

Genoplan My Book

Genoplan's genetic analysis results are not to be used for medical diagnostic purposes.
This report is best used as a reference for disease prediction and lifestyle improvement.

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Test Verification

Serial Key

BJAE-NGZV-BVXU

Name

김제노

Issue Date

2020-06-01

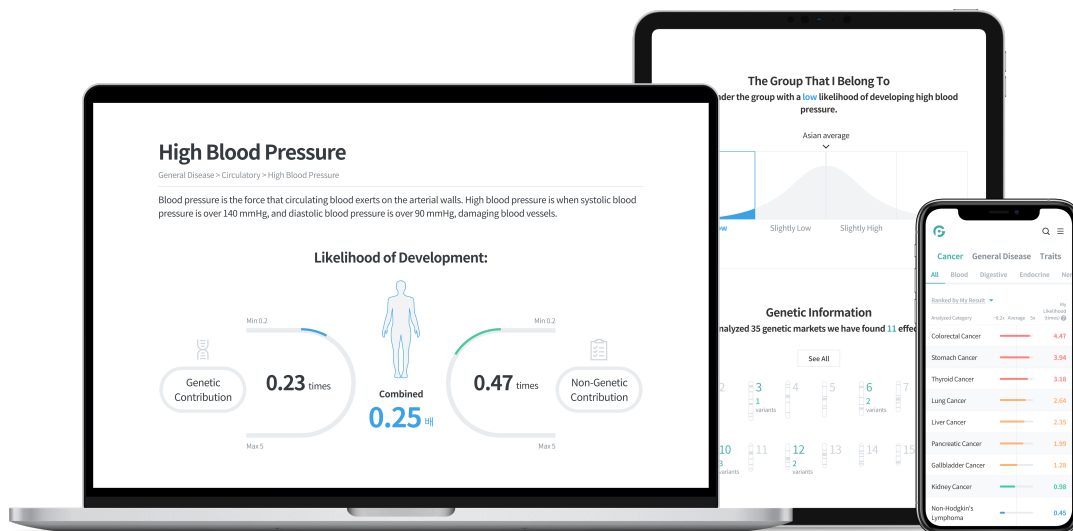
This report was last updated
on 2020-08-03.

Analysis results may change if there are new updates after this date.

www.genoplan.com

Login to your DNA

You can explore deeper and broader of You through Genoplan.



Easy to connect whenever and wherever you want.

View your results via various devices such as PC, Tablet PC, mobile phone, and etc.



Connect to more Possibilities.

You can view up to 500 reports with detailed genetic analyses that reflect the latest research results.

How to access your test report via QR code

1. Open your smartphone's camera application.
2. Scan QR code on your smartphone camera.
3. When your camera recognizes the QR code, proceed onto Genoplan website.
(Based on your smartphone model, you might be automatically taken to the website.)
4. Login and view your report.

*Depending on your smartphone's operating system, it may not recognize the QR code.



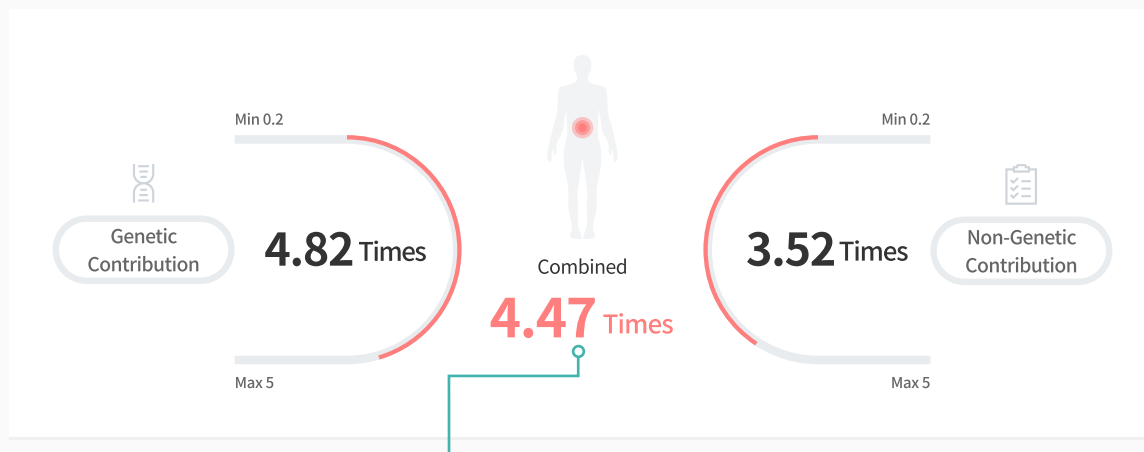
How to Read This Report.

Guide to Colors and Numbers

Cancer/General Disease	Good	Slightly good	Slightly poor	Poor
Traits	Favorable	Slightly favorable	Slightly unfavorable	Unfavorable

- Your results are divided into 4 levels. ●●●●
- Easily interpret your results through these four color levels.
- Colored levels do not apply to reports with no specific advantage or disadvantage (e.g. Red wine preference).

