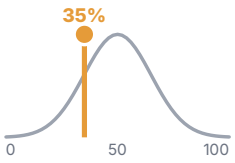
Traits Included in This Category

Eczematoid Dermatitis	Medium
Oral Ulcers	Elevated
Allergic Disease	Medium
Atopic Eczema	Elevated
Autoimmune Disease	Reduced
Dermatitis	Elevated
Psoriasis	Medium
Psoriatic Arthritis	Medium

The following pages contain detailed analysis of each trait within this category.

MEDIUM RISK

Percentile 35%



Interpretation

Medium Risk compared to the population average.

Recommendations

Avoid triggers, moisturize regularly, and consult a healthcare provider if irritation occurs.

Based on genotype rating

Description

Eczematoid dermatitis is a form of eczema characterized by scaly, itchy, and red lesions, primarily found on flexural surfaces such as elbows and knees. Eczema can be triggered by environmental factors like allergens or irritants, as well as by stress or changes in weather. Genetics also play a significant role in the susceptibility to eczema. Understanding your genetic predisposition to eczematoid dermatitis can help guide preventive care, including reducing exposure to irritants and maintaining skin health.

Result

Your PRS score for eczematoid dermatitis places you in the 35.1 percentile, suggesting a moderate predisposition. Avoiding known triggers such as harsh detergents, extreme temperatures, and stress can reduce the risk of eczema flare-ups. Keeping your skin well-moisturized and consulting a healthcare provider at the first signs of irritation can prevent the condition from worsening.

Population Distribution

Access Your Full Report

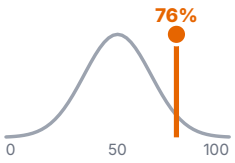
Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/s41588-022-01036-9

ELEVATED RISK

Percentile 76%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Ensure optimal oral hygiene and schedule routine check-ups with a healthcare professional

Based on genotype rating

Description

Oral Ulcers are erosions of the mucous membrane in the mouth caused by the sloughing of inflammatory necrotic tissue. These ulcers can be painful, often interfering with eating and speaking. Polygenic risk assessment can help identify individuals prone to frequent ulcers, aiding in better management and prevention.

Result

Your calculated PRS for oral ulcers places you in the 77.4 percentile, indicating a high genetic predisposition to developing frequent oral ulcers. It is important to maintain good oral hygiene and avoid foods that could trigger ulcers. Consulting with a healthcare provider can help in managing any underlying conditions that may contribute to ulcer formation.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

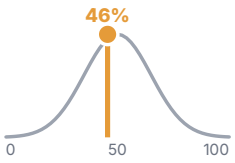
[1] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
IL12A	rs17810546	AA
CCR3	rs9990343	AA
IL10	rs1800871	CC
IL19	rs1518111	CC
STAT4	rs897200	GA
LYZ	rs1800973	CC
GSDMB	rs11078928	GA
CCR3	rs12636651	CC
HLA-B	rs2523554	GA
GLCE	rs3865014	GG

MEDIUM RISK

Percentile 46%



Interpretation

Medium Risk compared to the population average.

Recommendations

Being mindful of potential allergens and practicing good hygiene can help reduce the risk of allergic reactions.

Based on genotype rating

Description

Allergic disease involves an immune response that occurs following re-exposure to a normally harmless substance, such as pollen, pet dander, or certain foods. This response requires the presence of existing antibodies against that allergen and involves the binding of Immunoglobulin E (IgE) to mast cells, which release chemicals that cause symptoms like itching, swelling, or difficulty breathing. Allergic diseases may worsen with repeated exposure, leading to chronic symptoms that can significantly impact quality of life. Common allergic diseases include asthma, eczema, and food allergies. Understanding your genetic predisposition to allergic disease can provide insights into your immune response and help in preventing or managing allergic symptoms effectively.

Result

Your PRS score for allergic disease places you in the 44.5 percentile of the population. This indicates that your risk is comparable to the general population. It is important to be mindful of potential allergens and take preventive steps to manage symptoms as they arise.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Clin Exp Allergy
DOI: 10.1111/cea.13485

[2] Elsevier
DOI: 10.1016/j.jaci.2019.05.017

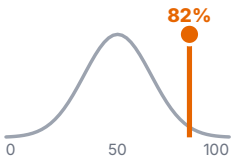
[3] Wiley
DOI: 10.1111/pai.12824

Top Genetic Markers

Gene	RS ID	Genotype
EMSY	rs2155219	TT
HLA-DQB1	rs6906021	GA
ADAD1	rs17388568	GG
IGFBP4	rs10305290	CC
S100A11	rs115288876	CC
INTERGENIC	rs12413578	CC
STAT6	rs1059513	AA

● ELEVATED RISK

Percentile 82%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Consistent skincare, avoidance of irritants, and consulting a dermatologist are crucial for managing atopic eczema effectively.

Based on genotype rating

Description

Atopic eczema, or atopic dermatitis, is a chronic inflammatory skin condition characterized by itchy, red, and dry skin. It is often associated with a genetic predisposition and is linked to other allergic conditions, such as asthma and allergic rhinitis. Symptoms include lichenification, excoriation, and crusting, and they often affect areas such as the elbows and knees. Understanding your predisposition to atopic eczema can help you take preventive steps to minimize flare-ups and manage symptoms effectively.

Result

Your PRS score for atopic eczema places you in the 81.2 percentile, indicating a high genetic risk of developing this condition. It is essential to adopt a skincare routine that includes daily moisturizing, use of fragrance-free products, and avoidance of potential irritants like harsh soaps and wool fabrics. Additionally, identifying specific allergens through testing can help you avoid triggers, and lifestyle changes, such as reducing stress and avoiding extreme temperatures, may also be beneficial.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.jid.2023.01.021

[2] Elsevier
DOI: 10.1016/j.ecoenv.2023.114683

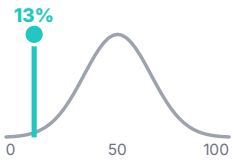
[3] Elsevier
DOI: 10.1016/j.jaci.2023.07.011

Top Genetic Markers

Gene	RS ID	Genotype
TESPA1	rs183884396	CC
IL10RA	rs3135932	AG
INTERGENIC	rs10053502	TC

REDUCED RISK

Percentile 13%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Continue with a healthy lifestyle to support immune function, and be vigilant for any unexpected symptoms to ensure prompt evaluation.

Based on genotype rating

Description

Autoimmune diseases are characterized by an inappropriate immune response where the body mistakenly attacks its own tissues, leading to inflammation and damage. Examples include rheumatoid arthritis, lupus, and Graves' disease. Symptoms of autoimmune diseases vary widely, but often include fatigue, joint pain, skin problems, and organ-specific issues. Genetic predisposition plays a significant role in determining one's risk for autoimmune disorders, and early identification can help in managing symptoms and preventing flare-ups through lifestyle modifications, medication, and stress reduction.

Result

Your PRS score for autoimmune disease places you in the 11.6 percentile, indicating a lower predisposition to autoimmune diseases. While the genetic risk is reduced, maintaining a healthy immune system through regular physical activity, a balanced diet, and avoiding known autoimmune triggers (such as smoking) is still important. If any unusual symptoms arise, such as persistent fatigue or skin issues, early evaluation by a healthcare provider is advisable.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/s41588-022-01036-9

Top Genetic Markers

Gene	RS ID	Genotype
LCT	rs116430037	CC
MUC17	rs112183311	GG

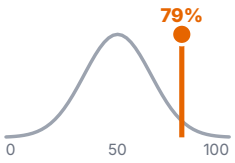
Dermatitis

Category: Skin Diseases and Allergic Conditions

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0002406

● ELEVATED RISK

Percentile 79%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Avoid irritants, use hypoallergenic products, consult a dermatologist for symptoms, and manage stress to prevent flare-ups.

