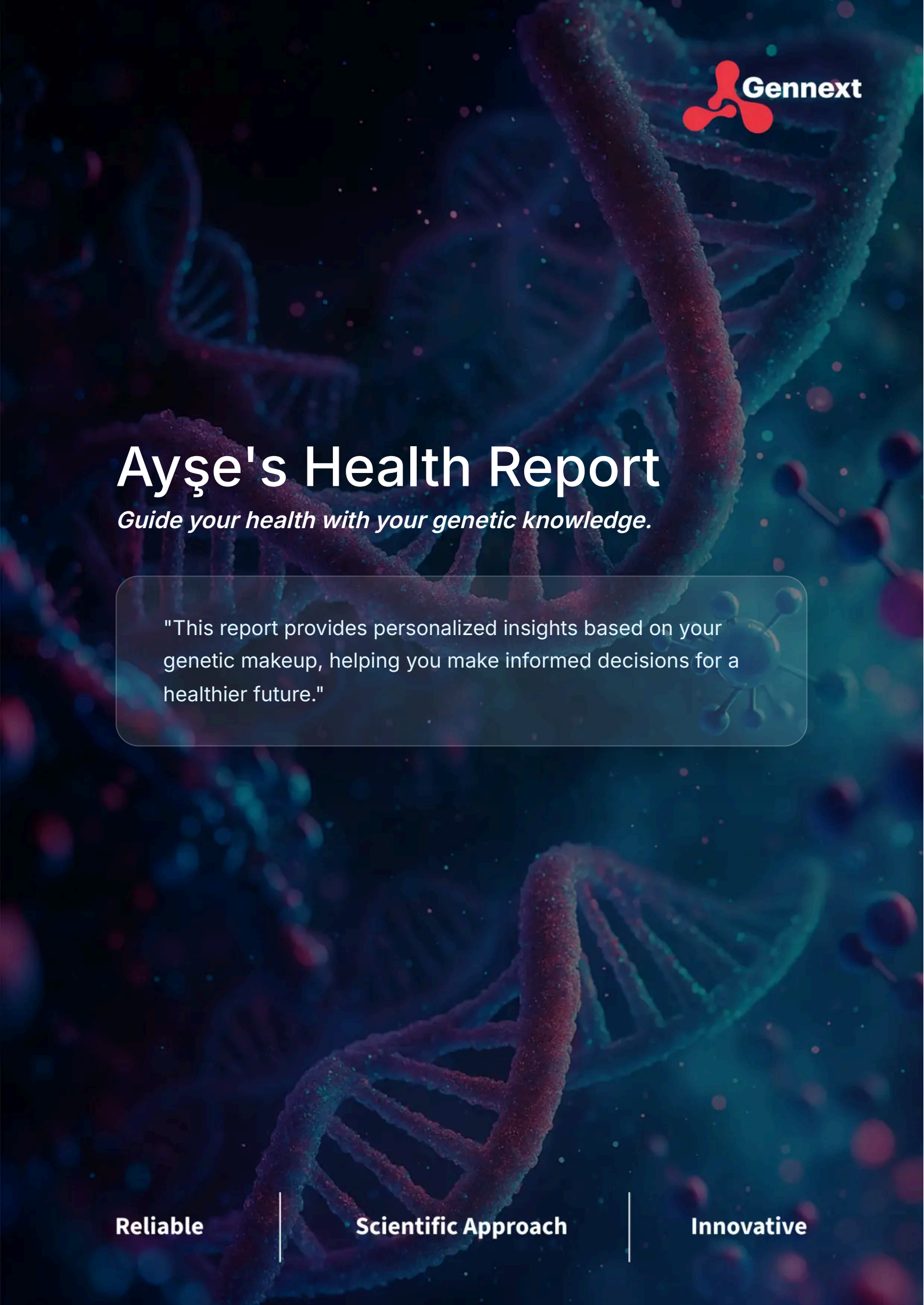


Ayşe's Health Report

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:
43%
Medium Risk

Examined
82
Traits

Examined
10
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

3 High | 11 Elevated | 44 Medium | 19 Reduced | 5 Low

WOMEN'S HEALTH
5 Traits | Medium | 42%

NEUROLOGY
7 Traits | Medium | 55%

ENDOCRINE AND METABOLISM
10 Traits | Medium | 45%

CARDIOVASCULAR
12 Traits | Medium | 38%

GASTROINTESTINAL SYSTEM
8 Traits | Medium | 42%

ONCOLOGY
14 Traits | Medium | 36%

EYE AND EAR
8 Traits | Medium | 52%

RHEUMATOLOGY / IMMUNOLOGY / ALLERGY
10 Traits | Medium | 49%

PSYCHIATRY
6 Traits | Medium | 37%

UROLOGY
2 Traits | Medium | 31%

Trait Report

Trait by Trait Overview

Access Code: 0000-0000
Date: Jan 16, 2026
Total Traits: 82

5	19	44	11	3
LOW RISK	REDUCED RISK	MEDIUM RISK	ELEVATED RISK	HIGH RISK

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

Women's Health

Average: 42%

Age at Menopause	38%	MEDIUM	Endometriosis	46%	MEDIUM
Ovarian Cancer	39%	MEDIUM	Polycystic Ovary Syndrome	57%	MEDIUM
Uterine Fibroid	29%	MEDIUM			

Neurology

Average: 55%

Alzheimer Disease	81%	ELEVATED	Dementia	69%	MEDIUM
Headache Disorder	27%	MEDIUM	Migraine	59%	MEDIUM
Multiple Sclerosis	49%	MEDIUM	Sleep Apnea	88%	ELEVATED
Stroke	9%	LOW			

Endocrine and Metabolism

Average: 45%

BMI-Adjusted Waist-Hip Ratio	29%	MEDIUM	Blood Glucose	22%	REDUCED
Body Composition	73%	MEDIUM	Body Mass Index (BMI)	30%	MEDIUM
Gout	65%	MEDIUM	Iron Metabolism Disorders	32%	MEDIUM
Nontoxic Goiter	19%	REDUCED	Osteoporosis	69%	MEDIUM
Type 2 Diabetes Mellitus	17%	REDUCED	**Vitamin B12 Deficiency**	92%	HIGH

Cardiovascular

Average: 38%

Cardiac Arrhythmia	36%	MEDIUM	Cardiomyopathy	9%	LOW
Hypercholesterolemia	40%	MEDIUM	Varicose Veins	66%	MEDIUM
Coronary Artery Disease	32%	MEDIUM	Heart Failure	15%	REDUCED
Hypertension	17%	REDUCED	Myocardial Infarction	77%	ELEVATED
Response to Beta Blocker	66%	MEDIUM	Response to Statin	21%	REDUCED
Thrombotic Disease	28%	MEDIUM	Triglyceride	53%	MEDIUM

Gastrointestinal system

Average: 42%

Crohn's Disease	36%	MEDIUM	Alcoholic Liver Cirrhosis	28%	MEDIUM
Celiac Disease	78%	ELEVATED	Cholelithiasis	20%	REDUCED
Diverticular Disease	49%	MEDIUM	Gallstones	18%	REDUCED
Gastroesophageal Reflux Disease (GERD)	81%	ELEVATED	Inflammatory Bowel Disease	28%	MEDIUM

Oncology

Average: 36%

Lung Cancer	54%	MEDIUM	Basal Cell Carcinoma	32%	MEDIUM
Breast Carcinoma	67%	MEDIUM	Cervical Carcinoma	40%	MEDIUM
Colorectal Cancer	34%	MEDIUM	Cutaneous Melanoma	15%	REDUCED
Endometrial Cancer	26%	MEDIUM	Esophageal Cancer	11%	REDUCED
Glioblastoma	15%	REDUCED	Melanoma	16%	REDUCED
Non-Melanoma Skin Carcinoma	38%	MEDIUM	Pancreatic Carcinoma	5%	LOW
Thyroid Carcinoma	**94%**	HIGH	Urinary Bladder Cancer	56%	MEDIUM

Eye and Ear

Average: 52%

Tinnitus	78%	ELEVATED	**Age-related Hearing Impairment**	**97%**	HIGH
Age-related Macular Degeneration	15%	REDUCED	Cataract	32%	MEDIUM
Deafness	44%	MEDIUM	Diabetic Retinopathy	86%	ELEVATED
Glaucoma	57%	MEDIUM	Retinal Detachment	7%	LOW

Rheumatology / Immunology / Allergy

Average: 49%

Vitiligo	81%	ELEVATED	Allergic Disease	44%	MEDIUM
Allergic Rhinitis	7%	LOW	Ankylosing Spondylitis	37%	MEDIUM
Asthma	59%	MEDIUM	Atopic Eczema	81%	ELEVATED
Juvenile Idiopathic Arthritis	36%	MEDIUM	Psoriasis	41%	MEDIUM
Seasonal Allergic Rhinitis	22%	REDUCED	Systemic Lupus Erythematosus	81%	ELEVATED

Psychiatry

Average: 37%

Addictive Behaviour	20%	REDUCED	Alcohol Dependence	12%	REDUCED
Depressive Disorder	20%	REDUCED	Insomnia	78%	ELEVATED
Nicotine Dependence	73%	MEDIUM	Risk-Taking Behaviour	17%	REDUCED

Urology

Average: 31%

Nephrolithiasis	25%	REDUCED	Renal Carcinoma	37%	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

Women's Health

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

Average: 42%

5	42%	5
ANALYZED	AVERAGE	MEDIUM RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

5 Medium Risk

Traits Included in This Category

Age at Menopause	Medium
Endometriosis	Medium
Ovarian Cancer	Medium
Polycystic Ovary Syndrome	Medium
Uterine Fibroid	Medium

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

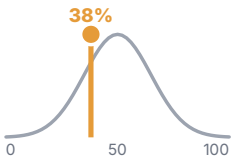
Age at Menopause

Category: Women's Health

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

MEDIUM RISK

Percentile 38%



Interpretation

Medium Risk compared to the population average.

Recommendations

Regular monitoring of hormonal health advised.

Based on genotype rating

Description

Age at menopause refers to the timing of natural cessation of menstrual cycles. Genetic factors significantly influence when menopause occurs, with earlier menopause associated with increased cardiovascular and bone health risks. Understanding genetic predisposition can help with health planning and monitoring.

Result

Your PRS for age at menopause places you in the 38.1 percentile, indicating average genetic influence on menopause timing. Regular health check-ups remain important for monitoring hormonal changes.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

No scientific references available

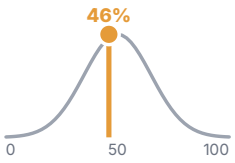
Endometriosis

Category: Women's Health

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

MEDIUM RISK

Percentile 46%



Interpretation

Medium Risk compared to the population average.

Recommendations

Regular gynecological monitoring advised.

Based on genotype rating

Description

Endometriosis is a condition where tissue similar to the uterine lining grows outside the uterus, causing pain and potentially affecting fertility. Genetic factors contribute to immune dysregulation and inflammatory responses. Early awareness of genetic risk can facilitate timely diagnosis and management.

Result

Your PRS for endometriosis places you in the 46.1 percentile, suggesting moderate genetic influence. Being aware of symptoms and maintaining regular gynecological check-ups is recommended.

Population Distribution

Population distribution data not available

Access Your Full Report

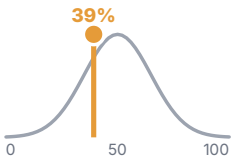
Scan to view full genetic profile

Scientific References

No scientific references available

MEDIUM RISK

Percentile 39%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; maintain health awareness and regular screenings.

Based on genotype rating

Description

Ovarian cancer refers to a primary or metastatic malignant neoplasm involving one or both ovaries. Most primary ovarian cancers are epithelial carcinomas, including serous, mucinous, or endometrioid subtypes, while others arise from germ cells or stromal tissues. Secondary (metastatic) ovarian malignancies may originate from cancers of the breast, gastrointestinal tract, or other organs. Genetic susceptibility—particularly variants in BRCA1, BRCA2, and other DNA repair genes—plays a significant role in risk and therapeutic response. Early detection remains critical due to the often asymptomatic nature of the disease in its early stages.

Result

Your PRS score for ovarian cancer places you in the 40.3 percentile, indicating a moderate genetic risk. Maintaining a healthy lifestyle, routine gynecological follow-ups, and awareness of symptoms such as bloating, abdominal pain, or menstrual irregularities are recommended for proactive health 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/s41431-021-00987-7

Top Genetic Markers

Gene	RS ID	Genotype
SURF6	rs507666	CC
BNC2	rs10962691	GG
KANSL1	rs9303525	TT
TLL1	rs13113999	TG
TERT	rs7705526	GT

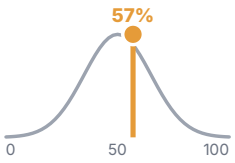
Polycystic Ovary Syndrome

Category: Women's Health

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

MEDIUM RISK

Percentile 57%



Interpretation

Medium Risk compared to the population average.

Recommendations

Healthy lifestyle habits can support hormonal balance.

Based on genotype rating

Description

Polycystic ovary syndrome (PCOS) is a hormonal disorder affecting ovarian function, metabolism, and androgen levels. Genetic factors influence susceptibility to insulin resistance, hormonal imbalances, and reproductive health. Understanding genetic risk can guide early intervention and lifestyle modifications.

Result

Your PRS for PCOS places you in the 55.9 percentile, suggesting moderate genetic influence. Maintaining a healthy weight and balanced diet can support hormonal health.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

No scientific references available

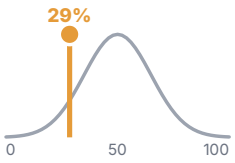
Uterine Fibroid

Category: Women's Health

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0000731

MEDIUM RISK

Percentile 29%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; monitoring symptoms can help manage this benign condition effectively.

Based on genotype rating

Description

Uterine fibroids are benign smooth muscle neoplasms arising from the body of the uterus. Although being benign, they may cause heavy menstrual bleeding, pelvic pain, and pressure symptoms on adjacent organs. Fibroids are most common during reproductive age and their growth can be influenced by hormones. Treatment may include medications, minimally invasive procedures, or surgery if symptomatic.

Result

Your PRS for uterine fibroids places you in the 29.5 percentile, suggesting a moderate risk. Monitoring symptoms and discussing treatment options with a healthcare provider may help manage this condition effectively.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Journal (10.1007)
DOI: 10.1007/s00439-022-02442-z

CATEGORY • MEDIUM RISK

Neurology

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

Average: 55%

7	55%	2	4	1
ANALYZED	AVERAGE	ELEVATED RISK	MEDIUM RISK	LOW RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

- 2 Elevated Risk
- 4 Medium Risk
- 1 Low Risk

Traits Included in This Category

Alzheimer Disease	Elevated
Dementia	Medium
Headache Disorder	Medium
Migraine	Medium
Multiple Sclerosis	Medium
Sleep Apnea	Elevated
Stroke	Low

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

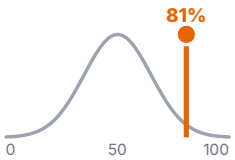
Alzheimer Disease

Category: Neurology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0004975

● ELEVATED RISK

Percentile 81%



Interpretation

Elevated Risk compared to the population average.

Recommendations

A healthy diet, mental exercises, and regular check-ups are recommended to reduce or delay the onset of Alzheimer's symptoms.