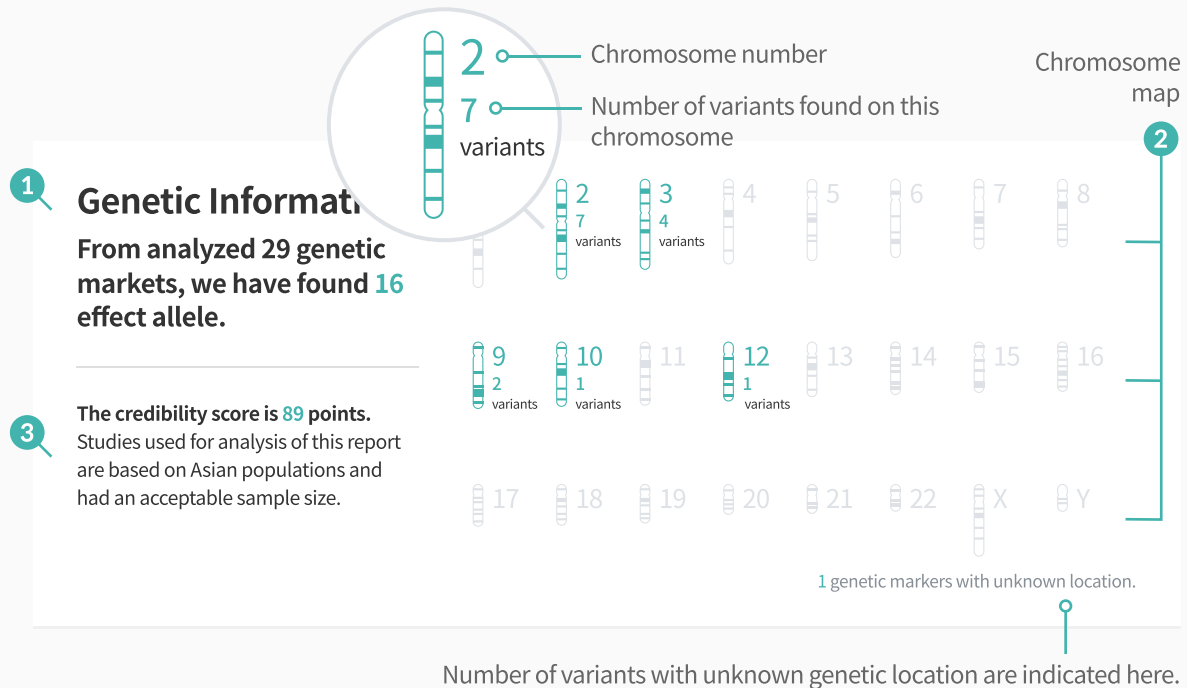
Guide to Likelihood Score



- In this example, 4.47 times is your likelihood score.
- It means that you are 4.47 times more likely to develop this condition compared to the population average.
- This score considers both genetic and non-genetic factors and is available for Cancer and some General Disease reports.
- Reports where there is insufficient statistical data in the research studies are marked "score unavailable."

- Results on this page is an example and might differ from your results.

Guide to Genetic Information



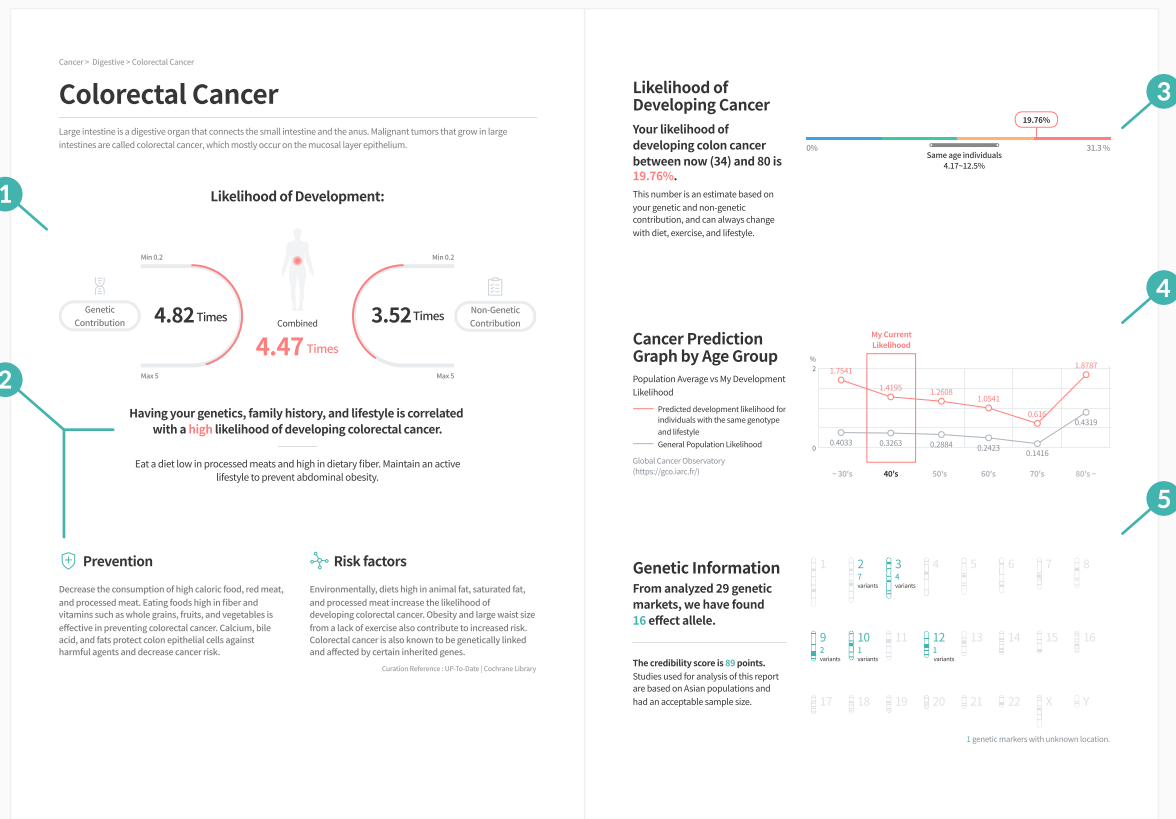
- 1 Number of genetic markers**
 - Total number of genetic markers that each report tested for, and number of genetic variants (effect alleles) found are shown.
 - Likelihood score increases with a larger number of genetic variants.
- 2 Chromosome map**