Based on genotype rating

Description

Dermatitis is an inflammatory condition that affects the skin, causing symptoms such as red rash, itching, and blister formation. It can be caused by irritants, allergens, or immune system dysfunction, and includes various forms like contact dermatitis, atopic dermatitis, and seborrheic dermatitis. Understanding your genetic predisposition to dermatitis can help guide preventive measures and early interventions to manage symptoms and maintain skin health.

Result

Your PRS score for dermatitis places you in the 78.8 percentile, indicating a higher genetic predisposition to developing this skin condition. It is important to take preventive measures such as avoiding known irritants and allergens, keeping your skin well-moisturized, and using hypoallergenic skincare products. Stress management may also reduce flare-ups. Consulting a dermatologist if symptoms like itching or rashes occur can help manage the condition through medications or topical treatments.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
IL2RA	rs61839660	GG
IL13	rs20541	GG
IL7R	rs1494558	CC
ZGPAT	rs2315008	GG
CLEC16A	rs9923856	TC
IL6R	rs2228145	AA
EMSY	rs2155219	TT
CCHCR1	rs3130453	GG

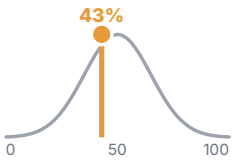
Psoriasis

Category: Skin Diseases and Allergic Conditions

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0000676

● MEDIUM RISK

Percentile 43%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate risk; preventative measures and stress reduction are advised.

Based on genotype rating

Description

Psoriasis is a chronic autoimmune condition presenting as red plaques covered with silvery scales, often found on the scalp and extensor surfaces such as elbows and knees. The disease can also manifest as pustules, erythroderma, or scaling in intertriginous areas. Triggers include stress, infections, and certain medications, and while the exact cause is not fully understood, it involves genetic and immune system components. Psoriasis significantly affects the quality of life, especially if it leads to joint complications such as psoriatic arthritis.

Result

Your calculated PRS for psoriasis places you in the 41.9 percentile, suggesting a moderate genetic predisposition. It is important to take preventative measures such as reducing stress and using skincare products designed for sensitive skin.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

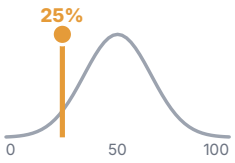
[1] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
HLA-C	rs12191877	GG
POU5F1	rs12215963	TT
SKIC2	rs34241101	GG
MICA	rs4418214	TT
IL12B	rs6556412	CC
TRAF3IP2	rs33980500	GG
TYK2	rs2304256	GT
IL12B	rs12188300	TT
MICA	rs10947207	TC
ATXN2	rs3184504	AG

MEDIUM RISK

Percentile 25%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate risk; joint-friendly activities and early symptom recognition are advised.

Based on genotype rating

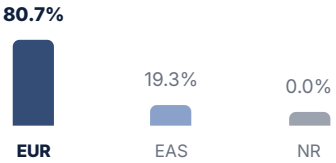
Description

Psoriatic arthritis is an inflammatory joint condition that often occurs in individuals with psoriasis. It presents with pain, stiffness, and swelling in the joints, particularly those in the hands, feet, and spine. The inflammation is chronic and can lead to joint damage if not addressed properly. Early diagnosis is crucial, and treatments often include anti-inflammatory drugs, immunosuppressants, and physical therapy to help maintain joint function and control symptoms.

Result

Your calculated PRS for psoriatic arthritis places you in the 26.3 percentile, suggesting a moderate predisposition. Practicing joint-friendly activities and paying attention to any signs of joint stiffness or swelling is recommended for early management.

Population Distribution



Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Science
DOI: 10.1126/scitranslmed.aay1548

[2] Journal (10.1177)
DOI: 10.1177/2475530320910814

Top Genetic Markers

Gene	RS ID	Genotype
P4HA2	rs715285	TT
TYK2	rs34536443	CC
ANXA6	rs17728338	CC
MICA	rs10947207	TC
CCHCR1	rs3130453	GG
TRAF3IP2	rs33980500	GG
IL12B	rs12188300	TT
TRAF3IP2	rs13190932	CC
UBLCP1	rs2082412	GG
IL12B	rs6887695	GC

CATEGORY • MEDIUM RISK

Pigmentation and Skin Color

This category examines various genetic traits related to this area of analysis.

Average: 52%

2	52%	1	1
ANALYZED	AVERAGE	ELEVATED RISK	REDUCED RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

1 Elevated Risk

1 Reduced Risk

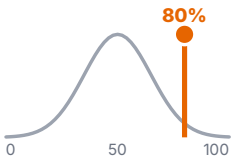
Traits Included in This Category

Vitiligo	Elevated
Suntan	Reduced

The following pages contain detailed analysis of each trait within this category.

ELEVATED RISK

Percentile 80%



Interpretation

Elevated Risk compared to the population average.

Recommendations

High predisposition; early intervention and regular dermatological consultations are recommended for effective management.

Based on genotype rating

Description

Vitiligo is an autoimmune condition characterized by well-circumscribed white patches on the skin due to the loss of melanocytes, the pigment-producing cells. It can occur on any part of the body and is generally found in symmetrical body locations. Vitiligo can lead to psychological stress due to the visible skin changes. Though the exact cause is unknown, genetic, autoimmune, and environmental factors may contribute. Treatment options include topical steroids, phototherapy, and cosmetic coverage.

Result

Your calculated Polygenic Risk Score (PRS) for vitiligo places you in the 81.0 percentile, indicating a high predisposition. Consulting a dermatologist and considering early interventions, such as phototherapy or topical treatments, may help in managing the condition.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2019.06.013

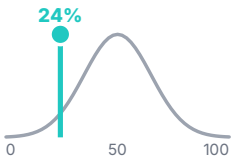
[2] Nature
DOI: 10.1038/s41467-021-23661-4

Top Genetic Markers

Gene	RS ID	Genotype
CPVL	rs117744081	TT
RALY	rs6059655	GG
ALDH7A1	rs372660425	AA
FUT2	rs601338	GG
TYR	rs1126809	GA
CAND2	rs2305398	GG
TRIM15	rs929156	GA
TSBP1	rs1033500	TC
SLFN12	rs1849733	TT

REDUCED RISK

Percentile 24%



Interpretation

Reduced Risk compared to the population average.

Recommendations

You are less likely to tan, but more prone to sunburn. Prioritize sun protection measures to reduce the risk of UV damage and skin health complications.

Based on genotype rating

Description

Suntan refers to the darkening of the skin due to the increased production of melanin following exposure to sunlight or ultraviolet (UV) rays. The degree of tanning depends on the intensity and duration of UV exposure as well as genetic factors that affect melanin production. Suntans are considered a natural defense mechanism against harmful UV radiation, but overexposure can lead to skin damage or long-term health consequences.