Based on genotype rating

Description

Alzheimer disease is a progressive neurodegenerative disorder that affects memory, thinking, and behavior. It is characterized by the death of nerve cells in various parts of the brain, leading to symptoms like memory loss, confusion, and difficulties with language and problem-solving. The exact cause is not fully understood, but both genetic and environmental factors play a role. While there is currently no cure for Alzheimer's, early detection and intervention can help manage symptoms and improve quality of life. Genetic predisposition is one of the key factors in determining the risk of developing Alzheimer's, which is important for planning and prevention.

Result

Your PRS score for Alzheimer disease is 81.8. This suggests an increased genetic risk for developing Alzheimer's compared to the general population. Maintaining a healthy lifestyle, including physical exercise, mental stimulation, and a balanced diet, is recommended to reduce the risk or delay the onset of symptoms.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

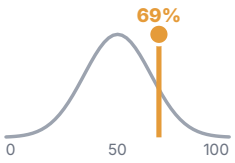
[1] Elsevier
DOI: 10.1016/j.ajhg.2024.06.003

Top Genetic Markers

Gene	RS ID	Genotype
TOMM40	rs2075650	AG
TOMM40	rs157582	CT
TOMM40	rs1160985	TC
NECTIN2	rs7254892	GG
TOMM40	rs157580	AA
PHF21B	rs6007443	TT
RARB	rs4072729	TT
TOMM40	rs8106922	GA
APOE	rs769450	AG
TOMM40	rs405697	GG

MEDIUM RISK

Percentile 69%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain physical and mental activity, eat a balanced diet, and schedule regular cognitive health check-ups.

Based on genotype rating

Description

Dementia is a condition characterized by a progressive loss of intellectual abilities, which interferes with an individual's social and occupational functioning. Symptoms often include memory loss, difficulty concentrating, confusion, and impaired reasoning. Understanding your genetic predisposition to dementia can help guide preventive measures and lifestyle modifications to support cognitive health.

Result

Your PRS score for dementia places you in the 69.5 percentile, suggesting a moderate predisposition. Maintaining a healthy lifestyle that includes physical activity, mental stimulation, and social engagement is essential for supporting cognitive function. A balanced diet rich in fruits, vegetables, and omega-3 fatty acids may also be beneficial. Regular health check-ups to monitor cognitive health and discussing your genetic predisposition with a healthcare provider can guide early interventions if 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
APOC1	rs4420638	AA
TOMM40	rs2075650	AG
TREM2	rs75932628	GG
NECTIN2	rs7254892	GG
TREM2	rs143332484	GG
PLCG2	rs72824905	CC
TOMM40	rs157582	CT
SORL1	rs11218343	TT
BIN1	rs6733839	GG
ABCA7	rs3752246	CC

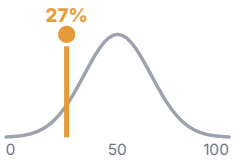
Headache Disorder

Category: Neurology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0009550

MEDIUM RISK

Percentile 27%



Interpretation

Medium Risk compared to the population average.

Recommendations

Keep a headache diary and make lifestyle adjustments as needed.

Based on genotype rating

Description

Headache disorder refers to a variety of conditions characterized by the symptom of headache. These disorders can be classified into major categories, such as primary headache disorders (e.g., migraines, tension-type headaches) and secondary headache disorders (resulting from other conditions, such as infections or trauma). Accurate diagnosis and management are essential for improving quality of life for those affected.

Result

Your PRS score for headache disorder places you in the 28.2 percentile, suggesting a moderate predisposition. It is advisable to keep a headache diary to identify potential triggers and make necessary lifestyle adjustments, such as improving sleep hygiene, reducing stress, and maintaining hydration. Over-the-counter medications may be useful for occasional headaches, but a healthcare provider should be consulted if headaches become more frequent or severe.

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
LRP1	rs11172113	TC
FHL5	rs2273621	AA
TRPM8	rs6431648	GG
LRP1	rs4759276	GA
POU3F3	rs1159964	TC
INTERGENIC	rs11620998	TT
ACTL7B	rs6415805	TT
MKLN1	rs2129561	AG

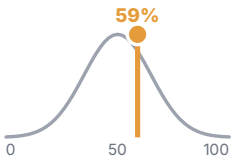
Migraine

Category: Neurology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0005277

MEDIUM RISK

Percentile 59%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a regular sleep schedule, manage stress, and watch for dietary triggers.

Based on genotype rating

Description

Migraine is a common but often severe type of vascular headache. Migraine is a characterized by intense, pulsating pain, often on one side of the head, and may be accompanied by other symptoms such as nausea, vomiting, and sensitivity to light or sound. Migraine can be triggered by factors such as stress, hormonal changes, certain foods, or lack of sleep. Managing migraine often requires lifestyle adjustments, medications, or alternative therapies. Identifying and avoiding triggers can be crucial in preventing attacks.

Result

Your PRS score for migraine disorder places you in the 60.0 percentile, suggesting a moderate risk for developing migraines. It is advisable to maintain a regular sleep schedule, manage stress through relaxation techniques, and pay attention to potential dietary triggers to reduce the frequency of migraines.

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.xgen.2024.100523

Top Genetic Markers

Gene	RS ID	Genotype
FHL5	rs2273621	AA
LRP1	rs11172113	TC
CPS1	rs1047891	AA
PHACTR1	rs9349379	AG
MRGPRE	rs12295710	AA
PRDM16	rs2651899	TC
ASTN2	rs6478241	TC
IRAG1	rs4909945	GG
TRPM8	rs10166942	TT
RAB18	rs2505323	GG

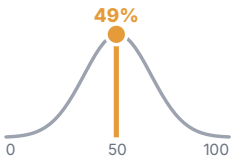
Multiple Sclerosis

Category: Neurology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0005301

MEDIUM RISK

Percentile 49%



Interpretation

Medium Risk compared to the population average.

Recommendations

Staying active, managing stress, and being aware of early symptoms are advisable. Routine health evaluations are recommended for early detection.

Based on genotype rating

Description

Multiple Sclerosis (MS) is a chronic autoimmune disease that affects the central nervous system by damaging the myelin sheath, which insulates nerve fibers. This demyelination disrupts communication between the brain and the rest of the body, leading to muscle weakness, impaired coordination, and cognitive difficulties. MS can present in different forms, including relapsing-remitting and progressive, each with a unique course of progression. The cause is currently unknown, but it is thought to involve genetic, immunological, and environmental factors.

Result

Your PRS score for multiple sclerosis places you in the 50.4 percentile, suggesting an average risk. It is beneficial to remain active, manage stress, and stay informed about early signs such as numbness or vision issues. Regular check-ups with healthcare professionals can help in early intervention if needed.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

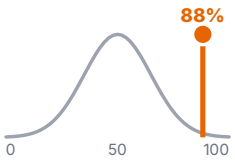
[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
TNF	rs1800750	GG
BTNL2	rs3117116	TT
HLA-DRB1	rs9270986	GG
HLA-DRA	rs3129888	AA
CFB	rs4151659	AA
CCHCR1	rs1265087	CT
NLN	rs16894446	CC
HLA-DPB1	rs3128965	GG
CCHCR1	rs746647	TC
HLA-DPB1	rs2281389	AA

ELEVATED RISK

Percentile 88%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Increased predisposition to sleep apnea; proactive sleep assessments and lifestyle changes are highly recommended.

Based on genotype rating

Description

Sleep apnea is a sleep disorder characterized by multiple cessations of breathing during sleep, which results in partial arousals and interferes with maintaining restful sleep. The most common forms are obstructive sleep apnea (OSA), caused by the blockage of the airway, and central sleep apnea (CSA), related to central nervous system signaling issues. Symptoms include loud snoring, gasping, restless sleep, and daytime fatigue. If left untreated, sleep apnea can increase the risk of hypertension, heart disease, and cognitive impairment.

Result

Your calculated Polygenic Risk Score (PRS) for sleep apnea places you in the 88.2 percentile, indicating a higher genetic predisposition to developing sleep apnea. Proactive measures such as maintaining a healthy weight, avoiding alcohol and sedatives, and considering sleep assessments are advised to manage risk effectively.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

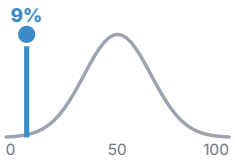
[1] Elsevier
DOI: 10.1016/j.ajhg.2022.09.001

Top Genetic Markers

Gene	RS ID	Genotype
PTPRD	rs4740998	GG
CFD	rs12985692	TT
CHST11	rs12315181	GG
DOCK1	rs2890087	TT
JHY	rs17126967	TT
PNPLA2	rs11246321	AA

LOW RISK

Percentile 9%



Interpretation

Low Risk compared to the population average.

Recommendations

Lower likelihood of stroke; continuing a heart-healthy lifestyle remains beneficial for overall health.

Based on genotype rating

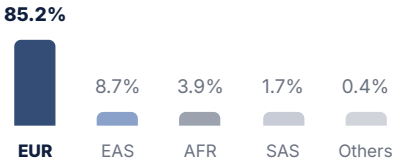
Description

Stroke is a condition characterized by the sudden loss of neurological function due to either hemorrhage or ischemia in the brain's parenchyma. It is typically the result of a vascular event that interrupts blood flow to the brain. Strokes can cause a wide range of symptoms including paralysis, speech difficulties, and cognitive impairment, depending on the area of the brain affected and the severity of the incident.

Result

Your PRS score for stroke places you in the 8.3 percentile, indicating a lower predisposition. However, adopting a healthy lifestyle and regular cardiovascular health checks remain important to maintain a low risk level.

Population Distribution



Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2024.06.003

Top Genetic Markers

Gene	RS ID	Genotype
CASZ1	rs880315	AA
ZCCHC14	rs12445022	CC
PMF1	rs1052053	AA
ZNF475	rs9112	GG
HDAC9	rs2526619	AA
HDAC9	rs2023938	TT
PITX2	rs6843082	TT
PITX2	rs2129982	TT
FURIN	rs4932370	AG
FGA	rs6825454	GA

CATEGORY • MEDIUM RISK

Endocrine and Metabolism

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

Average: 45%

10	45%	1	6	3
ANALYZED	AVERAGE	HIGH RISK	MEDIUM RISK	REDUCED RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

- 1 High Risk
- 6 Medium Risk
- 3 Reduced Risk

Traits Included in This Category

BMI-Adjusted Waist-Hip Ratio	Medium
Blood Glucose	Reduced
Body Composition	Medium
Body Mass Index (BMI)	Medium
Gout	Medium
Iron Metabolism Disorders	Medium
Nontoxic Goiter	Reduced
Osteoporosis	Medium
Type 2 Diabetes Mellitus	Reduced
Vitamin B12 Deficiency	High

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

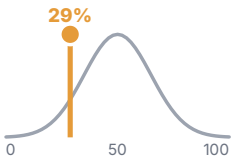
BMI-Adjusted Waist-Hip Ratio

Category: Endocrine and Metabolism

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0007788

MEDIUM RISK

Percentile 29%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain an active lifestyle with cardiovascular and strength training, and monitor body fat distribution periodically.

Based on genotype rating

Description

BMI-adjusted waist-hip ratio is a measure of body fat distribution, specifically the ratio of the circumference of the waist to that of the hips, adjusted for body mass index (BMI). A higher waist-hip ratio, especially when adjusted for BMI, is an indicator of visceral fat, which is linked to increased risks of metabolic diseases like type 2 diabetes and cardiovascular disease. Understanding your genetic predisposition to an elevated waist-hip ratio can help guide lifestyle changes to promote a healthier body composition and reduce health risks.

Result

Your PRS score for BMI-adjusted waist-hip ratio places you in the 27.8 percentile, suggesting a moderate predisposition to an elevated waist-hip ratio. Maintaining an active lifestyle, incorporating both cardiovascular and strength training exercises, can help in managing fat distribution. Eating a diet rich in fiber, reducing intake of sugary foods, and staying hydrated are also beneficial strategies. Monitoring waist and hip circumference periodically can help identify any changes in body fat distribution and guide further lifestyle adjustments.

Population Distribution

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Scientific References

[1] Diabetes Journals
DOI: 10.2337/db23-0131

[2] Circ Genom Precis Med
DOI: 10.1161/circgen.119.002775

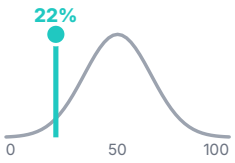
[3] Nature
DOI: 10.1038/s41588-021-00948-2

Top Genetic Markers

Gene	RS ID	Genotype
RSPO3	rs1936805	CT
FLRT1	rs11231693	GG
PLIN1	rs139271800	TT
HOXC12	rs10783615	AA
ZC3H11B	rs2820443	AA
CEBPA	rs4081724	CC
INTERGENIC	rs10245353	AC
WARS2	rs2645294	GG
LY86	rs1294410	CC

REDUCED RISK

Percentile 22%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Lower predisposition; maintain current healthy habits to support glucose stability.

Based on genotype rating

Description

Blood glucose amount refers to the concentration of glucose measured in the blood, reflecting how efficiently the body regulates blood sugar through insulin and other metabolic pathways. It serves as a key indicator of energy balance, carbohydrate metabolism, and diabetes risk. Both genetic and lifestyle factors (diet, exercise, body weight) contribute to variation in blood glucose levels. Understanding your genetic predisposition helps in adopting dietary and lifestyle strategies to maintain optimal glucose control.

Result

Your PRS score for blood glucose amount places you in the 22.3 percentile, indicating a lower genetic risk for elevated blood glucose. Continue maintaining a healthy lifestyle with balanced nutrition and regular movement to preserve optimal metabolic health.

Population Distribution

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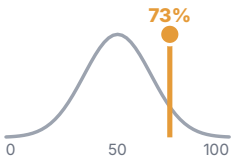
Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2022.09.001

MEDIUM RISK

Percentile 73%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a balanced diet, engage in both resistance and aerobic exercises, and monitor body composition regularly.

Based on genotype rating

Description

Body composition measurement refers to assessing the percentages of fat, muscle, and bone in the body. Understanding body composition is important for evaluating overall health, fitness, and risk for conditions like obesity, osteoporosis, and sarcopenia. Genetic predisposition influences how the body distributes fat, builds muscle, and maintains bone density. By understanding these tendencies, individuals can take proactive measures, such as adjusting diet and exercise routines, to optimize body composition for better health outcomes.

Result

Your PRS score for body composition measurement places you in the 72.4 percentile, suggesting a moderate predisposition to variations in body composition. Maintaining a balanced diet that includes an appropriate amount of protein, healthy fats, and carbohydrates is important. Engaging in a combination of resistance training and aerobic exercises will help manage fat and muscle percentages effectively. Routine body composition assessments can help track progress and make necessary adjustments to your fitness regimen.

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
MC4R	rs2229616	GG
PPARG	rs1801282	CC
SEC16B	rs543874	TT
GIPR	rs1800437	CG
SLC39A8	rs13107325	GG
NRXN3	rs10146997	GG
ADCY3	rs11676272	TT
MC4R	rs10871777	TT
WSCD2	rs3764002	TT

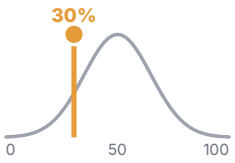
Body Mass Index (BMI)

Category: Endocrine and Metabolism

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0004340

● MEDIUM RISK

Percentile 30%



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

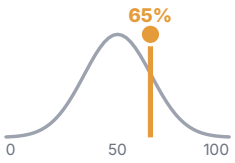
[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

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

MEDIUM RISK

Percentile 65%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a balanced diet, limit alcohol, and monitor uric acid levels.