Human genome consists of 2 sets of 23 chromosomes, giving each chromosome a partner. For ease of understanding, only one set is shown. Chromosome number and number of genetic variants found on the chromosome are indicated next to each chromosome.
- 3 Credibility score**

It is a score that describes how well the selected markers describe the corresponding report. Based on race and size of population studied in the referenced research articles, its is calculated using an algorithm developed at Genoplan and the max score is 100.

- Results on this page is an example and might differ from your results.

How to Read Cancer Report

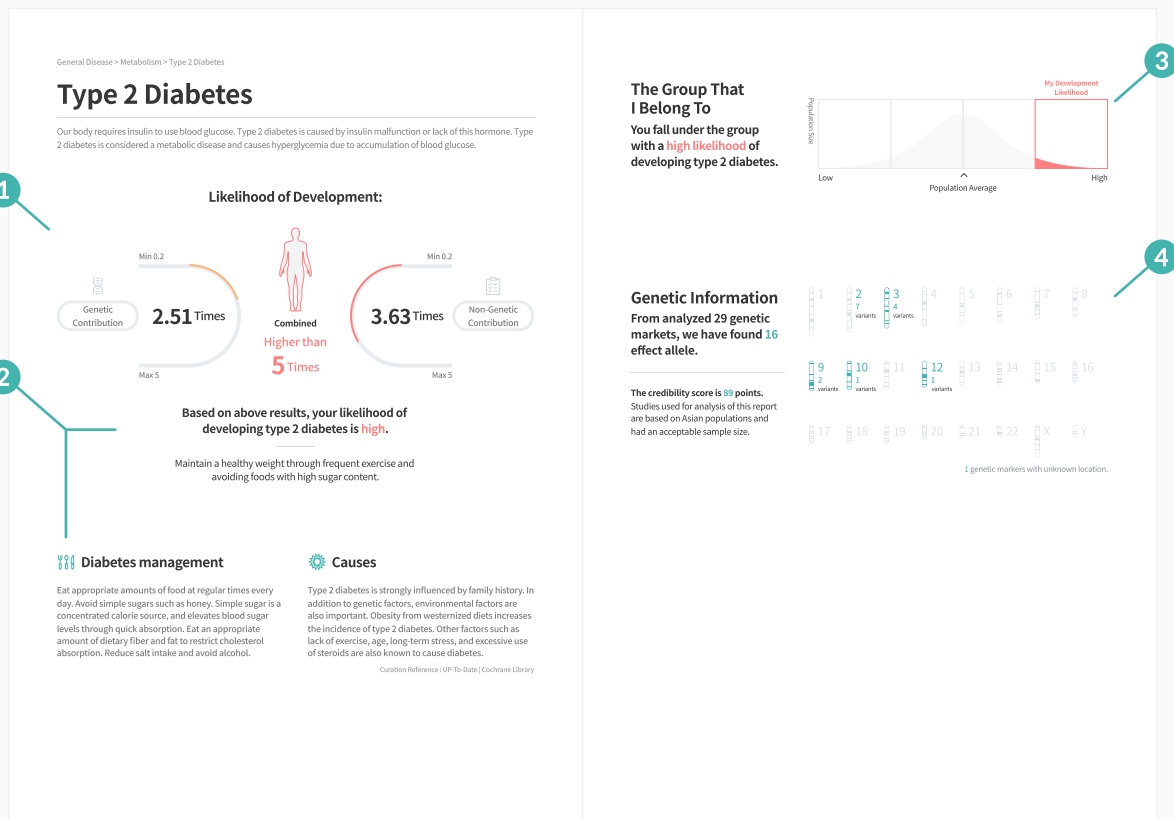


- Likelihood score** This section shows your overall likelihood of a cancer and individual genetic and non-genetic likelihood scores.
- Explanation and lifestyle tips** This section includes interpretation and/or explanation of the above results and provides lifestyle tips regarding each report.
- Likelihood of developing cancer** This graph shows your cumulative likelihood (%) of developing a specific cancer between now and age 80, given that your lifestyle does not change.
- Cancer prediction graph** This graph compares your predicted likelihood (%) with the global average, by age group.
- Genetic Information** This section informs about each report's credibility, and number and location of the analyzed genetic markers.

- Results on this page is an example and might differ from your results.