Result

Your PRS score for suntan development places you in the 24.4 percentile, suggesting a lower likelihood of achieving a suntan. Low tanning ability is often linked with increased susceptibility to sunburn, so it is important to use sun protection to prevent skin damage.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
MC1R	rs1805008	CC
SLC45A2	rs35391	AG
TCF25	rs16966253	AA
SLC45A2	rs35408	GA
OCA2	rs1800407	GG
TYR	rs1393350	GA
SLC45A2	rs250416	TG
ZNF276	rs3809646	TT
SPIRE2	rs17177912	AG
SLC45A2	rs35411	CT

CATEGORY • MEDIUM RISK

Hair and Pilosebaceous Related Conditions

This category examines various genetic traits related to this area of analysis.

Average: 41%

3	41%	3
ANALYZED	AVERAGE	MEDIUM RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

3 Medium Risk

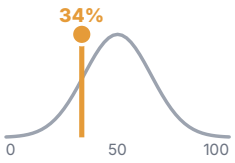
Traits Included in This Category

Hair Loss	Medium
Disorder of Pilosebaceous Unit	Medium
Seborrheic Keratosis	Medium

The following pages contain detailed analysis of each trait within this category.

MEDIUM RISK

Percentile 34%



Interpretation

Medium Risk compared to the population average.

Recommendations

A nutrient-rich diet, early hair treatments, and regular scalp massages are beneficial to maintain healthy hair and prevent balding.

Based on genotype rating

Description

Balding measurement quantifies the extent of hair loss or balding, often influenced by genetic, hormonal, and environmental factors. Androgenetic alopecia, commonly known as male or female pattern baldness, is the most common form of balding, often linked to hereditary factors. While balding is a natural part of aging for many, understanding one's genetic predisposition can help in exploring preventive measures and treatment options, such as medications, hair growth treatments, or lifestyle changes, to slow the progression of hair loss and maintain scalp health.

Result

Your PRS score for balding measurement places you in the 34.0 percentile, indicating a moderate predisposition to hair thinning or balding. Maintaining a healthy diet that includes essential nutrients for hair health, such as vitamins B, D, and zinc, is recommended. Early use of hair growth-supporting shampoos and treatments may also be beneficial. Regular scalp massages can improve blood flow to the hair follicles and help maintain a healthy scalp environment. If you notice any early signs of thinning, seeking professional advice can help in managing hair loss effectively.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
EBF1	rs17543752	AG
HDAC9	rs13245206	GA
DPY30	rs34372320	GG
TWIST2	rs9287638	AC
SUCNR1	rs17283269	AA
ZHX3	rs17265513	AA
PRR23A	rs1511412	CC
KLF15	rs9865702	AA

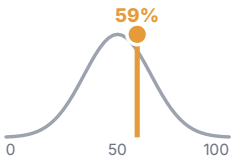
Disorder of Pilosebaceous Unit

Category: Hair and Pilosebaceous Related Conditions

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0002917

MEDIUM RISK

Percentile 59%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a proper skincare regimen and consult a dermatologist if symptoms persist.

Based on genotype rating

Description

Disorder of pilosebaceous unit involves conditions affecting the pilosebaceous unit, which includes the hair follicle and associated sebaceous (oil) glands. Common disorders include acne and folliculitis, which may be characterized by inflammation, infection, or overproduction of sebum. Understanding your genetic predisposition to pilosebaceous unit disorders can guide skincare routines and treatment options to maintain healthy skin.

Result

Your PRS score for pilosebaceous unit disorders places you in the 59.8 percentile, suggesting a moderate predisposition. Following a consistent skincare regimen, avoiding excessive oil-based products, and using non-comedogenic moisturizers can help manage and prevent outbreaks. Consulting a dermatologist if symptoms persist or worsen is recommended for further guidance.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] PLOS
DOI: 10.1371/journal.pgen.1010105

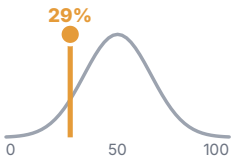
[2] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
PLCD1	rs75495843	CC
SLC22A14	rs194706	CC
CTDSPL	rs6794868	GG
ITGA9	rs13077801	TT
DLEC1	rs9825655	CC
CLPTM1L	rs421629	CC
ITGA9	rs7617462	AA

MEDIUM RISK

Percentile 29%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate risk; periodic monitoring and dermatological consultation may be helpful.

Based on genotype rating

Description

Seborrheic keratosis is a common benign skin neoplasm typically affecting older individuals. These lesions usually appear as multiple, elevated black or brown spots on the face, chest, or shoulders. Seborrheic keratoses are generally harmless but can be mistaken for other skin conditions, such as melanoma, in appearance. Although they do not progress to cancer, monitoring and removal may be necessary if they cause discomfort or become irritated. Genetic predisposition plays a role in the likelihood of developing seborrheic keratosis.

Result

Your calculated PRS for seborrheic keratosis places you in the 27.8 percentile, suggesting a moderate likelihood of developing seborrheic keratosis. Being attentive to new skin growths and seeking dermatological advice when needed can help manage this condition.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
TERT	rs10069690	GG
TERT	rs2853676	AG
TBCD	rs3785522	GG
ABCC10	rs9394952	GA
PKP1	rs1572968	AA
AGL	rs2307130	GA
TNFSF13	rs3803800	AA
TERT	rs2853677	CC
IRF4	rs12203592	CC
RYR3	rs877087	TC

CATEGORY • MEDIUM RISK

Skin Cancers and Precancerous Conditions

This category examines various genetic traits related to this area of analysis.

Average: 34%

8	34%	6	2
ANALYZED	AVERAGE	MEDIUM RISK	REDUCED RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

- 6 Medium Risk
- 2 Reduced Risk

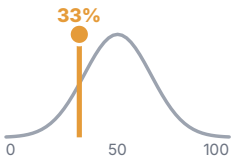
Traits Included in This Category

Basal Cell Carcinoma	Medium
Cutaneous Melanoma	Reduced
Melanoma	Reduced
Non-Melanoma Skin Carcinoma	Medium
Oral Cavity Cancer	Medium
Skin Cancer	Medium
Skin Carcinoma	Medium
Squamous Cell Carcinoma	Medium

The following pages contain detailed analysis of each trait within this category.

MEDIUM RISK

Percentile 33%



Interpretation

Medium Risk compared to the population average.

Recommendations

Regular use of sunscreen, self-examinations, and annual dermatologist check-ups are recommended for early detection.

Based on genotype rating

Description

Basal cell carcinoma (BCC) is a type of skin cancer that arises from the basal cells—small, round cells found in the lower part of the epidermis. BCC is one of the most common and least aggressive forms of skin cancer, often caused by long-term exposure to ultraviolet (UV) radiation from the sun or tanning beds. Although BCC rarely spreads to other parts of the body, it can cause local tissue damage if left untreated. Early detection and treatment are crucial for minimizing complications. Understanding your genetic predisposition can guide preventive strategies, such as sun protection measures.

Result

Your PRS score for basal cell carcinoma places you in the 31.9 percentile, suggesting a moderate genetic risk. Maintaining a balanced approach to sun exposure, such as using sunscreen regularly and avoiding tanning beds, can help reduce the risk of BCC. Performing monthly self-examinations to check for new or changing skin lesions is recommended, and consulting a dermatologist annually can help in early detection and effective management.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2020.08.025

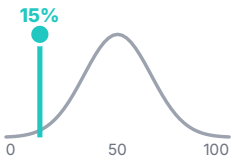
[2] Nature
DOI: 10.1038/s41467-022-35345-8

Top Genetic Markers

Gene	RS ID	Genotype
IRF4	rs12203592	CC
DLGAP4	rs8114927	CC
TP53	rs35850753	GG
CPVL	rs117744081	TT
AHR	rs117132860	GG
ANKRD11	rs117984432	AA
NOX4	rs16912266	TT

REDUCED RISK

Percentile 15%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Maintain sun protection, monitor skin health, and consult a healthcare provider for any concerns.