Based on genotype rating

Description

Gout is a type of arthritis characterized by painful swelling of the joints, often caused by the deposition of urate crystals. It typically affects the big toe but can also impact other joints such as the ankles, knees, and wrists. High uric acid levels in the blood lead to the formation of these crystals. Risk factors include genetics, diet, alcohol consumption, and obesity. Gout can cause sudden and severe pain, often occurring at night.

Result

Your PRS score for gout places you in the 65.7 percentile, suggesting a moderate risk. A balanced diet, limiting alcohol, and staying well-hydrated can help reduce the risk of gout flares. Regular monitoring of uric acid levels is also advised to catch any potential problems early.

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

[2] Elsevier
DOI: 10.1016/j.ajhg.2024.06.003

Top Genetic Markers

Gene	RS ID	Genotype
ABCG2	rs1481012	TT
ABCG2	rs2231142	CC
SLC2A9	rs16890979	AG
TNS1	rs7573770	GG
SLC22A11	rs2078267	TC
GCKR	rs1260326	TC
SLC2A9	rs10805346	GA
SLC2A9	rs7675964	AG
SLC17A1	rs2762353	CC
RNASEH2C	rs11227281	GA

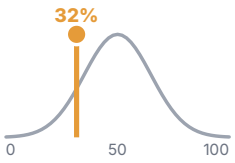
Iron Metabolism Disorders

Category: Endocrine and Metabolism

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0002279

● MEDIUM RISK

Percentile 32%



Interpretation

Medium Risk compared to the population average.

Recommendations

Include iron-rich foods, monitor intake, and have regular health check-ups.

Based on genotype rating

Description

Iron Metabolism Disorddrs refers to any disorder affecting the absorption, transport, storage, or utilization of iron within the body. Iron is a crucial mineral involved in producing hemoglobin in red blood cells, which is essential for oxygen transport throughout the body. Disruptions in iron metabolism can lead to conditions like iron deficiency anemia, hemochromatosis (iron overload), or other metabolic imbalances. Symptoms of iron metabolism disorders may include fatigue, weakness, joint pain, or organ damage. Proper diagnosis and management of iron levels are key to preventing complications and maintaining good health.

Result

Your PRS score for iron metabolism disease places you in the 30.6 percentile, suggesting a moderate predisposition. To maintain proper iron balance, include iron-rich foods like red meat, leafy greens, and legumes in your diet while also monitoring intake to avoid excess. Regular health check-ups, including blood tests to evaluate iron levels, are recommended.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

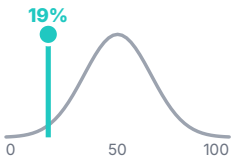
[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
HFE	rs1800562	GG
H2BC4	rs198846	CC
H1-2	rs9689245	GG
H4C1	rs3734528	AA
H3C2	rs10484433	GG
CDC14C	rs6583481	TT

REDUCED RISK

Percentile 19%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Although the risk is low, maintaining adequate iodine intake and monitoring thyroid health are essential preventive measures.

Based on genotype rating

Description

Nontoxic Goiter refers to the sporadic enlargement of the thyroid gland that is not associated with changes in thyroid function or malignancy. This condition is often caused by iodine deficiency, hormonal imbalances, or genetic factors and typically presents as a painless swelling in the neck. While nontoxic goiters do not usually cause symptoms of hyperthyroidism or hypothyroidism, they can occasionally lead to difficulty swallowing or breathing if the enlargement is significant.

Result

Your PRS score for nontoxic goiter places you in the 19.9 percentile, indicating a lower likelihood of experiencing this condition. However, ensuring an adequate intake of iodine and routine thyroid check-ups are recommended for overall thyroid health.

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
OR4K15	rs1959607	TT
MICOS10	rs10799824	GG
IGFBP5	rs13015993	TT
BMP2	rs6133344	CC

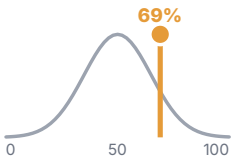
Osteoporosis

Category: Endocrine and Metabolism

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0003882

MEDIUM RISK

Percentile 69%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate risk; regular exercise and balanced diet support bone density.

Based on genotype rating

Description

Osteoporosis is characterized by reduced bone mass with decreased cortical thickness and a reduction in the number and size of the trabeculae of cancellous bone, leading to an increased risk of fractures. This condition can be primary (including postmenopausal, age-associated, or idiopathic osteoporosis) or secondary due to identifiable factors such as nutritional deficiencies, endocrine disorders, or prolonged medication use.

Result

Your calculated PRS for osteoporosis places you in the 69.1 percentile, indicating a moderate risk. Maintaining a balanced diet rich in calcium and vitamin D, along with regular physical activity, can help support bone health. Routine bone density screenings may also be helpful.

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

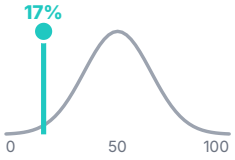
[2] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
FAM3C	rs917727	GG
SFRP4	rs1524058	GA
HLA-B	rs9265882	AA
AKAP11	rs9594738	TC
LRP5	rs3736228	TC
ZBTB40	rs7524102	AA
MEPE	rs1471403	CC
VEGFA	rs1003167	TG
INTERGENIC	rs11098092	AG
WLS	rs983034	GA

REDUCED RISK

Percentile 17%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Lower predisposition, but healthy habits are important for continued health and reducing risks.

Based on genotype rating

Description

Type 2 diabetes mellitus (T2DM) is a chronic metabolic disorder characterized by insulin resistance and high blood glucose levels. Unlike type 1 diabetes, T2DM often develops gradually over time and is linked to lifestyle factors such as diet, physical inactivity, and obesity, as well as genetic predisposition. Symptoms may include increased thirst, frequent urination, blurred vision, and fatigue. Effective management involves a combination of dietary changes, physical activity, medications, and in some cases, insulin therapy to control blood sugar levels and reduce complications.

Result

Your PRS score for type 2 diabetes mellitus places you in the 16.9 percentile, indicating a lower predisposition. However, adopting a healthy lifestyle will help sustain optimal health and reduce the risk of various chronic conditions.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/gim.2016.103

Top Genetic Markers

Gene	RS ID	Genotype
TCF7L2	rs7903146	CC
TCF7L2	rs117764423	AA
KCNQ1	rs2237896	GG
THADA	rs10203174	AG
FTO	rs1558902	AT
ADCY5	rs11717195	AG
WFS1	rs1801214	TT
INTERGENIC	rs2943640	CC
CDKAL1	rs7756992	GA
HNF1B	rs11651052	CT

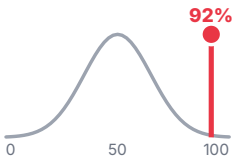
Vitamin B12 Deficiency

Category: Endocrine and Metabolism

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0000734

HIGH RISK

Percentile 92%



Interpretation

High Risk compared to the population average.

Recommendations

High predisposition; regular monitoring of vitamin B12 levels and supplementation may be required to prevent deficiency-related health issues.

Based on genotype rating

Description

Vitamin B12 deficiency is characterized by low levels of vitamin B12 in the blood, which can either be inherited or acquired. Vitamin B12 plays a critical role in the normal functioning of the brain and nervous system and is essential for red blood cell formation. Deficiency can lead to symptoms such as fatigue, weakness, memory issues, and neurological complications. Addressing vitamin B12 deficiency may involve dietary changes or supplementation.

Result

Your calculated Polygenic Risk Score (PRS) for vitamin B12 deficiency places you in the 92.0 percentile, indicating a high predisposition. It may be beneficial to monitor your vitamin B12 levels regularly and consider dietary changes or supplements to maintain adequate levels.

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
TCN1	rs34324219	GT
CUBN	rs1801222	CC
FUT2	rs601338	GG
PTPN22	rs2476601	TT
HLA-C	rs1130838	AA
IGFN1	rs3738270	TT
IKZF1	rs10276619	AG
ATXN2	rs3184504	AG
CGAS	rs311685	CC
ITGB3	rs5918	TT

CATEGORY • MEDIUM RISK

Cardiovascular

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

Average: 38%

12	38%	1	7	3	1
ANALYZED	AVERAGE	ELEVATED RISK	MEDIUM RISK	REDUCED RISK	LOW RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

- 1 Elevated Risk
- 7 Medium Risk
- 3 Reduced Risk
- 1 Low Risk

Traits Included in This Category

Cardiac Arrhythmia	Medium
Cardiomyopathy	Low
Hypercholesterolemia	Medium
Varicose Veins	Medium
Coronary Artery Disease	Medium
Heart Failure	Reduced
Hypertension	Reduced
Myocardial Infarction	Elevated
Response to Beta Blocker	Medium
Response to Statin	Reduced
Thrombotic Disease	Medium
Triglyceride	Medium

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

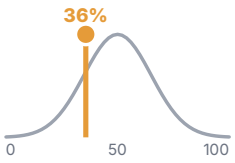
Cardiac Arrhythmia

Category: Cardiovascular

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0004269

MEDIUM RISK

Percentile 36%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; maintain balanced exercise and diet for cardiac rhythm support.

Based on genotype rating

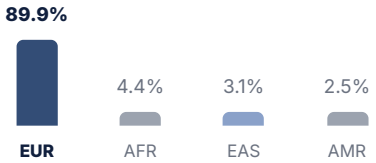
Description

Cardiac arrhythmia refers to any disturbance in the normal rhythmic beating of the heart, resulting from abnormalities in heart rate, impulse generation, or conduction. It can manifest as tachycardia (rapid heart rate), bradycardia (slow heart rate), or irregular rhythm (such as atrial fibrillation). These disturbances can arise from structural heart changes, electrolyte imbalances, stress, or genetic predisposition affecting cardiac ion channels and electrical signaling. Understanding your genetic risk helps in early detection and adoption of heart-healthy habits.

Result

Your PRS score for cardiac arrhythmia places you in the 36.8 percentile, indicating an average genetic predisposition. Maintain heart-healthy lifestyle habits such as regular aerobic exercise, a balanced diet, and adequate hydration to support optimal cardiac rhythm. Periodic ECG monitoring can be useful if you have additional risk factors.

Population Distribution



Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] AHA Journals
DOI: 10.1161/CIRCULATIONAHA.117.031431

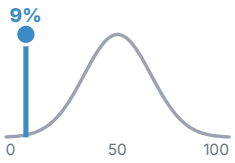
[2] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
SCN5A	rs62241190	TT
SCN10A	rs6801957	GG
SCN5A	rs34760424	CC
ZFPM2	rs72671655	TT
INTERGENIC	rs72622262	GG
SCN5A	rs7374540	TT
ABCB1	rs2229107	TT

LOW RISK

Percentile 9%



Interpretation

Low Risk compared to the population average.

Recommendations

Continue with heart-healthy habits, regular exercise, and routine check-ups to support overall cardiovascular health.

Based on genotype rating

Description

Cardiomyopathy is a disease of the heart muscle (myocardium) that affects the heart's ability to pump blood effectively. It can be classified into different types based on the underlying pathology, such as hypertrophic, dilated, or restrictive cardiomyopathy. Cardiomyopathy can lead to heart failure, arrhythmias, or other serious cardiovascular complications. Genetic predisposition is a key factor in many types of cardiomyopathy, and understanding your risk can help in early diagnosis, management, and preventive measures to maintain heart health.

Result

Your PRS score for cardiomyopathy places you in the 8.9 percentile, indicating a lower predisposition to this condition. Although your genetic risk is reduced, it is still important to maintain overall heart health by engaging in regular exercise, eating a balanced diet, and monitoring cardiovascular risk factors, such as blood pressure and cholesterol. Routine check-ups will help ensure that any changes in heart function are detected early.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

No scientific references available

Top Genetic Markers

Gene	RS ID	Genotype
SLC35F1	rs283043	GG
SPPL2C	rs12373168	AA
CDKN1A	rs6937605	CC
FERMT2	rs17694496	AA
SLC35F1	rs454842	GG
NMB	rs2292462	AA

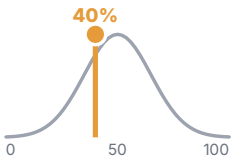
Hypercholesterolemia

Category: Cardiovascular

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: HP_0003124

MEDIUM RISK

Percentile 40%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a healthy diet and routine monitoring of cholesterol levels.

Based on genotype rating

Description

Hypercholesterolemia is a condition characterized by an increased concentration of cholesterol in the blood. Elevated cholesterol levels, particularly LDL cholesterol (the "bad" cholesterol), are a significant risk factor for atherosclerosis, cardiovascular diseases, and stroke. Hypercholesterolemia can be influenced by genetic factors, diet, lifestyle, and other underlying health conditions. Management includes dietary changes, exercise, and, in some cases, medication to maintain healthy cholesterol levels and reduce the risk of complications.

Result

Your PRS score for hypercholesterolemia places you in the 41.1 percentile, suggesting a moderate predisposition. Maintaining a heart-healthy diet rich in fruits, vegetables, and healthy fats (such as omega-3s) along with regular exercise can help maintain healthy cholesterol levels. Routine blood tests to monitor cholesterol are also recommended.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

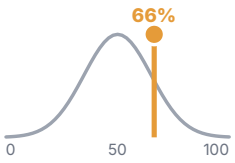
[1] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
PCSK9	rs11591147	GG
LDLR	rs6511720	GG
APOC1	rs445925	GG
ZPR1	rs964184	GG
CELSR2	rs12740374	TG
APOC1	rs4420638	AA
LPA	rs3798220	AA
APOB	rs1367117	CC
TM6SF2	rs58542926	AG
APOB	rs541041	CT

MEDIUM RISK

Percentile 66%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; adopting healthy habits may reduce the risk of developing symptoms.

Based on genotype rating

Description

Varicose veins are enlarged and tortuous veins that typically occur in the legs. They result from weakened vein walls and valves, leading to poor blood flow and vein distension. Risk factors include age, gender, family history, prolonged standing, and obesity. Varicose veins can cause symptoms such as pain, swelling, heaviness, and itching. In some cases, they may lead to complications like ulcers or deep vein thrombosis. Treatment options include compression stockings, sclerotherapy, and surgical procedures.

Result

Your PRS for varicose veins places you in the 65.4 percentile, suggesting a moderate risk. Regular physical activity and elevating your legs when resting may help prevent worsening of symptoms.

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

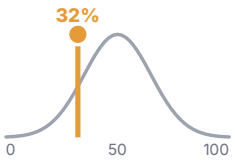
[2] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
PNO1	rs2044693	AG
SLC12A2	rs3749748	TT
ATF1	rs1129406	CC
RPN1	rs2713587	TT
NDP	rs5906426	TT
EBF1	rs11954193	TC
PIEZO1	rs9933309	GG
RSPO3	rs9491696	CG
NFATC2	rs6021275	CT

MEDIUM RISK

Percentile 32%



Interpretation

Medium Risk compared to the population average.

Recommendations

Follow a healthy diet, engage in physical exercise, avoid smoking, and have regular cardiovascular evaluations.

Based on genotype rating

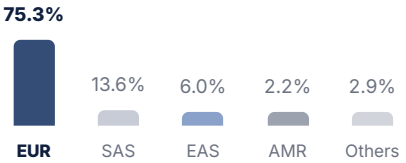
Description

Coronary artery disease (CAD) is a condition characterized by the narrowing or blockage of the coronary arteries due to the buildup of fatty deposits (atherosclerosis) inside the arterial walls. This reduces blood flow to the heart muscle and can lead to symptoms such as chest pain (angina) or even heart attacks. Risk factors for CAD include high blood pressure, high cholesterol, smoking, diabetes, and a family history of heart disease. Understanding your genetic predisposition can help guide preventive measures to protect heart health.