How to Read

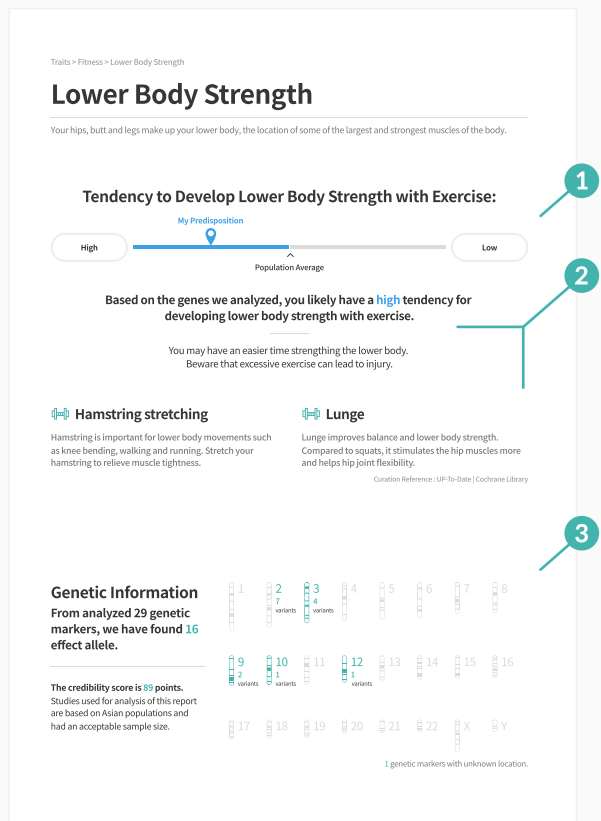
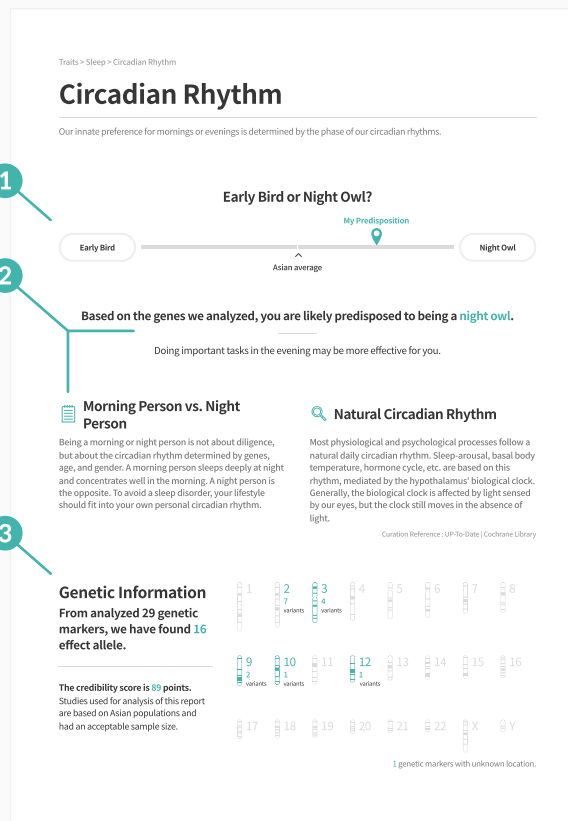
General Disease Report



- 1 Likelihood score** This section shows your overall likelihood of a cancer and individual genetic and non-genetic likelihood scores.
- 2 Explanation and lifestyle tips** You may have higher likelihood score depending on the number of genetic variants you have.
- 3 Group that I belong to** This shows your position on a distribution graph of all analyzed persons, divided into 4 groups.
- 4 Genetic Information** This section informs about each report's credibility, and number and location of the analyzed genetic markers.

- Results on this page is an example and might differ from your results.

How to Read Traits



- 1 My result** This section shows your traits based on the genetic test results.
- 2 Explanation and lifestyle tips** This section includes interpretation and/or explanation of the above results and provides lifestyle tips regarding each report.
- 3 Genetic Information** This section informs about each report's credibility, and number and location of the analyzed genetic markers.

! Precaution when interpreting results

- Traits > Biomarker Reports informing about levels do not reveal your actual levels, but rather your genetic tendencies.
- Traits > Drug Response Drug response reports do not test your actual response, but rather your genetic tendencies.
- Traits > Nutrition Nutrition reports show your genetic predisposition and not the actual concentration in blood.

- Results on this page is an example and might differ from your results.

Full reports

Analysis results of 470 All Categories.

Please Note

- Development likelihood higher than average is colored red or orange, and lower than average is colored green or blue.
- Color indication is not applied for results with no specific advantage or disadvantage.
- Reports that cannot be calculated are marked as 'No results'.

Full reports

Cancer > Respiratory

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Lung Cancer	5 ●	0.0825%
Pharyngeal Cancer	0.64 ●	0.014%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Laryngeal Cancer	3.73 ●	0.0147%

Cancer > Digestive

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Liver Cancer	5 ●	0.195%
Colorectal Cancer	1.57 ●	0.0518%
Pancreatic Cancer	0.68 ●	0.0034%
Oral Cancer	0.37 ●	0.0137%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Esophageal Cancer	3.04 ●	0.0275%
Gallbladder Cancer	1.2 ●	0.0033%
Stomach Cancer	0.43 ●	0.0073%

Cancer > Blood

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Hodgkin's Lymphoma	5 ●	0.0625%
Multiple Myeloma	1.25 ●	0.0034%
Acute Lymphoblastic Leukemia	0.86 ●	0.0374%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Chronic Myeloid Leukemia	2.49 ●	0.0834%
Non-Hodgkin's Lymphoma	1.06 ●	0.0323%
Chronic Lymphocytic Leukemia	0.73 ●	0.0073%