Based on genotype rating

Description

Cutaneous melanoma is a type of skin cancer that originates from melanocytes, the pigment-producing cells in the skin. It can develop from pre-existing moles or appear as new, atypical growths on the skin. Melanoma can spread to other parts of the body if not detected early. Risk factors include prolonged exposure to ultraviolet (UV) radiation, having fair skin, and a family history of melanoma. Understanding your genetic predisposition to cutaneous melanoma can help guide preventive measures and early interventions to protect your skin health.

Result

Your PRS score for cutaneous melanoma places you in the 15.2 percentile, indicating a lower predisposition to developing melanoma. Despite the lower genetic risk, it is still important to protect your skin from excessive UV exposure by using sunscreen, wearing protective clothing, and avoiding tanning beds. Regular skin checks and consulting a healthcare provider for any unusual changes are essential for maintaining skin health.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Oxford Academic
DOI: 10.1093/jnci/djab076

[2] Elsevier
DOI: 10.1016/j.ebiom.2023.104454

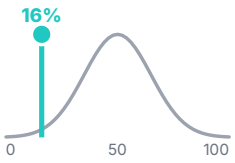
[3] Nature
DOI: 10.1038/s41698-023-00377-w

Top Genetic Markers

Gene	RS ID	Genotype
SLC45A2	rs16891982	GC
MITF	rs149617956	GG
CDKN2B-AS1	rs79356439	AA
RALY	rs6059655	GG
MC1R	rs1805009	GG
AHR	rs117132860	GG
MC1R	rs1805008	CC
TP53	rs78378222	AA
CDKN2B-AS1	rs75883022	CC

REDUCED RISK

Percentile 16%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Continue protecting your skin from UV radiation and perform self-examinations.

Based on genotype rating

Description

Melanoma is a malignant and aggressive tumor composed of atypical melanocytes. Most commonly, melanomas arise in the skin, known as cutaneous melanomas, but they can also develop in the gastrointestinal system, eye, urinary tract, or reproductive system. Melanomas can be aggressive and often metastasize to lymph nodes, liver, lungs, and brain. The main risk factors include exposure to ultraviolet (UV) radiation, fair skin, and a history of sunburns or dysplastic nevi (atypical moles). Early detection is crucial, as melanoma is most treatable when caught in the early stages.

Result

Your PRS score for melanoma places you in the 17.0 percentile, indicating a lower predisposition to melanoma. However, it is still important to protect your skin from UV radiation by using sunscreen and avoiding tanning beds. Routine self-examinations of the skin can help in detecting any unusual changes early.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/s41467-021-21288-z

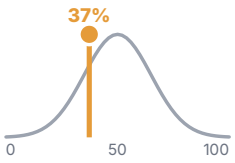
[2] PLOS
DOI: 10.1371/journal.pgen.1008202

Top Genetic Markers

Gene	RS ID	Genotype
CDK10	rs258322	GG
SLC45A2	rs35407	TC
BPIFA3	rs17305657	TT
DEF8	rs4785751	GG
RALY	rs6059655	GG
CDK5RAP1	rs291671	TT
ATM	rs1801516	GG
MTAP	rs7023329	AG
TYR	rs10765198	TC
SPATA33	rs7188458	AG

MEDIUM RISK

Percentile 37%



Interpretation

Medium Risk compared to the population average.

Recommendations

Preventive measures and awareness of skin health can help mitigate risk. Monitoring for changes in the skin is recommended.

Based on genotype rating

Description

Non-Melanoma Skin Carcinoma is any type of skin cancer that does not involve melanocytes, with the most common types being basal cell carcinoma and squamous cell carcinoma. Unlike melanoma, which can spread aggressively, non-melanoma skin cancers tend to have a localized growth pattern and are often curable with appropriate treatment. Risk factors for non-melanoma skin carcinoma include excessive sun exposure, fair skin, and a history of skin damage.

Result

Your PRS score for non-melanoma skin carcinoma places you in the 38.3 percentile, suggesting a moderate risk level. Taking preventive measures like reducing UV exposure and keeping an eye on skin changes can be beneficial in mitigating this risk.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2020.08.025

Top Genetic Markers

Gene	RS ID	Genotype
IRF4	rs12203592	CC
TGM3	rs214803	AA
SLC45A2	rs16891982	GC
PIGU	rs910873	CC
CDKN2B-AS1	rs10965215	AG
INTERGENIC	rs11894986	TT
MC1R	rs1805009	GG
RHOU	rs801109	CC
CASP8	rs10931936	TC
MC1R	rs1805005	GG

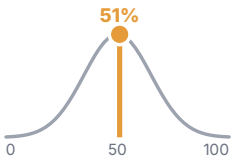
Oral Cavity Cancer

Category: Skin Cancers and Precancerous Conditions

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0005570

MEDIUM RISK

Percentile 51%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate risk; maintain good oral hygiene and avoid risk factors to mitigate risk.

Based on genotype rating

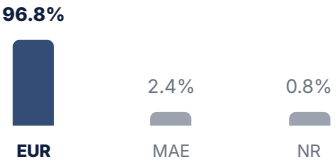
Description

Oral Cavity Cancer is a malignant neoplasm affecting the oral cavity, with the majority being squamous cell carcinomas. This type of cancer can develop in areas like the lips, tongue, cheeks, and floor of the mouth, often presenting with symptoms such as non-healing sores, pain, or lumps. Identifying genetic predisposition helps in assessing risk and taking proactive measures for early diagnosis.

Result

Your calculated PRS for oral cavity cancer places you in the 51.9 percentile, suggesting a moderate risk. Maintaining good oral hygiene and avoiding risk factors like tobacco and alcohol can help mitigate this risk. Regular dental check-ups are recommended for early detection.

Population Distribution



Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2020.08.025

[2] Nature
DOI: 10.1038/s41467-020-19600-4

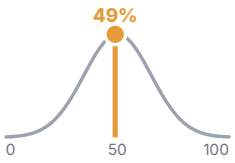
[3] Nature
DOI: 10.1038/s41467-021-21288-z

Top Genetic Markers

Gene	RS ID	Genotype
ADH7	rs971074	GG
CLPTM1L	rs467095	AA
HELQ	rs1494961	GG
NAA25	rs4767364	CT
PCSK2	rs16999053	GG
KLF12	rs1980997	CT

MEDIUM RISK

Percentile 49%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; practicing sun-safe behaviors and monitoring skin changes is advised.

Based on genotype rating

Description

Skin cancer is a malignant neoplasm that involves the skin and can develop in the epidermis or dermis layers. The most common types include basal cell carcinoma, squamous cell carcinoma, and melanoma. UV radiation is a significant risk factor, along with genetic predisposition and skin type. Skin cancer can be prevented through adequate sun protection and early detection is crucial for successful treatment outcomes.