Result

Your PRS score for coronary artery disease places you in the 31.2 percentile, suggesting a moderate predisposition. Maintaining a healthy lifestyle, including a diet rich in whole grains, fruits, and vegetables, as well as regular physical exercise, can help lower your risk. Avoiding smoking and managing stress levels are also important preventive measures. Regular health check-ups to monitor blood pressure, cholesterol, and overall heart health are recommended to catch any early signs of CAD.

Population Distribution



Access Your Full Report

Scan to view full genetic profile

Scientific References

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

[2] Circ Genom Precis Med
DOI: 10.1161/circgen.120.002932

Top Genetic Markers

Gene	RS ID	Genotype
SLC22A3	rs1510226	TT
PLG	rs186696265	CC
CDKN2B-AS1	rs4977574	GA
SLC22A3	rs9457927	AA
LDLR	rs6511720	GG
APOC1	rs4420638	AA
RFK	rs183634604	GG
INTERGENIC	rs118009768	AA
SLC22A2	rs147010904	GG
PHACTR1	rs9349379	AG

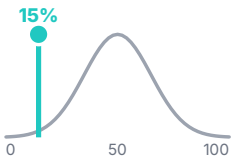
Heart Failure

Category: Cardiovascular

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0003144

REDUCED RISK

Percentile 15%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Maintain a healthy lifestyle and monitor heart health regularly.

Based on genotype rating

Description

Heart failure is the inability of the heart to pump blood at an adequate rate to meet the metabolic requirements of tissues. Symptoms include dyspnea (shortness of breath), fluid retention, jugular venous distension, and pulmonary(lung) edema. Early diagnosis and intervention are key to managing the condition and improving life quality.

Result

Your PRS score for heart failure places you in the 14.6 percentile, indicating a lower genetic predisposition. Despite the lower genetic risk, maintaining a healthy lifestyle, monitoring blood pressure, and avoiding risk factors can help further reduce the likelihood of developing heart failure.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

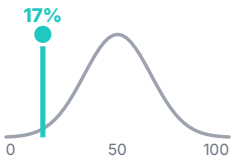
[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
INTERGENIC	rs17141233	TT
PPFIA2	rs7299713	GG
SLC22A3	rs1510226	TT
MAP3K7CL	rs2832227	AA
LBX1	rs12269508	CC
BAG3	rs2234962	CT
PITX2	rs2129982	TT
ALG12	rs9627644	AG
DDX10	rs989595	AA
PITX2	rs2634073	AG

REDUCED RISK

Percentile 17%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Continue with healthy habits for overall cardiovascular health.

Based on genotype rating

Description

Hypertension is defined as persistently high systemic arterial blood pressure, usually greater than 140/90 mm Hg based on multiple readings. Hypertension is a major risk factor for cardiovascular diseases, including heart attacks, stroke, and heart failure. It is often asymptomatic but might lead to severe health complications if untreated. Factors contributing to hypertension include genetic predisposition, diet (particularly salt intake), stress, physical inactivity, and other health conditions. Management may involve lifestyle changes, dietary adjustments, and medication.

Result

Your PRS score for hypertension places you in the 15.5 percentile, indicating a lower predisposition to developing high blood pressure. Despite the lower genetic risk, maintaining healthy lifestyle habits, including a balanced diet and regular physical activity, is still important for long-term cardiovascular health.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/s41588-020-00757-z

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

Top Genetic Markers

Gene	RS ID	Genotype
HFE	rs143278243	GG
SVEP1	rs76038906	CC
FGF5	rs16998073	AA
ATXN2	rs76821272	TT
ENPEP	rs33966350	GG

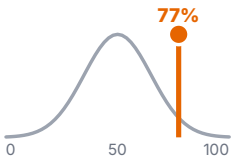
Myocardial Infarction

Category: Cardiovascular

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0000612

● ELEVATED RISK

Percentile 77%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Regular cardiovascular screenings and lifestyle modifications are key to managing risk. It's also important to monitor cholesterol, blood pressure, and blood glucose levels closely.

Based on genotype rating

Description

Myocardial Infarction (MI), commonly known as a heart attack, occurs due to the interruption of blood flow to the heart muscle (myocardium), often caused by a coronary artery blockage. This lack of oxygenated blood results in necrosis or death of heart tissue, potentially leading to severe complications, including heart failure and arrhythmias. MI symptoms can include chest pain, shortness of breath, sweating, and nausea. Timely intervention is crucial for limiting heart damage, and prevention strategies such as healthy diet, exercise, and avoiding smoking are essential for reducing the risk of MI.

Result

Your PRS score for myocardial infarction places you in the 78.4 percentile, indicating an elevated risk of experiencing a heart attack. It is highly recommended to undergo regular cardiovascular screenings and monitor cholesterol, blood pressure, and blood glucose levels closely. A heart-healthy lifestyle, including a balanced diet, regular exercise, and avoiding smoking, can play a significant role in reducing your risk.

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
LPA	rs10455872	TT
ATXN2	rs3184504	AG
PHACTR1	rs9349379	AG
CDKN2B-AS1	rs1333049	CG
WDR12	rs35212307	GA
LPA	rs3798220	AA
CDKN2B-AS1	rs2383207	GA
MRPS6	rs9982601	CT
ZC3HC1	rs11556924	AG
NUP54	rs1128864	AG

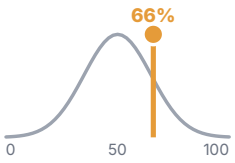
Response to Beta Blocker

Category: Cardiovascular

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0007766

MEDIUM RISK

Percentile 66%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate response potential; dosage adjustments and monitoring may be necessary for effective outcomes.

Based on genotype rating

Description

Response to beta blockers refers to the body's physiological reaction to beta-blocker medications, which are commonly used to treat conditions such as hypertension, angina, cardiac arrhythmias, and heart failure. These medications work by blocking the effects of epinephrine (adrenaline), which helps lower blood pressure, reduce heart rate, and improve blood flow. The efficacy of beta blockers can vary significantly between individuals due to genetic factors, which influence drug metabolism and receptor response. Genetic predisposition may play a significant role in determining optimal dosage and effectiveness.

Result

Your calculated PRS for response to beta blockers places you in the 67.0 percentile, suggesting a moderate likelihood of benefit from beta-blocker therapy. It is important to work with your healthcare professional to adjust the dosage and monitor side effects, ensuring effective management of your condition.

Population Distribution

Access Your Full Report

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Scientific References

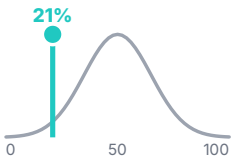
[1] AHA Journals
DOI: 10.1161/circheartfailure.119.007012

Top Genetic Markers

Gene	RS ID	Genotype
CMTM6	rs367841	GG

REDUCED RISK

Percentile 21%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Lower response; alternative therapies may be needed for effective cholesterol management.

Based on genotype rating

Description

Response to statin refers to the physiological changes that occur in an individual following the use of a statin medication. Statins are drugs commonly prescribed to lower cholesterol levels by inhibiting the enzyme hydroxymethylglutaryl-CoA reductase, which plays a central role in the production of cholesterol in the liver. Understanding an individual's genetic predisposition to statin response can provide valuable information for treatment personalization, especially in managing hyperlipidemia and reducing the risk of cardiovascular events.

Result

Your PRS score for response to statins places you in the 20.9 percentile, indicating a lower genetic predisposition to statin effectiveness. Your healthcare provider may consider alternative cholesterol-lowering therapies or additional medications to ensure effective lipid management.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

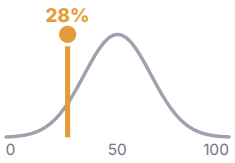
[1] Oxford Academic
DOI: 10.1093/brain/awac186

Top Genetic Markers

Gene	RS ID	Genotype
VPS8	rs16848588	CC
LPA	rs10455872	TT
APOC1	rs445925	GG
E2F6	rs7586037	CC
SLCO1B1	rs2900478	TT

MEDIUM RISK

Percentile 28%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; maintaining an active lifestyle and monitoring for any symptoms can aid in effective risk management.

Based on genotype rating

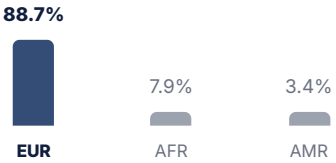
Description

Thrombotic disease refers to the formation of a blood clot in a vessel or heart chamber, leading to blockage of blood flow. Thrombosis may occur in both arteries and veins and can lead to serious complications such as stroke, heart attack, or pulmonary embolism. Causes of thrombotic disease include coagulation disorders, vascular endothelial injury, immobility, and inflammation. Preventative measures include staying active, avoiding risk factors like smoking, and managing underlying health conditions that can promote clotting.

Result

Your calculated PRS for thrombotic disease places you in the 26.6 percentile, indicating a moderate risk. Staying active, maintaining a healthy diet, and monitoring for symptoms like leg pain or chest discomfort can help manage your risk.

Population Distribution



Access Your Full Report

Scan to view full genetic profile

Scientific References

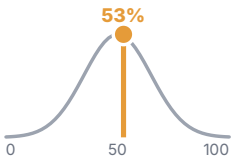
[1] Nature
DOI: 10.1038/s41588-019-0519-3

Top Genetic Markers

Gene	RS ID	Genotype
F5	rs6025	GG
FGA	rs6050	GA
SURF6	rs507666	CC
F11	rs2289252	CT
SURF6	rs635634	GG
MYBPC3	rs2856656	AA
SLC44A2	rs2288904	GA
KLKB1	rs3733402	GA
VWF	rs1063856	AA
F11	rs925452	TT

MEDIUM RISK

Percentile 53%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; a balanced diet and physical activity are recommended for optimal triglyceride management.

Based on genotype rating

Description

Triglyceride measurement quantifies the amount of triglycerides in blood. Triglycerides are a type of fat (lipid) found in your blood and are used by the body for energy. High levels of triglycerides are associated with an increased risk of cardiovascular disease, including atherosclerosis, heart attacks, and strokes. Measuring triglyceride levels is a common part of routine blood tests to monitor heart health and assess the risk of developing cardiovascular conditions. It is often advised to maintain healthy triglyceride levels through diet, exercise, and lifestyle modifications.

Result

Your calculated PRS for triglycerides places you in the 51.7 percentile, indicating a moderate risk. Maintaining a balanced diet and incorporating physical activity can help in effectively managing triglyceride levels.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.ajhg.2022.09.001

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

Top Genetic Markers

Gene	RS ID	Genotype
SIK3	rs141469619	TT
LPL	rs268	AA
BUD13	rs141414463	GG
BUD13	rs74792494	TT
ANGPTL4	rs116843064	GG
BACE1	rs1047964	CC
CD300LG	rs72836561	CC

CATEGORY • MEDIUM RISK

Gastrointestinal system

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

Average: 42%

8	42%	2	4	2
ANALYZED	AVERAGE	ELEVATED RISK	MEDIUM RISK	REDUCED RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

- 2 Elevated Risk
- 4 Medium Risk
- 2 Reduced Risk

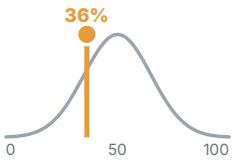
Traits Included in This Category

Crohn's Disease	Medium
Alcoholic Liver Cirrhosis	Medium
Celiac Disease	Elevated
Cholelithiasis	Reduced
Diverticular Disease	Medium
Gallstones	Reduced
Gastroesophageal Reflux Disease (GERD)	Elevated
Inflammatory Bowel Disease	Medium

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

MEDIUM RISK

Percentile 36%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a healthy diet, avoid smoking, manage stress, and have regular check-ups to monitor gut health.

Based on genotype rating

Description

Crohn's disease is a chronic inflammatory bowel disorder that can affect any part of the gastrointestinal tract, most commonly the terminal ileum and colon. It is characterized by symptoms such as abdominal pain, diarrhea, weight loss, and fatigue. Understanding your genetic predisposition to Crohn's disease can support early interventions and preventive strategies aimed at reducing inflammation and maintaining long-term gut health.

Result

Your PRS score for Crohn's disease places you in the 35.2 percentile, suggesting a moderate predisposition to developing this condition. Regular health check-ups to monitor gastrointestinal health are recommended. Maintaining a balanced diet, avoiding smoking, and managing stress are key preventive measures. Consulting a healthcare provider if you experience symptoms such as abdominal discomfort or changes in bowel habits will help ensure early detection and proper management.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/s41467-023-44512-4

Top Genetic Markers

Gene	RS ID	Genotype
PDK1	rs8179584	GT
IL23R	rs11209026	GG
CFB	rs4151651	GG
NOD2	rs2076756	AG
NKD1	rs1990623	AG
SLC39A8	rs13107325	GG
INTERGENIC	rs28826070	CC
PDGFB	rs2413583	GG
CYLD	rs11859674	GG
SMAD3	rs17293632	TC

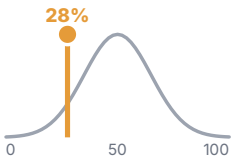
Alcoholic Liver Cirrhosis

Category: Gastrointestinal system

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_1000802

MEDIUM RISK

Percentile 28%



Interpretation

Medium Risk compared to the population average.

Recommendations

Practicing moderation in alcohol consumption and maintaining regular health check-ups are advised to monitor liver health.

Based on genotype rating

Description

Alcoholic liver cirrhosis is a condition characterized by the formation of fibrotic scar tissue in the liver due to prolonged excessive alcohol consumption. Over time, healthy liver cells are replaced by scar tissue, impairing the liver's ability to function effectively. Symptoms may include fatigue, jaundice, and fluid retention in the abdomen. Factors such as genetics, frequency of alcohol consumption, and overall health influence the risk of developing alcoholic liver cirrhosis. Early diagnosis and changes in drinking behavior can help slow the progression of liver damage. Understanding genetic risk can aid in making informed choices about alcohol consumption.

Result

Your PRS score for alcoholic liver cirrhosis places you in the 28.6 percentile, indicating a risk level similar to that of the general population. Practicing moderation and regular liver health check-ups are recommended to maintain liver function and prevent long-term damage.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/s41588-020-00757-z

Top Genetic Markers

Gene	RS ID	Genotype
GPT	rs147998249	GG
GH1	rs5388	GG
PNPLA3	rs738409	GC
TM6SF2	rs58542926	AG
SSTR5	rs4988483	CC
LPA	rs10455872	TT
GGT1	rs186765281	GA
INTERGENIC	rs700752	GG
ZNF827	rs4835265	GG
ALPL	rs149344982	GG

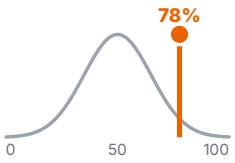
Celiac Disease

Category: Gastrointestinal system

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0001060

● ELEVATED RISK

Percentile 78%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Monitor for symptoms, consult a healthcare provider for testing, and adopt a gluten-free diet if diagnosed.

Based on genotype rating

Description

Celiac disease is an autoimmune disorder characterized by an immune response triggered by the ingestion of gluten, a protein found in wheat, barley, and rye. This immune response damages the small intestinal villi, leading to impaired nutrient absorption. Symptoms of celiac disease include abdominal pain, diarrhea, constipation, and weight loss. If untreated, it can lead to complications such as malnutrition, anemia, and osteoporosis. However, the prognosis is favorable with a strict gluten-free diet. Understanding your genetic predisposition to celiac disease can help guide early testing and dietary adjustments to prevent complications.