Cancer > Urogenital

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Testicular Cancer	2.58 ●	0.0942%
Prostate Cancer	0.48 ●	0.001%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Bladder Cancer	2.45 ●	0.0169%
Kidney Cancer	0.4 ●	0.0054%

Full reports

Cancer > Skin

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Melanoma	1.76 ●	0.0229%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Basal Cell Carcinoma	1.24 ●	0.0211%

Cancer > Nervous System

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Glioma	0.96 ●	0.0235%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Meningioma	0.72 ●	0.0176%

Cancer > Male

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Male Breast Cancer	0.82 ●	0.0012%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood

Cancer > Endocrine

Report Title	My Likelihood vs Population Avg (times)	My Likelihood
Thyroid Cancer	0.64 ●	0.0218%

Report Title	My Likelihood vs Population Avg (times)	My Likelihood

General Diseases > Metabolism

Report Title	My Likelihood vs Population Avg (times)	
Gout Likelihood of Joint Pain and Swelling:	5	High ●
Type 1 Diabetes Likelihood of Development:	3.25	High ●
Type 2 Diabetes Likelihood of Development:	2.75	Slightly High ●
Obesity Likelihood of Becoming Obese:	1.63	Slightly High ●
Hypothyroidism Likelihood of Developing an Underactive Thyroid:	1.58	Slightly High ●
Diabetic Kidney Disease Likelihood of Kidney Disease From Diabetes:	1.1	Slightly High ●

Report Title	My Likelihood vs Population Avg (times)	
Autoimmune Hepatitis Likelihood of Development:	4.27	High ●
Diabetic Retinopathy Likelihood of Retinal Damage Due to Diabetes:	3.12	High ●
IgA Nephropathy Likelihood of IgA Accumulation in Kidney:	2.07	Slightly High ●
Hyperlipidemia Likelihood of Lipid & Cholesterol Accumulation:	1.6	Slightly High ●
Graves' Disease Likelihood of Developing Overactive Thyroid:	1.23	Slightly High ●
Nephrotic Syndrome Likelihood of High Protein Excretion in Urine:	1.04	Slightly High ●

Full reports

General Diseases > Metabolism

Report Title	My Likelihood vs Population Avg (times)	
Gluten Sensitivity Likely Degree of Gluten Sensitivity:	0.99	Slightly Low ●
NAFLD Likelihood of Nonalcoholic Fatty Liver Disease:	0.9	Slightly Low ●
Pituitary Adenoma Likelihood of Pituitary Adenoma:	0.77	Slightly Low ●
Primary Biliary Cholangitis Likelihood of Developing Bile Duct Damage:	0.43	Slightly Low ●
Chronic Hepatitis C Likelihood of Developing Long-term Hepatitis C:	0.2	Low ●

Report Title	My Likelihood vs Population Avg (times)	
Kidney Stone Likelihood of Mineral Deposit in Kidney:	0.96	Slightly Low ●
Chronic Kidney Disease Likelihood of Kidney Function Deteriorating:	0.88	Slightly Low ●
Alcoholic Liver Cirrhosis Likelihood of Liver Cirrhosis From Drinking:	0.45	Slightly Low ●
Hepatitis C Cirrhosis Likelihood of Liver Cirrhosis From Hepatitis C:	0.38	Slightly Low ●

General Diseases > Circulatory

Report Title	My Likelihood vs Population Avg (times)	
Drug-resistant High BP Likelihood of Resistance to High BP Drugs:	1.53	Slightly High ●
Heart Failure Likelihood of Occurring:	1.45	Slightly High ●
Coronary Artery Calcification Likelihood of Coronary Arteries Hardening:	1.16	Slightly High ●
Raynaud's Syndrome Likelihood of Extremities Turning Pale:	1.09	Slightly High ●
High BP Due to Salt Intake Likelihood of High BP From Salt Intake:	0.96	Slightly Low ●
Dilated Cardiomyopathy Likelihood of Heart's Ventricle Weakening:	0.93	Slightly Low ●
Varicose Veins Likelihood of Enlarged Veins in Legs:	0.9	Slightly Low ●
Atrial Fibrillation Likelihood of Developing Abnormal Heart Rhythm:	0.78	Slightly Low ●
Aortic Dissection Likelihood of Aorta's Inner Layer Tearing:	0.63	Slightly Low ●

Report Title	My Likelihood vs Population Avg (times)	
Myocardial Infarction Likelihood of Heart Attack Occurring:	1.45	Slightly High ●
Abdominal Aortic Aneurysm Likelihood of Abdominal Aorta Enlarging:	1.43	Slightly High ●
Aortic Valve Calcification Likelihood of Aortic Valve Narrowing:	1.1	Slightly High ●
High Blood Pressure Likelihood of Development:	1.07	Slightly High ●
Atherosclerosis Likelihood of Plaque Building Up in Arteries:	0.94	Slightly Low ●
Pulse Pressure Likely Difference Between Two BP Values:	0.9	Slightly Low ●
Nocturnal High Blood Pressure Likelihood of High Blood Pressure at Nighttime:	0.89	Slightly Low ●
Sudden Cardiac Arrest Likelihood of Occurring:	0.76	Slightly Low ●
Angina Likelihood of Feeling Chest Pain or Discomfort:	0.47	Slightly Low ●

General Diseases > Digestive

Report Title	My Likelihood vs Population Avg (times)	
Collagenous Colitis Likelihood of Developing Colon Inflammation:	5	High ●
Irritable Bowel Syndrome Likelihood of Development:	1.95	Slightly High ●