Result

Your calculated PRS for skin cancer places you in the 47.9 percentile, suggesting a moderate predisposition to skin cancer. It is advisable to practice sun-safe behaviors and perform regular self-examinations to monitor for any changes in the skin that could indicate early signs of skin cancer.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

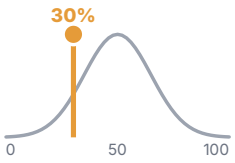
[1] Elsevier
DOI: 10.1016/j.ajhg.2020.08.025

Top Genetic Markers

Gene	RS ID	Genotype
SPIRE2	rs72811597	GC
TP53	rs78378222	AA
MC1R	rs1805009	GG
CPVL	rs117744081	TT
KRT6C	rs11608915	GG
KRT5	rs11170164	GG
TYR	rs1126809	GA
OCA2	rs1800407	GG

MEDIUM RISK

Percentile 30%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; practicing sun-safe behaviors can reduce the risk of developing skin carcinoma.

Based on genotype rating

Description

Skin carcinoma is a type of cancer that arises from epithelial cells in the skin, including basal cell carcinoma and squamous cell carcinoma. It can present in various parts of the skin and is often linked to prolonged sun exposure, which causes DNA damage over time. Early detection through regular skin examinations is crucial to reduce the risk of progression. Preventive measures like using sunscreen and limiting exposure to harmful UV rays are highly effective.

Result

Your calculated PRS for skin carcinoma places you in the 31.2 percentile, suggesting a moderate risk. Implementing preventive measures such as sunscreen application, wearing protective clothing, and avoiding excessive UV exposure is important to reduce your risk.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2020.08.025

Top Genetic Markers

Gene	RS ID	Genotype
IRF4	rs12203592	CC
TGM3	rs214803	AA
SLC45A2	rs16891982	GC
MC1R	rs1805009	GG
PIGU	rs910873	CC
TYR	rs1126809	GA
MC1R	rs1805008	CC
MC1R	rs1805005	GG
INTERGENIC	rs11894986	TT
RHOU	rs801109	CC

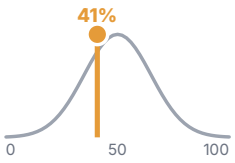
Squamous Cell Carcinoma

Category: Skin Cancers and Precancerous Conditions

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0000707

● MEDIUM RISK

Percentile 41%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; practicing sun safety and early detection measures can mitigate risk.

Based on genotype rating

Description

Squamous cell carcinoma (SCC) is a carcinoma that arises from squamous epithelial cells. It is characterized by the proliferation of atypical squamous cells, which may show varying degrees of differentiation. SCC can occur in multiple areas, including the skin, lungs, and cervix. It is generally linked to exposure to factors like ultraviolet light or carcinogens.

Result

Your calculated PRS for SCC places you in the 40.9 percentile, suggesting a moderate genetic predisposition. Practicing sun safety measures and monitoring for unusual skin changes may help detect SCC at an early stage.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2020.08.025

[2] PLOS
DOI: 10.1371/journal.pgen.1008202

[3] Nature
DOI: 10.1038/s41467-020-20246-5

Top Genetic Markers

Gene	RS ID	Genotype
SLC45A2	rs16891982	GC
SLC45A2	rs35407	TC
IRF4	rs12203592	CC
RALY	rs6059655	GG
AHR	rs117132860	GG
TYR	rs1126809	GA
ZFHX4	rs16939289	AA
OCA2	rs1800407	GG
BRCA2	rs11571818	TT

CATEGORY • MEDIUM RISK

Anthropometric Measurements

This category examines various genetic traits related to this area of analysis.

Average: 40%

5	40%	4	1
ANALYZED	AVERAGE	MEDIUM RISK	LOW RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

- 4 Medium Risk
- 1 Low Risk

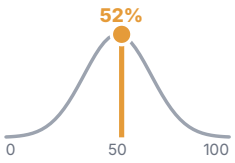
Traits Included in This Category

Body Fat Percentage	Medium
Body Mass Index (BMI)	Medium
Body Weight	Medium
Lean Body Mass	Medium
Waist-Hip Ratio	Low

The following pages contain detailed analysis of each trait within this category.

MEDIUM RISK

Percentile 52%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a balanced exercise routine and diet, and monitor body fat percentage periodically to stay on track.

Based on genotype rating

Description

Body fat percentage is the proportion of total body mass that is composed of fat. It includes both essential body fat, which is necessary for maintaining life and reproductive functions, and storage fat, which protects internal organs. A high body fat percentage is linked to increased risks for conditions such as obesity, type 2 diabetes, and cardiovascular disease, while an extremely low percentage can also be harmful. Understanding your genetic predisposition to body fat percentage can help in planning effective diet and exercise strategies to achieve and maintain a healthy balance.

Result

Your PRS score for body fat percentage places you in the 50.8 percentile, suggesting a moderate predisposition. Engaging in a mix of cardiovascular exercises and resistance training will help in maintaining a healthy body fat percentage. It is also important to follow a balanced diet that includes appropriate portions of protein, carbohydrates, and healthy fats. Monitoring body fat percentage periodically will help you stay on track with your fitness and health goals.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

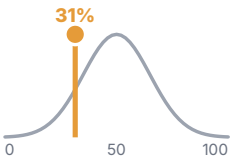
[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
FTO	rs1421085	CT
MC4R	rs11873305	TT
SEC16B	rs543874	TT
GIPR	rs11672660	TC
MC4R	rs571312	GG
THBS3	rs35154152	AA
SKAP1	rs208015	GG
WSCD2	rs3764002	TT
INTERGENIC	rs13130484	CT
TMEM18	rs4854344	AA

MEDIUM RISK

Percentile 31%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a healthy diet, engage in exercise regularly, and monitor BMI changes periodically.

Based on genotype rating

Description

Body Mass Index (BMI) is an indicator of body density determined by the relationship between body weight and height, calculated as weight in kilograms divided by height in meters squared (kg/m²). BMI is commonly used to assess body fat levels and categorize individuals into underweight, normal weight, overweight, and obese. While BMI is an important tool for assessing health risks related to weight, such as diabetes, cardiovascular disease, and hypertension, its limitations should also be recognized, as it does not differentiate between muscle and fat mass. Understanding your genetic predisposition to BMI can help in planning appropriate lifestyle strategies to achieve and maintain a healthy weight.

Result

Your PRS score for BMI places you in the 31.5 percentile, suggesting a moderate predisposition to variations in BMI. It is beneficial to maintain a balanced diet, paying attention to portion sizes and choosing nutrient-dense foods. Regular exercise, including a mix of aerobic and resistance training, will help regulate weight. Periodic monitoring of your BMI can provide insight into changes over time, helping you to make necessary adjustments to your lifestyle as needed.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

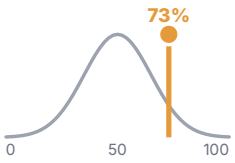
[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
FTO	rs1421085	CT
TMEM18	rs2867105	CC
MC4R	rs476828	AA

MEDIUM RISK

Percentile 73%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a nutrient-rich diet, exercise regularly, and monitor weight changes periodically.

Based on genotype rating

Description

Body weight refers to the total mass of an individual and is typically measured in kilograms or pounds. Body weight is influenced by various factors, including genetics, diet, lifestyle, and overall health. Maintaining a healthy body weight is important for reducing the risk of health issues like cardiovascular disease, diabetes, and joint problems. Understanding genetic predisposition to body weight can guide personalized lifestyle adjustments for achieving and maintaining an optimal weight, contributing to overall well-being.