Result

Your PRS score for celiac disease places you in the 76.7 percentile, indicating a higher genetic predisposition to developing this autoimmune disorder. It is important to monitor for symptoms, such as abdominal pain or gastrointestinal discomfort, particularly after consuming gluten. Consider consulting a healthcare provider for testing, including serology and biopsy, if symptoms are present. If diagnosed, adopting a strict gluten-free diet will help prevent symptoms and complications. Consulting a nutritionist for support in managing a gluten-free diet is also recommended.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] BMC/Springer
DOI: 10.1186/s13073-015-0196-5

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

Top Genetic Markers

Gene	RS ID	Genotype
HLA-DPA1	rs1431403	AA
HLA-DQA1	rs9272219	TG
HLA-DQB1	rs17212090	GA
HLA-DQB1	rs9469220	CC
IL21	rs6822844	CC
ATXN2	rs653178	GA
BTNL2	rs3763317	GA
HLA-DQB1	rs9275224	TC
SCHIP1	rs17809756	GG
HLA-C	rs3130696	CC

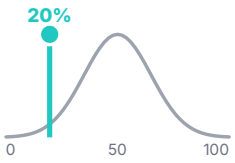
Cholelithiasis

Category: Gastrointestinal system

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0004799

REDUCED RISK

Percentile 20%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Continue with a healthy diet and consult a healthcare provider if any unexpected symptoms occur.

Based on genotype rating

Description

Cholelithiasis refers to the presence of calculi, also known as gallstones, in the gallbladder. Gallstones are hardened deposits of digestive fluid that can vary in size and number, and they may obstruct the bile ducts, leading to symptoms such as abdominal pain, nausea, and vomiting. If left untreated, cholelithiasis can lead to complications, such as cholecystitis or pancreatitis. Understanding your genetic predisposition to cholelithiasis can help guide dietary choices and preventive measures to reduce the risk of gallstone formation.

Result

Your PRS score for cholelithiasis places you in the 20.6 percentile, indicating a lower predisposition to developing gallstones. Although the risk is reduced, it is still beneficial to maintain a healthy diet that supports gallbladder function, avoiding excessive consumption of fatty foods. If you experience any unexpected symptoms, such as abdominal pain or digestive discomfort, consult a healthcare provider for evaluation.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/s41588-020-00757-z

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

Top Genetic Markers

Gene	RS ID	Genotype
ABCG8	rs4299376	TG
DYNC2LI1	rs1025447	TT
ABCG5	rs6756629	CC
ABCG8	rs6709904	AA
SULT2A1	rs2547231	TT
HNF4A	rs1800961	CC
ABCB4	rs4148807	CT
ABCG8	rs11887534	GG
ABCG8	rs4953023	GG
ABCG8	rs41360247	TT

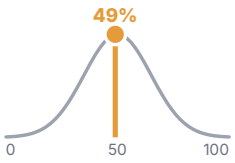
Diverticular Disease

Category: Gastrointestinal system

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0009959

MEDIUM RISK

Percentile 49%



Interpretation

Medium Risk compared to the population average.

Recommendations

Include adequate fiber, stay active, and monitor symptoms.

Based on genotype rating

Description

Diverticular disease is characterized by the formation of small pouches, known as diverticula, in the colon wall. These pouches can become inflamed or infected, leading to diverticulitis. Symptoms of diverticular disease include abdominal pain, bloating, and changes in bowel habits. Understanding your genetic predisposition to diverticular disease can help guide dietary choices and preventive actions to maintain colon health and reduce the risk of complications.

Result

Your PRS score for diverticular disease places you in the 48.0 percentile, suggesting a moderate predisposition. Including adequate fiber in your diet, drinking plenty of water, and staying active can help support colon health. Monitoring symptoms such as abdominal discomfort or changes in bowel movements and consulting a healthcare provider as needed can ensure early intervention.

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
SPINT2	rs7250689	CT
EFEMP1	rs10199082	AA
NALF1	rs11843418	TC
ANO1	rs875106	AA
FBXL13	rs1541519	CC
ARHGAP15	rs13409480	AG
ELN	rs2071307	GA
COL6A2	rs1042917	GG
BDNF	rs925946	CC

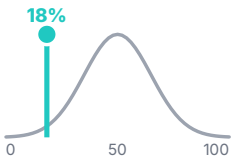
Gallstones

Category: Gastrointestinal system

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0004210

REDUCED RISK

Percentile 18%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Reduced risk; continue healthy dietary habits and monitor symptoms if they arise.

Based on genotype rating

Description

Gallstones are solid crystalline precipitates that form in the biliary tract, usually within the gallbladder. They can be composed of cholesterol, calcium, or bilirubin. Gallstones may be asymptomatic or cause symptoms such as pain, nausea, and vomiting if they obstruct the bile ducts, leading to conditions like cholecystitis or pancreatitis.

Result

Your PRS score for gallstones places you in the 18.3 percentile, indicating a lower predisposition to gallstone formation. While your risk is reduced, it is still important to maintain a healthy diet and stay hydrated. If any symptoms develop, such as pain after eating fatty meals, seek medical attention for further evaluation.

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
ABCG8	rs11887534	GG
ABCG8	rs4245791	TC
SERPINA1	rs28929474	GG
ABCB4	rs4148805	CT
HNF4A	rs1800961	CC
LRBA	rs2290846	CC
FUT2	rs601338	GG
CYP7A1	rs2081687	GG
ABCG5	rs7599296	CC
JMJD1C	rs1935	GG

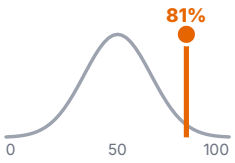
Gastroesophageal Reflux Disease (GERD)

Category: Gastrointestinal system

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0003948

● ELEVATED RISK

Percentile 81%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Monitor symptoms, consult a gastroenterologist, and consider dietary and medical treatments.

Based on genotype rating

Description

Gastroesophageal reflux disease (GERD) is a chronic digestive disorder characterized by the backflow of stomach contents into the esophagus, causing symptoms such as heartburn, regurgitation, and acid indigestion. GERD is often caused by the weakening of the lower esophageal sphincter. Genetic predisposition plays a role in the development and severity of GERD, and early management can help in reducing complications like esophagitis or Barrett's esophagus.

Result

Your PRS score for GERD places you in the 81.8 percentile, indicating an increased genetic predisposition. It is advisable to monitor for symptoms like heartburn, acid reflux, and chest discomfort, particularly after meals. Consulting a gastroenterologist can help in determining effective treatment options, which may include dietary changes, medications, or in severe cases, surgery. Avoiding trigger foods, maintaining a healthy weight, and elevating the head during sleep can also help in managing symptoms.

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
GDF7	rs9306894	AG
CA10	rs967823	TT
PRKCH	rs3783754	AG
SLC39A8	rs13107325	GG
SHISA6	rs9894989	AA
COL1A2	rs369982	GG
TTLL2	rs3010562	CC
TM2D1	rs2365263	TT

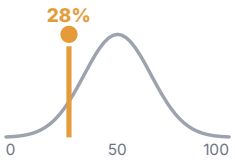
Inflammatory Bowel Disease

Category: Gastrointestinal system

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0003767

MEDIUM RISK

Percentile 28%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain a balanced diet and manage stress to reduce risk.

Based on genotype rating

Description

Inflammatory Bowel Disease (IBD) refers to a group of inflammatory conditions affecting the small and large intestines. It includes Crohn's disease, ulcerative colitis, and indeterminate colitis. The exact cause of IBD is unknown, but it is believed to involve a combination of genetics, immune system dysfunction, and environmental factors. Symptoms of IBD include abdominal pain, diarrhea, weight loss, and fatigue. The condition may also lead to complications like intestinal strictures, fistulas, or increased risk of colorectal cancer. Management involves medications, dietary changes, and sometimes surgery.

Result

Your PRS score for inflammatory bowel disease places you in the 29.2 percentile, suggesting a moderate predisposition. Maintaining a balanced diet, managing stress, and avoiding triggers like certain foods or smoking can help reduce the risk of flare-ups. Routine medical evaluations are advisable to monitor gastrointestinal health.

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
C1orf141	rs11805303	GG
IL23R	rs11209026	GG
CFB	rs4151651	GG
SLC22A4	rs1050152	CT
PSMG1	rs2836878	CT
FCGR2A	rs1801274	AG
GSDMB	rs11078928	GA
HLA-DQB1	rs9273363	TT
TG	rs853326	AG
PPIG	rs2276611	GG

CATEGORY • MEDIUM RISK

Oncology

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

Average: 36%

14	36%	1	8	4	1
ANALYZED	AVERAGE	HIGH RISK	MEDIUM RISK	REDUCED RISK	LOW RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

- 1 High Risk
- 8 Medium Risk
- 4 Reduced Risk
- 1 Low Risk

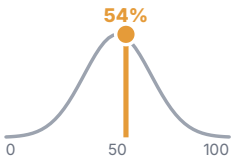
Traits Included in This Category

Lung Cancer	Medium
Basal Cell Carcinoma	Medium
Breast Carcinoma	Medium
Cervical Carcinoma	Medium
Colorectal Cancer	Medium
Cutaneous Melanoma	Reduced
Endometrial Cancer	Medium
Esophageal Cancer	Reduced
Glioblastoma	Reduced
Melanoma	Reduced
Non-Melanoma Skin Carcinoma	Medium
Pancreatic Carcinoma	Low
Thyroid Carcinoma	High
Urinary Bladder Cancer	Medium

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

MEDIUM RISK

Percentile 54%



Interpretation

Medium Risk compared to the population average.

Recommendations

Avoid exposure to smoke and prioritize annual health assessments.

Based on genotype rating

Description

Lung Cancer is a malignant neoplasm that involves the lungs and is primarily classified into two major types: non-small cell lung cancer (NSCLC, ~85% of cases) and small cell lung cancer (SCLC, ~15%). Risk factors include tobacco smoking (80-90% of cases), secondhand smoke, radon, asbestos, and genetic predisposition. Multiple susceptibility loci have been identified through genome-wide association studies, including variants in CHRNA5-CHRNA3-CHRNB4, TERT, and regions on chromosomes 5p15, 6p21, and 15q25. Heritability is estimated at 8-14%, with gene-smoking interactions playing a crucial role in disease development and progression.

Result

Your PRS score for lung cancer places you in the 52.8 percentile, suggesting a moderate predisposition. To manage this risk, avoid exposure to smoke, ensure healthy air quality in your surroundings, and maintain a nutritious diet. Annual health assessments can also help in 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

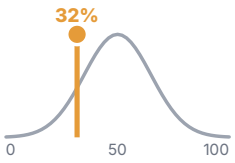
[2] AACR
DOI: 10.1158/0008-5472.can-22-1492

Top Genetic Markers

Gene	RS ID	Genotype
PDE3A	rs12369136	AA
CALCB	rs59536295	CC
TERT	rs2736100	GG
AK5	rs71658797	TT

MEDIUM RISK

Percentile 32%



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

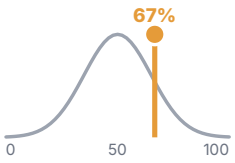
[2] Nature
DOI: 10.1038/s41467-022-35345-8

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

MEDIUM RISK

Percentile 67%



Interpretation

Medium Risk compared to the population average.

Recommendations

Perform regular screenings, adopt a healthy lifestyle, and consult a healthcare provider for personalized advice.

Based on genotype rating

Description

Breast carcinoma is a type of cancer that originates from the epithelial cells of the breast. It is one of the most common cancers affecting women, but it can also occur in men. Breast cancer can vary in its aggressiveness, depending on factors like the type of cells involved and the presence of specific hormone receptors. Understanding your genetic predisposition to breast carcinoma can help guide screening practices, lifestyle choices, and preventive measures to reduce your risk and improve early detection.

Result

Your PRS score for breast carcinoma places you in the 65.6 percentile, suggesting a moderate predisposition. Maintaining regular breast screenings, such as mammograms, and performing self-examinations can help in early detection. A balanced lifestyle, including exercise, a nutrient-rich diet, and avoiding smoking, is recommended. Consulting a healthcare provider for personalized screening recommendations will help in managing 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

[2] Elsevier
DOI: 10.1016/j.ajhg.2018.11.002

Top Genetic Markers

Gene	RS ID	Genotype
ESR1	rs2747652	TT
FGFR2	rs2981579	CT
FGFR2	rs2912774	AA
BRCA2	rs11571833	AA
TOX3	rs4784227	GG
MAP3K1	rs2229882	CC
HNF4G	rs2943559	AA
TNP1	rs6721996	CT
INTERGENIC	rs16856925	AA
FGF19	rs17136816	AA

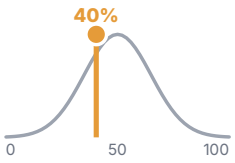
Cervical Carcinoma

Category: Oncology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0001061

MEDIUM RISK

Percentile 40%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain regular screenings, consider vaccination, avoid smoking, and consult your healthcare provider for appropriate care.

Based on genotype rating

Description

Cervical carcinoma is a type of cancer that arises from the cells of the cervix, which is the lower part of the uterus that connects to the vagina. Human papillomavirus (HPV) infection is a major risk factor for the development of cervical cancer. Understanding your genetic predisposition to cervical carcinoma can help guide regular screenings, preventive measures, and vaccination strategies to reduce the risk of developing this cancer.

Result

Your PRS score for cervical carcinoma places you in the 41.4 percentile, suggesting a moderate predisposition. Regular cervical screenings, including Pap smears, are important for early detection of any abnormalities. If eligible, vaccination against HPV can also help reduce your risk. Maintaining a healthy lifestyle and avoiding smoking are key strategies for lowering the risk of cervical cancer. Consulting your healthcare provider for appropriate screening intervals is advisable.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

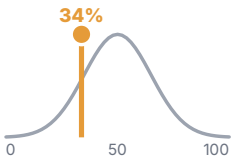
[1] PLOS
DOI: 10.1371/journal.pgen.1010105

Top Genetic Markers

Gene	RS ID	Genotype
COL11A2	rs970901	GA
HLA-DRA	rs3135392	CC
OR8G1	rs4268525	GG
HLA-DRA	rs3129878	AA
IL34	rs8046424	GC
MARCHF2	rs1133893	GG
TIAM2	rs4326247	GT
TH	rs6356	GG
SBSPON	rs6472748	TC
CDH23	rs10999947	AA

MEDIUM RISK

Percentile 34%



Interpretation

Medium Risk compared to the population average.

Recommendations

Follow recommended screening guidelines, maintain a healthy lifestyle, and discuss your genetic risk with a healthcare provider.

Based on genotype rating

Description

Colorectal cancer is a malignant tumor that originates in the colon or rectum, most commonly from the epithelial lining of the intestinal wall. It often begins as benign polyps that may transform into cancer over time. Risk factors include age, genetic predisposition, dietary habits, physical inactivity, and certain inflammatory bowel conditions. Understanding your genetic risk for colorectal cancer can guide screening strategies and preventive measures to reduce overall risk.