Report Title	My Likelihood vs Population Avg (times)	
Celiac Disease Likelihood of Immune Response to Gluten Intake:	1.96	Slightly High ●
Indigestion Tendency to Feel Full or Bloating:	1.6	Slightly High ●

Full reports

General Diseases > Digestive

Report Title	My Likelihood vs Population Avg (times)	
Duodenal Ulcer Likelihood of Ulcer in Small Intestine:	1.48	Slightly High ●
Gastritis Likelihood of Stomach Lining Inflammation:	1.24	Slightly High ●
Lactose Intolerance Likelihood of Lactose Digestive Inability:	0.99	Slightly Low ●
Alcoholic Chronic Pancreatitis Likelihood of Chronic Pancreatitis From Alcohol:	0.82	Slightly Low ●
Ulcerative Colitis Likelihood of Colon Inflammation and Ulcers:	0.59	Slightly Low ●

Report Title	My Likelihood vs Population Avg (times)	
Gallstones Likelihood of Hard Deposits in Gallbladder:	1.32	Slightly High ●
Barrett's Esophagus Likelihood of Development:	1.24	Slightly High ●
Crohn's Disease Likelihood of Digestive Tract Inflammation:	0.91	Slightly Low ●
Acid Reflux Disease Likelihood of Experiencing Heartburn:	0.65	Slightly Low ●
Eosinophilic Esophagitis Likelihood of Eosinophil Buildup in Esophagus:	0.25	Low ●

General Diseases > Respiratory

Report Title	My Likelihood vs Population Avg (times)	
Asthma Likelihood of Airway Swelling and Narrowing:	5	High ●
Aging Lung Function Degree of Lung Function Declining From Aging:	1.18	Slightly High ●
Interstitial Lung Disease Likelihood of Developing Scarring of The Lungs:	1.06	Slightly High ●
Chronic Rhinosinusitis Likelihood of Development:	0.99	Slightly Low ●
Chronic Mucus Hypersecretion Likelihood of Development:	0.49	Slightly Low ●

Report Title	My Likelihood vs Population Avg (times)	
Allergic Rhinitis Likelihood of Development:	1.22	Slightly High ●
Response to Fine Dust Likelihood of Inflammation Due to Fine Dust:	1.1	Slightly High ●
Silicosis Likelihood of Silica Dust Accumulation in Lungs:	1.01	Slightly High ●
AHR Likelihood of Having Airway Hyperresponsiveness:	0.9	Slightly Low ●
COPD Likelihood of Developing COPD:	0.47	Slightly Low ●

General Diseases > Brain

Report Title	My Likelihood vs Population Avg (times)	
Frontotemporal Dementia Likelihood of Development:	2.64	Slightly High ●
Lewy Body Dementia Likelihood of Lewy Bodies Depositing in Brain:	2.06	Slightly High ●
Moyamoya Disease Likelihood of Artery Blockage in Brain:	1.22	Slightly High ●
Cerebral Hemorrhage Likelihood of Arterial Bleeding in Brain:	1.11	Slightly High ●
Small Vessel Stroke Likelihood of Stroke From Small Vessel Disease:	0.97	Slightly Low ●
Corticobasal Degeneration Likelihood of Development:	0.89	Slightly Low ●

Report Title	My Likelihood vs Population Avg (times)	
Alzheimer's Disease Likelihood of Brain Cells Degenerating:	2.59	Slightly High ●
Cerebral Aneurysm Likelihood of Brain Blood Vessel Ballooning:	1.29	Slightly High ●
Stroke Likelihood of Stroke Occuring:	1.18	Slightly High ●
Cerebral Ischemia Likelihood of Cerebral Ischemia Occurring:	1.04	Slightly High ●
Parkinson's Disease Likelihood of Development:	0.95	Slightly Low ●
Onset Age of FTD Likely Age of Frontotemporal Dementia Onset:	0.66	Slightly Late ●

Full reports

General Diseases > Brain

Report Title	My Likelihood vs Population Avg (times)	
Amyotrophic Lateral Sclerosis Likelihood of Losing Muscle Control:	0.57	Slightly Low ●

General Diseases > Nervous System

Report Title	My Likelihood vs Population Avg (times)	
Multiple Sclerosis Likelihood of Development:	5	High ●
Tremor Likelihood of Body Parts Moving Uncontrollably:	1.32	Slightly High ●
Epilepsy - Partial Seizure Likelihood of Development:	1.16	Slightly High ●
Cluster Headache Likelihood of Extreme Headaches Occurring:	1.07	Slightly High ●
Guillain-Barré Syndrome Likelihood of Peripheral Nervous System Damage:	1.01	Slightly High ●
Myasthenia Gravis Likelihood of Skeletal Muscles Weakening:	0.87	Slightly Low ●

Report Title	My Likelihood vs Population Avg (times)	
Restless Leg Syndrome Likelihood of Development:	2.54	Slightly High ●
Migraine Likelihood of Having Throbbing Headache:	1.16	Slightly High ●
Polymyositis Likelihood of Muscle Weakening and Inflammation:	1.08	Slightly High ●
Cervical Dystonia Likelihood of Development:	1.03	Slightly High ●
Headache Likelihood of Headaches Occurring:	0.96	Slightly Low ●
Epilepsy - Generalized Seizure Likelihood of Development:	0.86	Slightly Low ●