Result

Your PRS score for body weight places you in the 72.0 percentile, suggesting a moderate predisposition to variations in body weight. Maintaining a consistent exercise regimen and a balanced diet, including nutrient-dense foods, can help regulate weight effectively. It is also beneficial to be mindful of portion sizes and maintain an active lifestyle. Monitoring your weight periodically can help identify any changes early, enabling necessary lifestyle adjustments.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

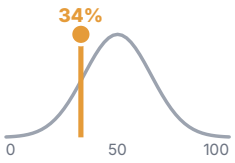
[1] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
FTO	rs1421085	CT
R3HCC1L	rs11189513	AA
HHIPL2	rs3748666	CC
TTBK2	rs6493068	TT
MST1R	rs2230590	AG
BCL11A	rs243021	TT
TRMT9B	rs502882	AA
LIF	rs9614163	TC
FSIP1	rs16969386	GG
SLC2A2	rs8192675	AA

MEDIUM RISK

Percentile 34%



Interpretation

Medium Risk compared to the population average.

Recommendations

Include strength-training exercises and maintain an active lifestyle.

Based on genotype rating

Description

Lean Body Mass (LBM) refers to the total weight of an individual excluding body fat. It consists of the muscles, bones, organs, water, and connective tissues that make up the body's structural and functional components. Having a higher proportion of lean body mass is generally associated with better metabolic health, muscular strength, and physical performance. Factors like exercise, diet, and genetics all play important roles in determining lean body mass. Maintaining a higher lean body mass can aid in reducing the risk of obesity, diabetes, and other metabolic conditions.

Result

Your PRS score for lean body mass places you in the 33.6 percentile, suggesting an average genetic predisposition. Incorporating strength-training exercises and consuming balanced nutrition with adequate protein can help maintain healthy lean body mass. Consistency in physical activity and maintaining an active lifestyle are key factors in optimizing body composition.

Population Distribution

Population distribution data not available

Access Your Full Report

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Scientific References

[1] PLOS
DOI: 10.1371/journal.pgen.1010105

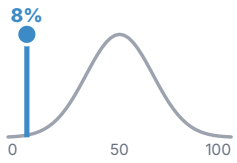
[2] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
FTO	rs1421085	CT
ACAN	rs28407189	AA
MC4R	rs2229616	GG
CHCHD7	rs9650315	GT
GDF5	rs143384	TC
SERPINA1	rs28929474	GG
LCORL	rs16896068	CC
ENPP2	rs10283100	CC
SRSF9	rs145350287	AA
C14orf39	rs33912345	GG

LOW RISK

Percentile 8%



Interpretation

Low Risk compared to the population average.

Recommendations

Lower predisposition; keeping up a healthy lifestyle will support optimal body fat distribution.

Based on genotype rating

Description

Waist-hip ratio (WHR) is calculated by dividing the waist circumference by the hip circumference. It is a useful measure to assess body fat distribution and evaluate health risks. A WHR of 1.0 or higher is associated with increased risks of cardiovascular diseases and other health conditions linked to being overweight. Generally, a healthy WHR is considered to be 0.90 or less for men and 0.80 or less for women.

Result

Your PRS score for waist-hip ratio places you in the 8.5 percentile, indicating a lower predisposition for increased WHR. Continuing a balanced lifestyle will help maintain an optimal WHR.

Population Distribution

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Scientific References

[1] Nature
DOI: 10.1038/s41588-022-01036-9

CATEGORY • MEDIUM RISK

Lifestyle and General Health Measurements

This category examines various genetic traits related to this area of analysis.

Average: 57%

3	57%	1	2
ANALYZED	AVERAGE	ELEVATED RISK	MEDIUM RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

1 Elevated Risk

2 Medium Risk

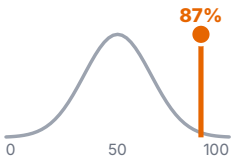
Traits Included in This Category

Drinking Behavior	Elevated
Health-Related Quality of Life	Medium
Time Spent Outdoors	Medium

The following pages contain detailed analysis of each trait within this category.

ELEVATED RISK

Percentile 87%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Set reminders to drink water regularly and avoid sugary or caffeinated drinks.

Based on genotype rating

Description

Drinking behavior refers to behaviors related to the ingestion of water and other liquids, including patterns of drinking, frequency, and levels of satiety. Maintaining adequate hydration is essential for overall health, as water is involved in numerous physiological processes, including temperature regulation, waste removal, and nutrient transport. Understanding your genetic predisposition to certain drinking behaviors can help guide daily hydration habits to support health and well-being.

Result

Your PRS score for drinking behavior places you in the 88.4 percentile, indicating a higher genetic predisposition to irregular or potentially inadequate drinking patterns. It is important to make a conscious effort to stay hydrated throughout the day by drinking water regularly. Setting reminders or using a water tracking app can help establish a consistent drinking habit. Avoiding excessive consumption of sugary or caffeinated drinks is also recommended.

Population Distribution

Population distribution data not available

Access Your Full Report

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Scientific References

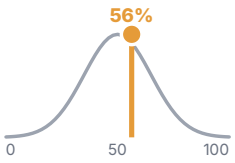
[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
CYP1A1	rs2472297	GG
AHR	rs4410790	TT
MLXIPL	rs7777102	TT
GPD2	rs7602743	GG
GATB	rs13137669	AA
ARHGAP15	rs10180461	TT
APOC1	rs4420638	AA
CELF2	rs10160031	AC
TIMD4	rs6873053	TT
AHR	rs6461315	TT

MEDIUM RISK

Percentile 56%



Interpretation

Medium Risk compared to the population average.

Recommendations

Engage in activities that enhance well-being and preventive health measures.

Based on genotype rating

Description

Health-related quality of life (HRQOL) measurement is a tool used to assess the impact of health on various aspects of life, including physical health, emotional well-being, cognitive functioning, fatigue, and pain. It provides insights into an individual's perceived quality of life and helps to identify areas that may need improvement for enhancing overall well-being.

Result

Your PRS score for health-related quality of life places you in the 55.3 percentile, suggesting an average genetic predisposition. Engaging in activities that improve well-being, such as exercise, hobbies, and social connections, can enhance your overall quality of life. Regular health check-ups and a focus on preventive measures can also be beneficial.

Population Distribution

Population distribution data not available

Access Your Full Report

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Scientific References

[1] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
NBAS	rs4668909	GA
PIGO	rs568300	GA
SPATA7	rs3179969	GG
COL10A1	rs1064583	CC
ULK3	rs12898397	GA
ABCA13	rs1880738	CT
ACADL	rs2286963	CC
TBX1	rs4819522	CC
CENPN	rs3743503	TT
UGGT2	rs12876018	AA

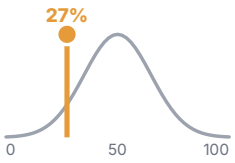
Time Spent Outdoors

Category: Lifestyle and General Health Measurements

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0600081

MEDIUM RISK

Percentile 27%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; increasing outdoor activities is recommended to gain physical and mental health benefits.

Based on genotype rating

Description

Time spent outdoors measurement quantifies the duration an individual spends outside, which has implications for physical health, mental well-being, and vitamin D levels. Spending time outdoors is linked to numerous health benefits, including improved mood, physical activity, and reduced stress. Measuring outdoor exposure is often done using self-reported questionnaires or wearable devices and can help in assessing lifestyle habits and health outcomes.