Result

Your PRS score for colorectal cancer places you in the 33.8 percentile, suggesting a moderate genetic predisposition. It is advisable to start regular colorectal screenings at the recommended age and follow a diet rich in vegetables, fruits, and whole grains. Physical activity, maintaining a healthy weight, and avoiding smoking are also beneficial for reducing your risk. Discussing your genetic risk with your healthcare provider can help determine the best approach for screenings and prevention.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

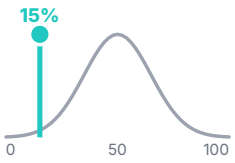
[1] Elsevier
DOI: 10.1016/j.ajhg.2020.08.025

Top Genetic Markers

Gene	RS ID	Genotype
CARS1	rs78635289	GG
SCG5	rs16969681	TC
POU5F1B	rs6983267	GT
PREX1	rs6066825	CC

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

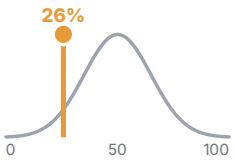
Endometrial Cancer

Category: Oncology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0011962

MEDIUM RISK

Percentile 26%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain vigilance for symptoms and continue with regular health screenings.

Based on genotype rating

Description

Endometrial cancer is a type of cancer affecting the inner lining of the uterus (endometrium). It is often associated with hormonal imbalances, particularly an excess of estrogen without sufficient progesterone. Risk factors include obesity, lack of physical activity, diabetes, and certain genetic mutations. Endometrial cancer is commonly diagnosed in postmenopausal women and often presents with abnormal uterine bleeding. Understanding genetic risk can lead to proactive health management and early intervention.

Result

Your PRS score for endometrial cancer places you in the 25.7 percentile, indicating a lower risk compared to the population. While the genetic predisposition is low, it is advisable to stay vigilant about symptoms such as irregular bleeding and maintain regular gynecological screenings, especially in postmenopausal years.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Wiley
DOI: 10.1002/ijc.33176

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

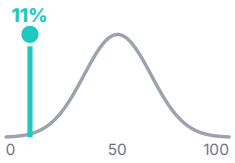
[3] Nature
DOI: 10.1038/s41467-021-21288-z

Top Genetic Markers

Gene	RS ID	Genotype
HNF1B	rs11263763	TC
INTERGENIC	rs139584729	CC
KLF5	rs9600103	TA
PTPRD	rs2475335	GA
CDKN2B-AS1	rs1679014	TT
KTN1	rs1953358	AA
INTERGENIC	rs9399840	TT

REDUCED RISK

Percentile 11%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Although the risk is low, adopting a lifestyle that supports digestive health remains important. This includes balanced nutrition, maintaining a healthy weight, and avoiding smoking.

Based on genotype rating

Description

Esophageal cancer is a malignant tumor that originates in the lining of the esophagus. Esophageal cancer is often detected in advanced stages, making early diagnosis and intervention crucial for effective treatment. Symptoms typically include difficulty swallowing, chest pain, and unintentional weight loss.

Result

Your PRS score for esophageal cancer places you in the 11.7 percentile, indicating a lower genetic predisposition. While the risk is reduced, maintaining a diet rich in fruits and vegetables, avoiding tobacco, and limiting alcohol intake are recommended to support overall esophageal health.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

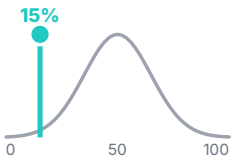
[1] Elsevier
DOI: 10.1016/j.ajhg.2020.08.025

Top Genetic Markers

Gene	RS ID	Genotype
SUMF1	rs62257635	AA
OR13C4	rs1523668	CC
MMP8	rs117825943	AA

REDUCED RISK

Percentile 15%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Follow a healthy lifestyle and seek medical advice for any unusual symptoms.

Based on genotype rating

Description

Glioblastoma is an aggressive form of brain cancer that originates from glial cells. It is the most common primary brain tumor in adults and is characterized by rapid growth and a high level of invasiveness, making treatment challenging. Symptoms may include headaches, nausea, seizures, and changes in behavior or cognition. Genetic factors can influence the risk of developing glioblastoma, although it is generally considered a sporadic cancer.

Result

Your PRS score for glioblastoma places you in the 15.3 percentile, indicating a lower predisposition. Although the risk is low, it is still advisable to maintain overall brain health through a healthy lifestyle. Be attentive to any unusual neurological symptoms and seek medical advice if needed.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

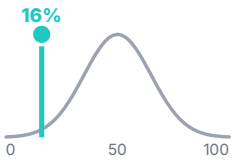
[1] AACR
DOI: 10.1158/0008-5472.can-22-1492

Top Genetic Markers

Gene	RS ID	Genotype
BPI	rs1341021	GG
LAMA2	rs78880369	TT
TP53	rs78378222	AA
SCAND3	rs147087175	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

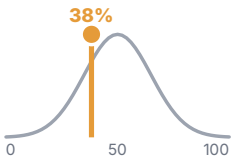
Non-Melanoma Skin Carcinoma

Category: Oncology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0009260

MEDIUM RISK

Percentile 38%



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

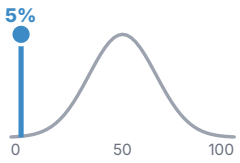
Pancreatic Carcinoma

Category: Oncology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0002618

LOW RISK

Percentile 5%



Interpretation

Low Risk compared to the population average.

Recommendations

Low risk; continue a healthy lifestyle to further minimize risks.

Based on genotype rating

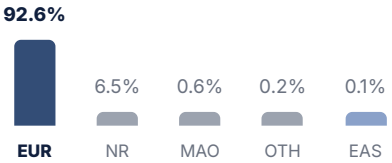
Description

Pancreatic carcinoma is a malignant tumor that arises from the epithelial cells of the exocrine pancreas. It is one of the most aggressive forms of cancer and often presents with non-specific symptoms such as abdominal pain, weight loss, and jaundice. Early detection is critical but challenging due to the deep anatomical location of the pancreas.

Result

Your PRS score for pancreatic carcinoma places you in the 5.5 percentile, indicating a low genetic predisposition. However, maintaining a healthy diet and avoiding known risk factors such as smoking can still be beneficial for overall health and prevention.

Population Distribution



Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Elsevier
DOI: 10.1016/j.annonc.2022.03.276

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

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

Top Genetic Markers

Gene	RS ID	Genotype
BCAR1	rs7190458	CC
SURF6	rs505922	AA
INTERGENIC	rs9543325	TC
NOC2L	rs13303010	TT
INTERGENIC	rs7214041	CC
NR5A2	rs3790844	GA
MKLN1	rs6971499	CT
NR5A2	rs10919791	GG
NR5A2	rs2816938	TT
CLPTM1L	rs401681	GG

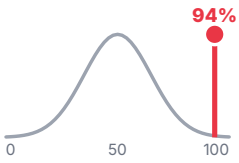
Thyroid Carcinoma

Category: Oncology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0002892

● HIGH RISK

Percentile 94%



Interpretation

High Risk compared to the population average.

Recommendations

Regular thyroid evaluations with a health care provider and prompt action on any symptoms are important for early intervention.

Based on genotype rating

Description

Thyroid carcinoma is a type of cancer that arises from the thyroid gland, which regulates important body functions such as metabolism and calcium balance. Symptoms can include a lump in the neck, hoarseness, and difficulty swallowing. Early detection through regular checkups and imaging studies is crucial for effective treatment and improved outcomes.

Result

Your calculated Polygenic Risk Score (PRS) for thyroid carcinoma places you in the 92.5 percentile, indicating a high genetic predisposition. Regular thyroid checkups, including ultrasound evaluations, 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

Top Genetic Markers

Gene	RS ID	Genotype
ANK2	rs6855396	AA
SOX5	rs16926828	GG
LARP7	rs7671121	TT

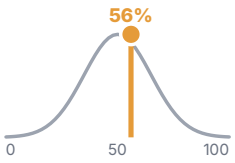
Urinary Bladder Cancer

Category: Oncology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0001187

MEDIUM RISK

Percentile 56%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; reducing exposure to carcinogens and regular medical consultations may help reduce risks.

Based on genotype rating

Description

Urinary bladder cancer is a type of malignant neoplasm that develops in the bladder lining. This cancer often presents with symptoms such as hematuria (blood in urine), pelvic pain, or frequent and painful urination. Risk factors include smoking, chemical exposure, and chronic bladder inflammation. Early detection and intervention are crucial, as bladder cancer can become invasive, affecting other organs and tissues.

Result

Your calculated PRS for urinary bladder cancer places you in the 57.0 percentile, indicating a moderate risk. Limiting exposure to known carcinogens and discussing screening options with your healthcare provider can help mitigate the risk.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

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

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

[3] Wiley
DOI: 10.1002/cam4.2143

Top Genetic Markers

Gene	RS ID	Genotype
UGT1A8	rs11892031	AA
TACC3	rs798766	CC
SLC14A1	rs17674580	TT
CCNE1	rs8102137	TT
APOBEC3A	rs1014971	CT
NAT2	rs1495741	GG
CLPTM1L	rs401681	GG
MYNN	rs10936599	CC
MYC	rs9642880	GT
INTERGENIC	rs62185668	CC

CATEGORY • MEDIUM RISK

Eye and Ear

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

Average: 52%

8	52%	1	2	3	1	1
ANALYZED	AVERAGE	HIGH RISK	ELEVATED RISK	MEDIUM RISK	REDUCED RISK	LOW RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

- 1 High Risk
- 2 Elevated Risk
- 3 Medium Risk
- 1 Reduced Risk
- 1 Low Risk

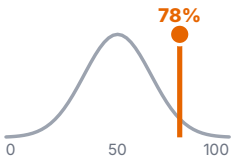
Traits Included in This Category

Tinnitus	Elevated
Age-related Hearing Impairment	High
Age-related Macular Degeneration	Reduced
Cataract	Medium
Deafness	Medium
Diabetic Retinopathy	Elevated
Glaucoma	Medium
Retinal Detachment	Low

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

ELEVATED RISK

Percentile 78%



Interpretation

Elevated Risk compared to the population average.

Recommendations

High predisposition for tinnitus; early consultation with an audiologist can help in managing symptoms and improving quality of life.

Based on genotype rating

Description

Tinnitus is the perception of noise or ringing in the ears without an external sound source. It may be experienced as a buzzing, roaring, or hissing sound and can vary in intensity and duration. Tinnitus is often associated with hearing loss, exposure to loud noises, or ear infections and can significantly impact quality of life. Although there is no cure, treatments such as sound therapy, cognitive behavioral therapy, and lifestyle changes can help manage the condition.

Result

Your calculated Polygenic Risk Score (PRS) for tinnitus places you in the 76.8 percentile, indicating a high predisposition. If you experience persistent ringing or buzzing in your ears, consulting an audiologist is recommended for early management.

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
CRIP3	rs2242416	TC
SPATA7	rs3179969	GG
TGM4	rs2271087	CG
BANK1	rs3733197	GG
TERF1	rs9298210	AC
RAB18	rs2505323	GG
TNRC6B	rs139909	TT
OR5M11	rs17547284	TT
CIMIP6	rs13184	GG
TP53BP1	rs689647	GG

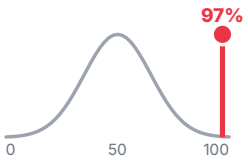
Age-related Hearing Impairment

Category: Eye and Ear

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0005782

● HIGH RISK

Percentile 97%



Interpretation

High Risk compared to the population average.

Recommendations

If you have a Conclusion_High, it's advisable to stay vigilant regarding your hearing health. Regular hearing assessments can help detect any changes early. Protecting your ears from loud environments and maintaining good cardiovascular health may also contribute to reducing risks.

Based on genotype rating

Description

Age-related hearing impairment is characterized by bilateral hearing loss caused by progressive degeneration of cochlear structures and central auditory pathways. Typically associated with the natural aging process, it often begins gradually, affecting one's ability to hear high-pitched sounds. Individuals experiencing age-related hearing impairment may notice challenges in following conversations, particularly in noisy environments, or may find themselves turning up the volume on their devices. It's a common condition, but early detection and management can help mitigate its effects. Various factors, including genetics, prolonged exposure to loud noises, and certain health conditions, can contribute to the severity of hearing loss. Using hearing aids, maintaining a healthy lifestyle, and avoiding excessive noise can all play a role in managing age-related hearing impairment effectively.

Result

Your PRS score for age-related hearing impairment is 97.0. This represents an increased risk of developing hearing impairment as you age compared to the general population. A Conclusion_High suggests a stronger genetic predisposition toward hearing loss, particularly in higher frequencies. You may notice difficulty in distinguishing speech in crowded settings or an increased reliance on visual cues for understanding conversations.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/s41431-020-0603-2

Top Genetic Markers

Gene	RS ID	Genotype
MACROD1	rs12286180	TT
INTERGENIC	rs79921839	GG
NLRP11	rs10419435	AA
RBM43	rs79487682	GG

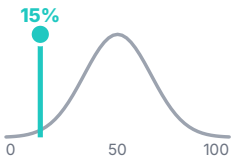
Age-related Macular Degeneration

Category: Eye and Ear

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0001365

REDUCED RISK

Percentile 15%



Interpretation

Reduced Risk compared to the population average.

Recommendations

While your genetic risk is lower, regular eye care and a healthy diet will contribute to maintaining good vision.

Based on genotype rating

Description

Age-related macular degeneration (AMD) is a common condition that leads to vision loss, particularly in the central part of the retina (macula). The macula is responsible for sharp, central vision, which is essential for tasks such as reading and driving. AMD progresses with age and can be categorized as either dry (atrophic) or wet (neovascular), with each type affecting the macula differently. Factors that increase the risk of AMD include genetics, smoking, and prolonged exposure to sunlight. Early diagnosis and intervention can help slow the progression of the disease, helping individuals maintain their vision and quality of life for as long as possible.

Result

Your PRS score for age-related macular degeneration places you in the 15.4 percentile, indicating a lower risk compared to the general population. Although you have a lower genetic predisposition for AMD, it is still beneficial to protect your eyes from excessive sunlight and consume a diet rich in vitamins that support eye health.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

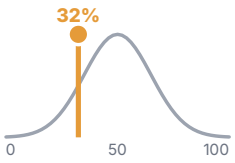
[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
ARMS2	rs10490924	GG
CFH	rs572515	GG
FOXL1	rs10048146	AA
SKIC2	rs429608	GG
FMN2	rs1891231	GG
C2	rs1042663	GG
C2	rs550605	TT
DOCK2	rs7713640	GA
NELFE	rs522162	AA
CNTN4	rs2729287	GA

MEDIUM RISK

Percentile 32%



Interpretation

Medium Risk compared to the population average.

Recommendations

Maintain regular eye check-ups, protect eyes from sunlight, and include antioxidant-rich foods in your diet.

Based on genotype rating

Description

Cataract refers to the partial or complete clouding of the eye's crystalline lens, leading to decreased visual acuity and, eventually, blindness if left untreated. Cataracts can develop at any age but are more common in older individuals. Risk factors include genetics, exposure to UV light, smoking, and certain medical conditions, such as diabetes. Understanding your genetic predisposition to cataracts can help guide preventive actions, such as regular eye exams and protective measures, to maintain eye health and prevent vision loss.

Result

Your PRS score for cataract places you in the 31.4 percentile, suggesting a moderate predisposition to cataract development. Regular eye check-ups, especially after the age of 40, are recommended to monitor eye health. Protecting your eyes from excessive sunlight and maintaining a diet that includes antioxidant-rich foods, such as leafy greens and citrus fruits, can help maintain lens health. If you notice any changes in vision, consult an eye care professional for evaluation and guidance.