General Diseases > Skeletal

Report Title	My Likelihood vs Population Avg (times)	
Rheumatoid Arthritis Likelihood of Developing Joint Inflammation:	3.98	High ●
OPLL Likelihood of Development:	1.63	Slightly High ●
Psoriatic Arthritis Likelihood of Development Due to Psoriasis:	1.09	Slightly High ●
Spinal Disc Herniation Likelihood of Occurring:	0.93	Slightly Low ●
Idiopathic ONFH Likelihood of Development:	0.77	Slightly Low ●
Osteoporosis Likelihood of Developing Weak and Brittle Bones:	0.64	Slightly Low ●
Temporomandibular Arthrosis Likelihood of Developing Arthrosis in Jaw Joint:	0.5	Slightly Low ●

Report Title	My Likelihood vs Population Avg (times)	
Scoliosis Likelihood of Developing a Curved Spine:	2.34	Slightly High ●
Ankylosing Spondylitis Likelihood of Spine Becoming Stiff:	1.34	Slightly High ●
Osteoarthritis Likelihood of Developing Arthritis From Aging:	1.01	Slightly High ●
Chronic Back Pain Likelihood of Chronic Back Pain Occurring:	0.85	Slightly Low ●
Bunions Likelihood of Developing Bunions:	0.72	Slightly Low ●
Paget's Disease Likelihood of Certain Bones Becoming Fragile:	0.57	Slightly Low ●

Full reports

General Diseases > Immune System

Report Title	My Likelihood vs Population Avg (times)	
Food Allergy Likelihood of Allergy to Certain Foods:	4.1	High ●
Egg Allergy Likelihood of Development:	2.51	Slightly High ●
Sarcoidosis Likelihood of Inflammatory Cell Growth:	1.64	Slightly High ●
GPA Likelihood of Granulomatosis with Polyangitis:	1.38	Slightly High ●
Pollen Allergy Likelihood of Allergy to Pollen Exposure:	1.04	Slightly High ●
Sjogren's Syndrome Likelihood of Developing Dry Eyes and Mouth:	0.87	Slightly Low ●
Systemic Lupus Erythematosus Likelihood of Development:	0.2	Low ●

Report Title	My Likelihood vs Population Avg (times)	
Selective IgA Deficiency Likelihood of Developing Low IgA Antibody Level:	3.83	High ●
Peanut Allergy Likelihood of Development:	2.01	Slightly High ●
Peach Allergy Likelihood of Development:	1.49	Slightly High ●
Vogt-Koyanagi-Harada Disease Likelihood of Melanocyte Inflammation:	1.06	Slightly High ●
Sun Allergy Likelihood of Allergy to Sun Exposure:	1.02	Slightly High ●
Behcet's Disease Likelihood of Blood Vessel Inflammation:	0.76	Slightly Low ●
Shrimp Allergy Likelihood of Development:	0.2	Low ●

General Diseases > Blood

Report Title	My Likelihood vs Population Avg (times)	
Venous Thromboembolism Likelihood of Blood Clot in Deep Vein:	1.46	Slightly High ●
Peripheral Vascular Disease Likelihood of Peripheral Blood Vessel Narrowing:	0.98	Slightly Low ●
Amyloidosis Likelihood of Amyloid Buildup in Organs:	0.89	Slightly Low ●

Report Title	My Likelihood vs Population Avg (times)	
Thrombosis Likelihood of Developing Blood Clot:	1.03	Slightly High ●
Iron Deficiency Anemia Likelihood of Anemia Due to Insufficient Iron:	0.91	Slightly Low ●
ANCA Vasculitis Likelihood of Development:	0.75	Slightly Low ●

General Diseases > Skin

Report Title	My Likelihood vs Population Avg (times)	
Atopic Dermatitis Likelihood of Development:	1.47	Slightly High ●
Dupuytren's Contracture Likelihood of Fingers Becoming Bent and Stiff:	1.05	Slightly High ●
Psoriasis Likelihood of Development:	0.74	Slightly Low ●
Keloid Likelihood of Scar Tissue After Skin Injury:	0.59	Slightly Low ●

Report Title	My Likelihood vs Population Avg (times)	
Systemic Sclerosis Likelihood of Developing Hardened Skin:	1.24	Slightly High ●
Nickel Contact Dermatitis Likelihood of Skin Dermatitis From Nickel:	1.02	Slightly High ●
Dermatomyositis Likelihood of Muscle Inflammation and Weakness:	0.67	Slightly Low ●
Vitiligo Likelihood of Losing Skin Color in Blotches:	0.39	Slightly Low ●

Full reports

General Diseases > Eye/Ear/Mouth

Report Title	My Likelihood vs Population Avg (times)		
Keratoconus Likelihood of The Cornea Forming a Cone Shape:	3.65	High	●
Hearing Loss Likelihood of Development:	2.08	Slightly High	●
Cataract Likelihood of Developing Clouded Vision:	1.37	Slightly High	●
Periodontal Disease Likelihood of Development:	1.21	Slightly High	●
Rhegmatogenous Retinal Detachment Likelihood of Detachment From Underlying Tissue:	1.17	Slightly High	●
Stomatitis Susceptibility to Stomatitis:	1.03	Slightly High	●
Dry Eye Syndrome Likelihood of Development:	0.99	Slightly Low	●
Hyperacusis Likelihood of Development:	0.87	Slightly Low	●
Normal Tension Glaucoma Likelihood of Glaucoma From High Eye Pressure:	0.64	Slightly Low	●
Macular Degeneration Likelihood of The Eye's Macula Degenerating:	0.59	Slightly Low	●