Result

Your calculated PRS for time spent outdoors places you in the 26.3 percentile, suggesting a moderate inclination. It is advisable to incorporate regular outdoor activities to enjoy the benefits of physical activity and vitamin D production.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
MST1R	rs2230590	AG
MTMR2	rs644799	CT
NEGR1	rs2568958	TT
BCL11A	rs2540917	AA
TET2	rs2454206	AA
NTNG2	rs11243643	AG
RPAIN	rs12761	CG
DDX20	rs197412	TT
THSD7A	rs118134876	GG
DBN1	rs2544809	GG

CATEGORY • MEDIUM RISK

Skin Aging and General Skin Health

This category examines various genetic traits related to this area of analysis.

Average: 64%

1	64%	1
ANALYZED	AVERAGE	MEDIUM RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

1 Medium Risk

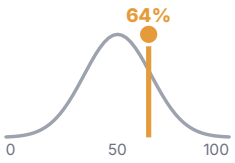
Traits Included in This Category

Skin Aging	Medium

The following pages contain detailed analysis of each trait within this category.

MEDIUM RISK

Percentile 64%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; regular skincare and sun protection help mitigate moderate aging signs.

Based on genotype rating

Description

Skin aging refers to the gradual and irreversible changes in skin structure that occur over time, influenced by both intrinsic factors (genetic predisposition) and extrinsic factors such as sun exposure and weather conditions. Manifestations include wrinkling, loss of elasticity, and changes in skin pigmentation. Environmental stressors like UV radiation play a significant role in accelerating the aging process. Monitoring and managing skin aging helps in maintaining skin health and appearance throughout life.

Result

Your calculated PRS for skin aging places you in the 63.9 percentile, indicating a moderate predisposition. Maintaining a skincare routine that includes sun protection and hydration can help slow the skin aging process and reduce the appearance of wrinkles and pigmentation changes.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
IRF4	rs12203592	CC
EFEMP1	rs10199082	AA
SLC39A8	rs13107325	GG
BNC2	rs2153271	GA
ALG12	rs1321	AG
INTERGENIC	rs6738560	AA
DOCK8	rs478882	GA
ZBTB20	rs9817665	CC
ZC2HC1C	rs3742778	GG
INTERGENIC	rs6625163	GG

Access Your PRS Information

Use this access code to view your detailed genetic report online.

YOUR PRS INFORMATION ACCESS CODE

0000-0000

Visit our website and enter the code above to access your complete genetic profile and personalized recommendations.

How to Use?

1. Scan the QR code with your camera
2. Enter the 8-digit access code above on the website that opens
3. View your PRS and detailed analysis
4. Save or print your results as needed

Important: This access code is only for you. Keep the code in a safe place and do not share it with others. You can get information about the code validity period and terms of use from the website.

Understanding Your Genetic Report

Percentiles, Z-Scores, and Statistical Interpretation

The following report provides an overview of your wellness profile based on the analysis of your DNA. By examining specific genetic markers, we can identify potential predispositions that relate to various health traits, such as metabolism, cardiovascular health, and mental well-being.

What is Genetic Testing?

Genetic testing is a process that involves analyzing your DNA, the unique genetic material you inherit from your parents. DNA contains the instructions for building and maintaining your body, and variations in these instructions can influence your health, traits, and predispositions.

Modern genetic testing examines millions of specific positions in your genome, looking for variations called Single Nucleotide Polymorphisms (SNPs). These genetic variants can provide valuable insights into how your body processes nutrients, responds to exercise, and reacts to environmental factors.

It's important to understand that genetic testing provides probabilistic information, not deterministic predictions. Your genes interact with your environment, lifestyle, and other factors to influence your health outcomes.

Key Point: Genetic testing reveals tendencies and predispositions, not certainties. The results should be interpreted in the context of your overall health, family history, and lifestyle factors.

Understanding Percentiles

What is a Percentile?

A percentile is a statistical measure that indicates the percentage of a population that falls below a particular value. When you see that you're in the 75th percentile for a trait, it means your genetic score is higher than 75% of the reference population.

Percentiles divide the population into 100 equal groups. The 50th percentile represents the median—exactly half the population scores below this point, and half scores above. Higher percentiles (75th, 90th, 95th) indicate you have more of a trait compared to most people, while lower percentiles (25th, 10th, 5th) indicate you have less.

For example, if your genetic predisposition for vitamin D absorption is in the 85th percentile, it means you absorb vitamin D more efficiently than 85% of the population. Conversely, if you're in the 15th percentile, you absorb it less efficiently than 85% of people.

Remember: Percentiles are relative measures, not absolute indicators. Being in a high or low percentile doesn't mean you will definitely experience a particular health outcome—it simply shows your genetic tendency relative to others.

Understanding Z-Scores

What is a Z-Score?

A Z-score (also called a standard score) tells you how many standard deviations a value is from the population mean (average). Z-scores provide a standardized way to compare different measurements on the same scale.

A Z-score of 0 means you're exactly at the population average. Positive Z-scores indicate you're above average, while negative Z-scores indicate you're below average. The magnitude of the Z-score tells you how far from average you are.

Interpreting Z-Score Ranges:

- Z = 0 to ±1: Within normal range (most common)
- Z = ±1 to ±2: Somewhat above or below average
- Z = ±2 to ±3: Significantly above or below average
- Z = beyond ±3: Very rare, extreme values

For instance, if your Z-score for a metabolic trait is +1.5, you're 1.5 standard deviations above the population mean, which is relatively uncommon. A Z-score of -0.5 means you're half a standard deviation below average, which is fairly typical.

Normal Distribution and the Bell Curve

Most genetic traits follow a pattern called normal distribution, also known as the bell curve. This means that most people cluster around the average, with fewer people at the extremes (very high or very low values).

Understanding normal distribution is crucial because it explains why percentiles and Z-scores are meaningful. The bell curve shows that being significantly above or below average (high percentiles or Z-scores beyond ±2) is relatively uncommon in the population.

The 68-95-99.7 Rule:

- 68% of the population falls within 1 standard deviation of the mean (Z-scores between -1 and +1)
- 95% of the population falls within 2 standard deviations (Z-scores between -2 and +2)
- 99.7% of the population falls within 3 standard deviations (Z-scores between -3 and +3)

This means that if your Z-score is between -1 and +1, you're in the same range as about 68% of people—perfectly normal. If your Z-score exceeds ±2, you're in the top or bottom 5% of the population for that trait.

How Percentiles and Z-Scores Relate

Percentiles and Z-scores are two different ways of expressing the same information—your position relative to the population. Each Z-score corresponds to a specific percentile, and vice versa.

Common Conversions:

- Z-score of 0 = 50th percentile (average)
- Z-score of +1 = 84th percentile
- Z-score of +2 = 97.7th percentile
- Z-score of -1 = 16th percentile
- Z-score of -2 = 2.3rd percentile

In your report, both measures are provided to give you a complete picture. The percentile is often easier to understand intuitively ('I'm higher than X% of people'), while the Z-score provides more statistical precision.