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
SLC24A3	rs6046121	GA
INTERGENIC	rs4559153	CT
OCA2	rs1800407	GG
CASZ1	rs205488	GG
C8orf34	rs961465	TC
PSMD13	rs1045577	GG
KCNQ5	rs7744813	AC
IFITM3	rs7944394	GG
THOC7	rs832187	AA

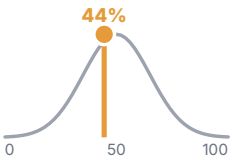
Deafness

Category: Eye and Ear

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0001063

MEDIUM RISK

Percentile 44%



Interpretation

Medium Risk compared to the population average.

Recommendations

Avoid excessive noise, schedule hearing screenings, and consult a healthcare provider for hearing changes.

Based on genotype rating

Description

Deafness refers to a partial or complete loss of hearing in one or both ears. The level of impairment can range from mild hearing loss to a total inability to hear. Deafness can be congenital (present at birth) or acquired later in life due to factors such as infections, exposure to loud noise, or age-related degeneration. Understanding your genetic predisposition to deafness can help guide preventive measures and early interventions to support hearing health and communication abilities.

Result

Your PRS score for deafness places you in the 45.4 percentile, suggesting a moderate predisposition to hearing loss. Taking preventive measures, such as protecting your ears from loud noises and avoiding high-volume headphones, is recommended. Regular hearing screenings can help detect any early signs of hearing impairment. If you notice changes in your hearing ability, consulting a healthcare provider for evaluation and possible interventions can help preserve your hearing.

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
KLHDC7B	rs36062310	GA
EYA4	rs9493627	GA
ARHGEF28	rs7714670	CT
TYR	rs1126809	GA
PHLDB1	rs11603023	CT
CRIP3	rs2242416	TC
PIK3R3	rs785467	TA
SYNJ2	rs2502601	GA
HLA-DQA1	rs660895	AA
TYR	rs1806319	TC

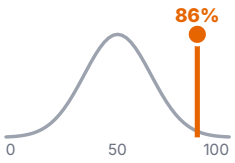
Diabetic Retinopathy

Category: Eye and Ear

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0003770

ELEVATED RISK

Percentile 86%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Maintain strict blood sugar control, attend regular eye exams, and support overall health by managing blood pressure and cholesterol.

Based on genotype rating

Description

Diabetic retinopathy is a chronic complication of diabetes mellitus characterized by damage to the blood vessels of the retina, which may lead to abnormal blood vessel growth, leakage, and ultimately, vision loss or blindness. Early symptoms may include blurred vision, dark spots, or vision fluctuations. Understanding your genetic predisposition to diabetic retinopathy can help guide preventive measures and lifestyle modifications to support eye health and prevent complications.

Result

Your PRS score for diabetic retinopathy places you in the 86.7 percentile, indicating an increased genetic predisposition to this condition. Strict blood sugar control, a healthy diet, and regular physical activity are essential. Annual eye examinations can help detect early signs of retinopathy, while maintaining optimal blood pressure and cholesterol levels further reduces the risk of retinal damage.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

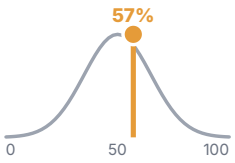
[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
CFB	rs4151659	AA
BTNL2	rs3763305	CC
HLA-DQA2	rs3957146	TT
TCF7L2	rs7903146	CC
HLA-DQA2	rs3957148	AA
HLA-DRA	rs2395175	GG
CDKN2B-AS1	rs10811661	TT
HNF1B	rs7501939	GA
WFS1	rs10001190	GG
CDKN2B-AS1	rs2383208	AA

MEDIUM RISK

Percentile 57%



Interpretation

Medium Risk compared to the population average.

Recommendations

Schedule periodic eye exams, maintain a healthy lifestyle, and consult an eye specialist for preventive care.

Based on genotype rating

Description

Glaucoma is an eye condition where fluid does not drain properly, causing pressure to build up inside the eye and potentially leading to vision loss. This increased pressure can damage the optic nerve, leading to gradual loss of vision if untreated. Glaucoma is one of the leading causes of blindness worldwide and can be asymptomatic in its early stages. Genetic factors contribute significantly to the risk of developing glaucoma, particularly among those with a family history.

Result

Your PRS score for glaucoma places you in the 57.0 percentile, suggesting a moderate predisposition. Periodic eye exams are recommended, especially if there are additional risk factors such as high blood pressure or diabetes. Lifestyle measures such as regular exercise can help in maintaining normal eye pressure, and it is advisable to consult an eye specialist for preventive care.

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
CDKN2B-AS1	rs10965219	GA
GAS7	rs12150284	GG
TMCO1	rs4657476	AA
TMCO1	rs4657477	AA
NR1H3	rs10838681	GG
KLF5	rs4885062	TT
CADM2	rs13097560	AG
PLEKHA7	rs4141194	GG
THSD7A	rs2526099	TC
AFAP1	rs12641498	AG

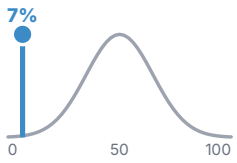
Retinal Detachment

Category: Eye and Ear

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0005773

LOW RISK

Percentile 7%



Interpretation

Low Risk compared to the population average.

Recommendations

Low risk; maintaining eye health through routine checks is recommended.

Based on genotype rating

Description

Retinal detachment is an emergency condition characterized by the separation of the inner retinal layers from the underlying pigment epithelium, which can lead to vision loss or blindness if untreated. Causes include trauma, advanced diabetes, high myopia, or choroid tumors. Common symptoms include the sudden appearance of floaters, flashes of light, or blurred vision. Understanding genetic predisposition can assist in assessing the likelihood of experiencing retinal detachment, as well as tailoring preventive measures for individuals at higher risk.

Result

Your PRS score for retinal detachment places you in the 6.5 percentile, indicating a low genetic predisposition. Routine eye examinations and avoiding eye trauma are sufficient preventive measures to ensure retinal health.

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
FAT3	rs7118248	GG
LAMA2	rs12193446	AA
FAT3	rs11020080	GA
LEP	rs10954172	GA
INTERGENIC	rs12508528	TC
INTERGENIC	rs2467592	CT
RBAK	rs1130329	AC
BMERB1	rs153785	AA
HSDL1	rs4082806	GG
INTERGENIC	rs4861998	CT

CATEGORY • MEDIUM RISK

Rheumatology / Immunology / Allergy

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

Average: 49%

10	49%	3	5	1	1
ANALYZED	AVERAGE	ELEVATED RISK	MEDIUM RISK	REDUCED RISK	LOW RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

- 3 Elevated Risk
- 5 Medium Risk
- 1 Reduced Risk
- 1 Low Risk

Traits Included in This Category

Vitiligo	Elevated
Allergic Disease	Medium
Allergic Rhinitis	Low
Ankylosing Spondylitis	Medium
Asthma	Medium
Atopic Eczema	Elevated
Juvenile Idiopathic Arthritis	Medium
Psoriasis	Medium
Seasonal Allergic Rhinitis	Reduced
Systemic Lupus Erythematosus	Elevated

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

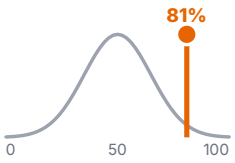
Vitiligo

Category: Rheumatology / Immunology / Allergy

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0004208

● ELEVATED RISK

Percentile 81%



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

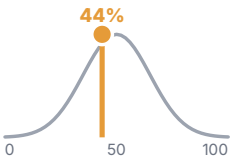
[2] Nature
DOI: 10.1038/s41467-021-23661-4

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

MEDIUM RISK

Percentile 44%



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

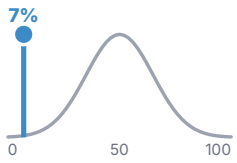
[3] Wiley
DOI: 10.1111/pai.12824

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

LOW RISK

Percentile 7%



Interpretation

Low Risk compared to the population average.

Recommendations

Staying informed about allergens and maintaining a clean living environment is recommended, even with a lower risk.

Based on genotype rating

Description

Allergic rhinitis, commonly known as hay fever, is an inflammation of the nasal mucous membranes caused by an IgE-mediated response to external allergens such as pollen, dust mites, or pet dander. This condition can also affect the mucous membranes of the sinuses, eyes, and middle ear, leading to symptoms like sneezing, nasal congestion, and itching. It may also cause fatigue, drowsiness, and a reduced quality of life due to its chronic nature. Understanding the genetic risk for allergic rhinitis can help individuals take preventive measures and seek appropriate treatment to manage symptoms effectively.

Result

Your PRS score for allergic rhinitis places you in the 6.0 percentile, indicating a lower genetic predisposition to developing this condition. Although your risk is low, it is still possible to develop symptoms, especially during periods of high allergen exposure, so staying vigilant is beneficial.

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
TLR1	rs4833095	GG
CYP3A5	rs776746	GG
TSLP	rs1837253	CC
D2HGDH	rs1106639	GA
SMAD3	rs17293632	TC
WDR36	rs17624321	AA
IL7R	rs6897932	CC
HLA-DQB1	rs7744001	CC
RORA	rs11071559	GG
HLA-DPA1	rs1126513	CC

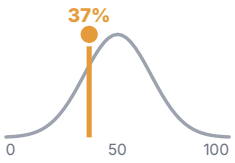
Ankylosing Spondylitis

Category: Rheumatology / Immunology / Allergy

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0003898

● MEDIUM RISK

Percentile 37%



Interpretation

Medium Risk compared to the population average.

Recommendations

Early medical advice and staying active can help in managing any symptoms that arise.

Based on genotype rating

Description

Ankylosing spondylitis (AS) is a chronic autoimmune inflammatory disorder that primarily affects the vertebral joints of the spine and sacroiliac joints. It is characterized by stiffness, pain, and reduced mobility, often beginning in early adulthood and more commonly affecting males. Over time, ankylosing spondylitis can lead to the fusion of vertebrae, reducing flexibility and potentially leading to a hunched posture. Genetic predisposition plays a significant role. Understanding your genetic risk can help in early diagnosis and effective management of symptoms through physical therapy and medication.

Result

Your PRS score for ankylosing spondylitis places you in the 37.3 percentile, suggesting a moderate risk similar to that of the general population. Staying active and seeking early medical advice for back pain or stiffness are recommended to help manage potential symptoms.

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
MICA	rs12660741	AA
HLA-B	rs13202464	TT
HLA-B	rs3819299	AA
MICA	rs6932730	TC
MICA	rs4418214	TT
MICB	rs2395029	TT
PIPOX	rs9908931	CC
ARHGEF37	rs6894391	TC
CRIM1	rs9308990	AA
INTERGENIC	rs3127043	CC

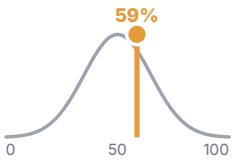
Asthma

Category: Rheumatology / Immunology / Allergy

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0004979

MEDIUM RISK

Percentile 59%



Interpretation

Medium Risk compared to the population average.

Recommendations

Identify potential triggers and maintain regular physical activity with precautions. Consider incorporating breathing exercises to support lung function.

Based on genotype rating

Description

Asthma is a chronic disease affecting the airways in the lungs, characterized by inflammation and narrowing of the airways. Symptoms include wheezing, chest tightness, shortness of breath, mucus production, and coughing, often triggered by allergens, infections, exercise, or stress. Asthma is influenced by both genetic and environmental factors, and it can greatly vary in severity. Understanding your genetic predisposition can help in managing and preventing asthma symptoms effectively, especially by taking early precautions to reduce exposure to triggers.

Result

Your PRS score for asthma places you in the 58.7 percentile, suggesting a moderate genetic risk similar to that of the general population. It's important to be proactive by understanding potential asthma triggers and adopting healthy habits. Regular physical activity can be beneficial, but be mindful of exercise-induced symptoms. Breathing exercises, such as diaphragmatic breathing, can help improve lung capacity and reduce stress-related exacerbations. Discussing any symptoms with your healthcare provider will help ensure effective management and minimize any progression of the condition.

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
WDR36	rs1438673	TT
CXCR5	rs12365699	AG
ZBTB10	rs7009110	CC
PRKCQ	rs943451	GG
ILDR1	rs1806656	GC

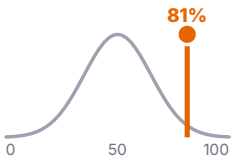
Atopic Eczema

Category: Rheumatology / Immunology / Allergy

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0000274

● ELEVATED RISK

Percentile 81%



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

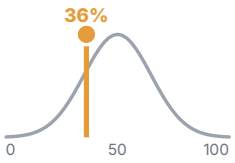
Juvenile Idiopathic Arthritis

Category: Rheumatology / Immunology / Allergy

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0002609

● MEDIUM RISK

Percentile 36%



Interpretation

Medium Risk compared to the population average.

Recommendations

Encourage joint-friendly activities, maintain a balanced diet, and have regular check-ups.

Based on genotype rating

Description

Juvenile Idiopathic Arthritis (JIA) is a group of inflammatory joint disorders affecting children and adolescents under the age of 16. It is characterized by joint pain, swelling, and stiffness that persists for more than 6 weeks. The cause of JIA is currently unknown (idiopathic), and it can involve a single joint or multiple joints. Symptoms can vary in severity, and some individuals may experience systemic symptoms like fever or rashes. Early diagnosis and treatment, which may include anti-inflammatory medications or physical therapy, are crucial for managing symptoms and preventing long-term joint damage.

Result

Your PRS score for juvenile idiopathic arthritis places you in the 35.1 percentile, suggesting a moderate predisposition. Encouraging children to stay active with joint-friendly activities, maintaining a balanced diet, and monitoring for any signs of joint discomfort are helpful preventive measures. Regular medical check-ups can also assist in identifying any early symptoms.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] BMJ
DOI: 10.1136/annrheumdis-2020-217421

Top Genetic Markers

Gene	RS ID	Genotype
HLA-B	rs3819299	AA

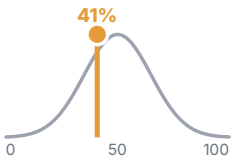
Psoriasis

Category: Rheumatology / Immunology / Allergy

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

● MEDIUM RISK

Percentile 41%



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

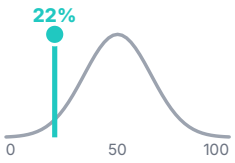
Seasonal Allergic Rhinitis

Category: Rheumatology / Immunology / Allergy

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0003956

REDUCED RISK

Percentile 22%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Lower risk; occasional monitoring during high pollen periods is beneficial.

Based on genotype rating

Description

Seasonal allergic rhinitis (SAR), often known as hay fever, is caused by exposure to outdoor allergens such as pollen from trees, grasses, and weeds. Symptoms typically include sneezing, nasal congestion, itchy nose, and runny eyes, which vary with the pollen season. SAR can significantly impact daily activities and quality of life during peak allergy seasons. Genetic factors contribute to the likelihood of developing SAR, particularly in individuals with a family history of allergies or asthma.

Result

Your PRS score for seasonal allergic rhinitis places you in the 21.8 percentile, suggesting a lower genetic likelihood of developing SAR. Despite the low risk, it's still advisable to avoid allergens during high pollen times if you experience symptoms.

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
D2HGDH	rs1106639	GA
TLR1	rs4833095	GG
IL7R	rs6897932	CC
TSBP1	rs3129941	CC
CYP3A5	rs776746	GG
TSLP	rs1837253	CC
SMAD3	rs17293632	TC
WDR36	rs17624321	AA
HLA-DQB1	rs7744001	CC
ATXN2	rs3184504	AG

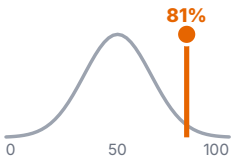
Systemic Lupus Erythematosus

Category: Rheumatology / Immunology / Allergy

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0007915

● ELEVATED RISK

Percentile 81%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Regular health checkups and vigilance for early symptoms are recommended.

Based on genotype rating

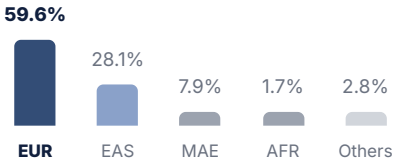
Description

Systemic lupus erythematosus (SLE) is an autoimmune multi-organ disease commonly associated with vasculopathy and the production of autoantibodies. Most patients with SLE have antinuclear antibodies (ANA), which are a general indicator of autoimmunity. The presence of anti-dsDNA or anti-Smith antibodies is highly specific for SLE. Symptoms vary widely, affecting multiple organ systems including joints, skin, kidneys, and the nervous system, which makes the disease challenging to diagnose and treat.

Result

Your calculated Polygenic Risk Score (PRS) for SLE places you in the 80.0 percentile, indicating a high genetic predisposition. This suggests you may benefit from regular health screenings, especially if you exhibit early symptoms such as fatigue, joint pain, or skin rashes.

Population Distribution



Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Oxford Academic
DOI: 10.1093/hmg/ddaa030

[2] BMJ
DOI: 10.1136/annrheumdis-2019-216227

[3] Journal (10.1177)
DOI: 10.1177/09612033211014952

Top Genetic Markers

Gene	RS ID	Genotype
CFB	rs1270942	AA
NCF2	rs17849502	CC
TNPO3	rs10488631	AG
HLA-DQA1	rs2187668	TC
TNFAIP3	rs6932056	TT
STAT4	rs11889341	GA
TNIP1	rs10036748	AA
IRF5	rs4728142	AA
PTPN22	rs2476601	TT
TNFSF4	rs2205960	CA

CATEGORY • MEDIUM RISK

Psychiatry

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

Average: 37%

6	37%	1	1	4
ANALYZED	AVERAGE	ELEVATED RISK	MEDIUM RISK	REDUCED RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

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

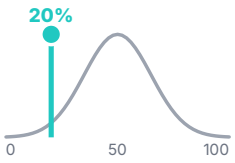
Traits Included in This Category

Addictive Behaviour	Reduced
Alcohol Dependence	Reduced
Depressive Disorder	Reduced
Insomnia	Elevated
Nicotine Dependence	Medium
Risk-Taking Behaviour	Reduced

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

REDUCED RISK

Percentile 20%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Low-risk individuals should maintain a balanced lifestyle and avoid addictive substances or activities.

Based on genotype rating

Description

Addictive behaviour refers to the observable, measurable, and often pathological activity of an organism that portrays its inability to overcome a habit, resulting in an insatiable craving for a substance or performing certain acts. It includes both emotional and physical overdependence on the object of habit, often requiring increasing amounts or frequency to achieve the desired effect. Addictive behaviour can significantly impact an individual's health, relationships, and quality of life.

Result

Your PRS score for Addictive Behaviour is 21.3. This suggests a lower risk compared to the general population. Even with a lower risk, it is important to be aware of your behaviours and avoid potentially addictive substances or activities. Maintaining a healthy lifestyle with positive coping strategies will help you continue to manage any potential risks.

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
MLN	rs9394178	AG
CRIPT	rs1563402	CC
KBTBD8	rs12634218	TT
ZDHHC13	rs11025022	TT
ZDHHC13	rs7930821	CC

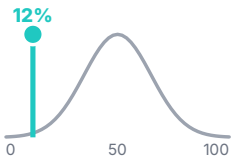
Alcohol Dependence

Category: Psychiatry

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0007079

REDUCED RISK

Percentile 12%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Continue to practice moderation, even if your genetic predisposition for dependence is low.

Based on genotype rating

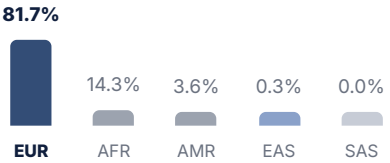
Description

Alcohol dependence refers to a condition characterized by physical and psychological reliance on alcohol. Individuals with alcohol dependence may find it challenging to reduce or control their drinking despite experiencing negative impacts on their health, relationships, and daily life. Dependence involves a heightened tolerance to alcohol, withdrawal symptoms when alcohol consumption is reduced or stopped, and persistent cravings. Factors that contribute to alcohol dependence include genetic predisposition, environmental influences, and psychological stressors. Early identification and intervention can help in managing the condition, potentially preventing long-term complications such as liver disease, cardiovascular issues, and cognitive impairments.

Result

Your PRS score for alcohol dependence places you in the 13.1 of the population, indicating a lower predisposition towards developing alcohol dependence compared to others. Even with a low genetic predisposition, it is important to maintain healthy drinking habits to avoid any adverse health effects.

Population Distribution



Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Alcohol Clin Exp Res
DOI: 10.1111/acer.14772

Top Genetic Markers

Gene	RS ID	Genotype
SLC39A8	rs13107325	GG
GCKR	rs1260326	TC
ADH1C	rs2298753	AA
CAMTA1	rs9988575	GG
DLGAP1	rs16945863	GG
ATF3	rs4951626	GG
KLB	rs4975013	AG
HS3ST5	rs785136	GG

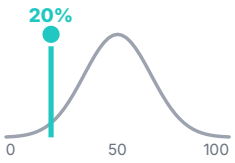
Depressive Disorder

Category: Psychiatry

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: MONDO_0002050

REDUCED RISK

Percentile 20%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Maintain a healthy lifestyle, monitor emotional well-being, and seek support if symptoms arise.

Based on genotype rating

Description

Depressive disorder is a mental health condition characterized by persistent feelings of sadness, despair, and loss of interest in activities once enjoyed. It can interfere with daily functioning, including work, social interactions, and physical health. Symptoms may include changes in sleep and appetite, fatigue, difficulty concentrating, and thoughts of worthlessness. Understanding your genetic predisposition to depressive disorder can help guide preventive measures and early interventions to support mental well-being.

Result

Your PRS score for depressive disorder places you in the 21.2 percentile, indicating a lower predisposition to experiencing symptoms of depression. Despite the lower genetic risk, it is important to maintain a healthy lifestyle that includes regular exercise, a nutritious diet, and positive social interactions. Monitoring your emotional well-being and consulting a healthcare provider if symptoms arise can help ensure early support and intervention if needed.

Population Distribution

Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/s41588-020-0594-5

Top Genetic Markers

Gene	RS ID	Genotype
SUPT4H1	rs757485	GG
INTERGENIC	rs4674511	TC
ADCY7	rs7191958	GG
RNF144B	rs6907980	AG
INTERGENIC	rs7721698	CT
EFL1	rs7183805	TT
INTERGENIC	rs17437433	GG
ZNF365	rs7089814	TT
INTERGENIC	rs7828647	GA

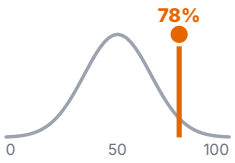
Insomnia

Category: Psychiatry

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0004698

● ELEVATED RISK

Percentile 78%



Interpretation

Elevated Risk compared to the population average.

Recommendations

Establish a regular sleep schedule, practice relaxation techniques, and consult a healthcare provider if needed.

Based on genotype rating

Description

Insomnia is a common sleep disorder characterized by difficulty falling asleep, staying asleep, or waking up too early and not being able to go back to sleep. It can significantly affect daily functioning, leading to daytime fatigue, irritability, impaired concentration, and reduced quality of life. Insomnia can be caused by stress, anxiety, depression, medication, or lifestyle factors like irregular sleep schedules or excessive caffeine intake. Long-term insomnia may increase the risk of developing mental health issues, cardiovascular diseases, and weakened immune function. Treatment may involve behavioral interventions, cognitive therapy, and sometimes medication.

Result

Your PRS score for insomnia places you in the 78.6 percentile, indicating a higher genetic predisposition to sleep disturbances. Establishing a regular sleep schedule, creating a relaxing bedtime routine, and minimizing screen time before bed can help improve sleep quality. Avoiding caffeine and alcohol close to bedtime, along with practicing relaxation techniques such as meditation or deep breathing exercises, may also be helpful. Consulting with a healthcare provider for cognitive behavioral therapy for insomnia (CBT-I) or other interventions is recommended if insomnia persists.

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
AS3MT	rs11191454	AG
ACBD4	rs4986172	TC
PAX8	rs1823125	TC
ACTR1A	rs2296580	CA
FIGN	rs1239137	TT
SNAPC1	rs17099239	AA
ZNF585B	rs11673344	TC
KCNMB4	rs7138222	AA
GPR139	rs1886715	GT

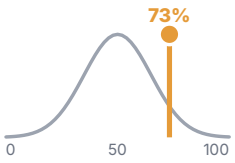
Nicotine Dependence

Category: Psychiatry

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0003768

MEDIUM RISK

Percentile 73%



Interpretation

Medium Risk compared to the population average.

Recommendations

Preventive measures, including nicotine replacement therapy, can be helpful. Awareness of usage patterns is essential to avoid addiction.

Based on genotype rating

Description

Nicotine Dependence is characterized by both physical and psychological dependence on nicotine, a highly addictive substance commonly found in tobacco products. This condition involves cravings for nicotine, withdrawal symptoms when not using it, and the inability to control or reduce usage despite adverse health consequences. Dependence on nicotine can increase the risk of developing cardiovascular diseases, respiratory issues, and various types of cancer.

Result

Your PRS score for nicotine dependence places you in the 73.2 percentile, suggesting a moderate likelihood of developing nicotine dependence. Being mindful of your nicotine usage and considering preventive measures such as nicotine replacement therapy or behavioral counseling can help reduce the risk of addiction.

Population Distribution

Population distribution data not available

Access Your Full Report

Scan to view full genetic profile

Scientific References

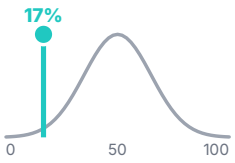
[1] Elsevier
DOI: 10.1016/j.ajhg.2021.11.008

Top Genetic Markers

Gene	RS ID	Genotype
JADE2	rs329120	TC
AGBL4	rs11205506	TC
INTERGENIC	rs4142668	TT
TENM2	rs883322	TG
FOXP2	rs4727799	TC
DMRTA1	rs10811743	AG
RBMS3	rs11129333	CC
TNRC6A	rs7185291	CT
KCNIP1	rs4867981	AA
CHRNA5	rs667282	TT

REDUCED RISK

Percentile 17%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Lower tendency; maintaining general caution is advisable for overall well-being.

Based on genotype rating

Description

Risk-taking behaviour is characterized by a tendency to take risks, which may manifest in various forms, including substance abuse, reckless driving, or engaging in hazardous activities. It is a feature of certain psychiatric disorders such as ADHD, bipolar disorder, and also certain personality traits. Understanding the genetic predisposition for risk-taking can help in addressing potential mental health challenges and adopting lifestyle modifications to reduce adverse outcomes.

Result

Your PRS score for risk-taking behaviour places you in the 16.8 percentile, suggesting a lower genetic predisposition towards risky activities. Maintaining caution and being mindful of potential risks are still beneficial for general safety.

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
PTPRM	rs12455389	TG
NSUN4	rs9865	AA
CUTA	rs1705003	TC
GPR101	rs1190736	GG
FRAT2	rs4917766	TT
CTNNA3	rs4548513	GA
SLC29A3	rs780668	CC

CATEGORY • MEDIUM RISK

Urology

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

Average: 31%

2	31%	1	1
ANALYZED	AVERAGE	MEDIUM RISK	REDUCED RISK

Overview

Category Insights

Understanding these genetic factors helps provide personalized insights and recommendations.

Risk Distribution

1 Medium Risk

1 Reduced Risk

Traits Included in This Category

Nephrolithiasis	Reduced
Renal Carcinoma	Medium

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

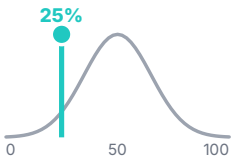
Nephrolithiasis

Category: Urology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0004253

REDUCED RISK

Percentile 25%



Interpretation

Reduced Risk compared to the population average.

Recommendations

Maintaining hydration and a balanced diet will contribute to overall kidney health. It remains important to monitor any potential symptoms for early intervention.

Based on genotype rating

Description

Nephrolithiasis, or kidney stones, is the formation of calculi or stones in the kidneys. These stones are usually composed of mineral salts and proteins and can vary in size from a grain of sand to larger stones that may obstruct the urinary tract. Symptoms of nephrolithiasis include severe pain (often in the back or side), blood in the urine (hematuria), and nausea. Treatment options depend on the size of the stone and the degree of blockage, ranging from increased fluid intake to surgical removal.

Result

Your PRS score for nephrolithiasis places you in the 24.9 percentile, indicating a lower likelihood of developing kidney stones. Nonetheless, staying well-hydrated and maintaining a balanced diet are effective strategies for promoting overall kidney health and reducing the risk of stone 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
JDP2	rs3625	AA
CLDN14	rs219776	AG
ANAPC1	rs4849800	GG
SPANXN2	rs237520	CC
RGS14	rs12654812	GG
STARD3	rs1877031	AG
MICB	rs1051788	AG
CPVL	rs7313	CC
SAG	rs1046974	GA
DGKH	rs4142110	TC

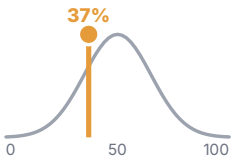
Renal Carcinoma

Category: Urology

Access Code: 0000-0000
Date: Jan 16, 2026
Report ID: EFO_0002890

MEDIUM RISK

Percentile 37%



Interpretation

Medium Risk compared to the population average.

Recommendations

Moderate predisposition; adopting a healthy lifestyle may reduce the risk of renal carcinoma.

Based on genotype rating

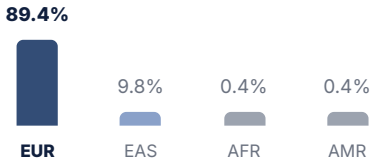
Description

Renal carcinoma is a cancer originating from the epithelial cells of the renal parenchyma or renal pelvis. The majority of these cancers are renal cell carcinomas, which typically affect middle-aged and elderly adults. Common symptoms include hematuria (blood in urine), abdominal pain, and the presence of a palpable mass in the abdomen. Risk factors include smoking, obesity, and high blood pressure, and the prognosis depends on the stage at which the cancer is diagnosed.

Result

Your calculated PRS for renal carcinoma places you in the 37.1 percentile, suggesting a moderate predisposition. Maintaining a healthy lifestyle that includes weight management, regular exercise, and avoidance of tobacco can help reduce the risk of developing renal carcinoma.

Population Distribution



Access Your Full Report

Scan to view full genetic profile

Scientific References

[1] Nature
DOI: 10.1038/s41588-024-01725-7

[2] Oxford Academic
DOI: 10.1093/jncics/pkaa021

[3] Wiley
DOI: 10.1002/cam4.2143

Top Genetic Markers

Gene	RS ID	Genotype
LINC02747	rs7105934	CC
POGLUT3	rs74911261	CC
ZEB2	rs12105918	AA
SSPN	rs718314	AA
EPAS1	rs7579899	AG
DPF3	rs4903064	AA
EPAS1	rs11894252	TC
EPAS1	rs4953346	GT
SCARB1	rs4765623	AG
ALDH9A1	rs3845536	AG

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.