Important Considerations

What These Numbers Mean:

- Statistical ranking within a reference population
- Genetic tendencies and predispositions
- Probabilistic information, not certainties
- One factor among many that influence health

What These Numbers DON'T Mean:

- This report does not diagnose diseases or medical conditions
- Genetic predisposition is not deterministic—it is not directly linked to disease
- These results don't account for environmental, lifestyle, or epigenetic factors
- High or low percentiles don't predict specific outcomes with certainty

Genetic information should always be interpreted in consultation with qualified healthcare professionals. This report is for educational and informational purposes only and should not be used as a substitute for professional medical advice, diagnosis, or treatment.

What Should You Do With This Information?

Consult with Healthcare Professionals:

Share your genetic results with your doctor, genetic counselor, or healthcare provider. They can help interpret the findings in the context of your personal and family medical history, current health status, and overall wellness goals.

Develop a Personalized Health Plan:

Work with healthcare providers to create targeted strategies based on your genetic predispositions. This might include specific nutritional adjustments, tailored exercise programs, or proactive health monitoring in areas where you have genetic tendencies.

Make Informed Decisions:

Use this information as one piece of the puzzle in making health decisions. Combine your genetic insights with information about your environment, lifestyle, family history, and current health to make well-rounded choices about your wellness.

Stay Informed:

Genetic science is rapidly evolving. As new research emerges, the interpretation of genetic variants may be refined. Stay in touch with your healthcare providers and consider periodic reviews of your genetic information as scientific understanding advances.

From Sample to Report: Our Process

Your genetic report is the result of a sophisticated multi-step process that combines cutting-edge biotechnology with advanced statistical analysis. Here's how we transform your DNA sample into meaningful insights:

1 Sample Collection

The journey begins with collecting your saliva sample using our GenNext collection kit. This simple, non-invasive process can be completed at home in minutes. Your saliva contains cells with your complete genetic information.

2 DNA Extraction & Purification

Once we receive your sample at our certified laboratory, we extract and purify your DNA. This involves separating the genetic material from proteins, lipids, and other cellular components to ensure we have high-quality DNA for accurate analysis.

3 Genotyping & Data Generation

Using advanced genotyping technology, we analyze hundreds of thousands of specific positions in your genome. This process identifies your unique genetic variants (SNPs) that have been scientifically associated with various health traits and characteristics.

4 Statistical Analysis & Report Generation

Finally, we compare your genetic data to large reference populations to calculate your percentile rankings and Z-scores. Our algorithms integrate data from thousands of peer-reviewed scientific studies to provide you with meaningful, evidence-based insights about your genetic predispositions.

Note on Gene Orientation

For each variant, the gene orientation is indicated as either 5′→3′ or 3′→5′, showing which strand of DNA the gene is located on and the direction in which it is read.

All alleles are written in the 5′→3′ direction for consistency. However, when a gene lies on the 3′→5′ (reverse) strand, the displayed genotype represents the reverse complement of the reference sequence.

This may cause your genotype (e.g., A/T) to appear as T/A in some databases or tools — a normal, purely technical difference that does not alter biological meaning.

Example:

If a variant (rsID) is located on the reverse strand (3′→5′) and your genotype is shown as A/G, it corresponds to T/C on the forward strand.

Frequently Asked Questions

What you need to know about the Genetic Test Report

What is genotyping?

Genotyping is the process of examining specific genetic variants in your DNA that are known to influence health and wellness traits. These genetic variants, also called single nucleotide polymorphisms (SNPs), can provide valuable insights into how your body processes certain nutrients, your response to physical activity, and your susceptibility to certain health conditions. Genotyping helps us understand your unique genetic makeup and predict how various environmental and lifestyle factors might impact your health.

How do you calculate polygenic risk scores?

Polygenic risk scores are calculated based on the analysis of multiple genetic variants that collectively influence the likelihood of developing a particular trait or condition. Our proprietary algorithms consider a wide range of genetic markers, each contributing a small effect, to calculate an overall risk score. By combining information from these markers, we provide an overview of your genetic predispositions, which can help guide your wellness and preventive care strategies.

Can I make changes to my lifestyle based on this report?

This report provides information on genetic predispositions, but it is not a diagnostic tool. You should consult with your healthcare provider before making any significant changes to your diet, exercise routine, or lifestyle based on the results. Your healthcare provider can help you interpret the findings in the context of your overall health and medical history, and work with you to create a personalized plan that addresses your unique needs.

Is this report clinically valid?

No, this report is intended for informational and educational purposes only. It provides insights into your genetic tendencies, but it is not a substitute for professional medical advice. The information provided is based on current genetic research and statistical analysis, but it is not intended to diagnose, treat, or prevent any disease. Always seek the advice of a healthcare professional for any health-related questions or concerns.

What can I do with this information?

By understanding your genetic predispositions, you can make informed decisions in collaboration with healthcare professionals to improve your overall wellness. This information may help you better understand your health and adopt habits that align with your genetic profile. Understanding your genetic profile empowers you to take a proactive role in your health management, focusing on preventive measures and personalized wellness strategies.

Will my genetic results change over time?

Your genetic code itself does not change over time, but our understanding of genetics and the implications of specific genetic variants continues to evolve. Scientific advancements may lead to new insights that could impact how we interpret your genetic data in the future. For this reason, it may be beneficial to revisit your genetic information periodically as new research and updates become available.

How accurate are the results?

The accuracy of genetic testing depends on several factors, including the quality of the sample provided and the technology used for analysis. Our genotyping and polygenic risk scoring methods are based on validated scientific research and industry standards. However, it is important to note that no genetic test can provide a complete prediction of health outcomes. Genetic predispositions are only one of many factors that contribute to overall health.

Does having a high polygenic risk score mean I will develop the condition?

No, a high polygenic risk score indicates a higher genetic predisposition, but it does not guarantee that you will develop the condition. Many factors, including lifestyle, environment, and other health conditions, contribute to whether or not a person will develop a specific health trait or condition. It is important to work with your healthcare provider to understand the implications of your polygenic risk scores in the context of your overall health.

What should I do if my results show a high genetic risk for a condition?

If your results indicate a high genetic risk for a particular condition, it is important to discuss this with your healthcare provider. They can help you understand what the results mean and what steps you can take to manage your risk. In many cases, lifestyle modifications and regular health screenings can help mitigate the risk of developing a condition. Your healthcare provider can help guide you in making informed decisions that promote your long-term health.

What does 5′→3′ mean?

It shows the natural direction in which DNA is read — from the 5′ end (start) to the 3′ end (finish). This is the way enzymes that copy or read DNA normally work.

Why is DNA direction (5′→3′ or 3′→5′) important?

DNA has two complementary strands running in opposite directions. All genes are read only in the 5′→3′ direction, so indicating direction helps identify which strand a gene belongs to and how it's read during genetic analysis.

What does it mean if my gene is on the 3′→5′ strand?

It means the gene is located on the reverse (complementary) strand of DNA. In this case, the displayed genotype represents the reverse complement of the reference sequence — a technical notation difference that doesn't affect biological meaning.

Disclaimer

The information contained in this report is for educational and informational purposes only. It is not intended for clinical or diagnostic use. This report does not provide medical advice, diagnosis, or treatment. Always seek the guidance of your healthcare provider with any questions you may have regarding a medical condition or changes to your health regimen. This report should never be used to make decisions about your health without consulting a healthcare professional. Genetic predispositions are only one piece of the puzzle—environmental and lifestyle factors, such as diet, exercise, and stress, also play a significant role in determining your health outcomes. The results provided in this report are based on current scientific knowledge, which is constantly evolving, and should be interpreted with caution and in the context of a broader health assessment by a healthcare professional.