Report Title	My Likelihood vs Population Avg (times)		
Birdshot Uveitis Likelihood of Oval-shaped Spots in Retina:	2.67	Slightly High	●
Open Angle Glaucoma Likelihood of Glaucoma From Eye Fluid Blockage:	1.64	Slightly High	●
Angle-closure Glaucoma Likelihood of Eye and Headache from Glaucoma:	1.26	Slightly High	●
Astigmatism Likelihood of Imperfection in Eye Curvature:	1.2	Slightly High	●
Otosclerosis Likelihood of Development:	1.04	Slightly High	●
Farsightedness (Hyperopia) Likelihood of Development:	0.99	Slightly Low	●
Nearsightedness (Myopia) Likelihood of Development:	0.91	Slightly Low	●
Dental Caries (Cavity) Likelihood of Development:	0.79	Slightly Low	●
Wisdom Tooth Likelihood of Growing Wisdom Teeth:	0.6	Slightly Low	●
Exfoliation Syndrome Likelihood of Fibrillar Protein Buildup in Eye:	0.21	Low	●

General Diseases > Sex

Report Title	My Likelihood vs Population Avg (times)		
Azoospermia Likelihood of Having Absence of Sperm:	2.28	Slightly High	●
Erectile Dysfunction Likelihood of Development:	0.99	Slightly Low	●

Report Title	My Likelihood vs Population Avg (times)		
Benign Prostatic Hyperplasia Likelihood of Developing an Enlarged Prostate:	1.07	Slightly High	●
Inguinal Hernia Likelihood of Intestine Bulging into Groin Area:	0.95	Slightly Low	●

General Diseases > Infection

Report Title	My Likelihood vs Population Avg (times)		
Severity of Coronavirus (SARS-CoV) Symptoms Likely Severity of Coronavirus (SARS) Symptoms:	3.55	Severe	●
Staph. aureus Infection Susceptibility to Staph. aureus Infection:	1.09	Slightly High	●
Candida Infection Susceptibility to Candida Yeast Infection:	0.99	Slightly Low	●
Aspergillus Infection Susceptibility to Aspergillus Infection:	0.77	Slightly Low	●

Report Title	My Likelihood vs Population Avg (times)		
Tuberculosis Infection Susceptibility to Tuberculosis Infection:	1.12	Slightly High	●
Mumps Infection Susceptibility to Mumps Infection:	1.03	Slightly High	●
Shingles Infection Susceptibility to Shingles Infection:	0.94	Slightly Low	●
Dengue Virus Infection Susceptibility to Dengue Virus Infection:	0.63	Slightly Low	●

Full reports

General Diseases > Infection

Report Title	My Likelihood vs Population Avg (times)	
Hansen's Disease Susceptibility to Hansen's Disease:	0.4	Slightly Low ●
EBV Antibody Response Susceptibility to Epstein Barr Virus Infection:	Score unavailable	Slightly Low ●
Helicobacter pylori Infection Susceptibility to Helicobacter pylori Infection:	0.2	Low ●

Report Title	My Likelihood vs Population Avg (times)	
AIDS Progression Likely AIDS Progression Rate With HIV Infection:	Score unavailable	Slightly Slow ●
Coronavirus (SARS-CoV) Infection Susceptibility to Coronavirus (SARS) Infection:	0.2	Low ●

General Diseases > Mental Health

Report Title	My Likelihood vs Population Avg (times)	
ADHD Likelihood of Developing ADHD:	2.82	Slightly High ●
Bipolar Disorder Likelihood of Developing Extreme Mood Swings:	1.84	Slightly High ●
Anorexia Nervosa Likelihood of Severely Restricting Food Intake:	1.16	Slightly High ●
Chronic Fatigue Syndrome Likelihood of Development:	0.99	Slightly Low ●
Autism Likelihood of Development:	0.91	Slightly Low ●
Depression Likelihood of Development:	0.42	Slightly Low ●

Report Title	My Likelihood vs Population Avg (times)	
Obsessive-compulsive Disorder Likelihood of Repeating a Certain Behavior:	2.24	Slightly High ●
Panic Disorder Likelihood of Having Panic Attacks:	1.43	Slightly High ●
Eating Disorder Likelihood of Unhealthy Eating Behavior:	0.99	Slightly Low ●
Age and Cognitive Function Likely Decline of Cognitive Ability From Aging:	0.99	Slightly Low ●
Tourette Syndrome Likelihood of Having Uncontrollable Tics:	0.61	Slightly Low ●
Schizophrenia Likelihood of Development:	0.34	Slightly Low ●

Traits > Weight Management

Report Title	My Predisposition
Resting Metabolic Rate Energy Consumption During Rest	Low ●
Waist to Hip Ratio Indicator of Obesity	Low ●
Lower Body Obesity Likelihood of Fat Accumulation in Lower Body:	Low ●
Cellulite Formation Likelihood of Dimply Skin Forming:	Low ●
Snacking Frequency Likely Frequency of Eating Snacks:	Low ●
Yo-Yo Effect Likelihood of Regaining Lost Weight:	Low ●
High Fat Diet Likely Response to High Fat Diet:	Good ●

Report Title	My Predisposition
Lean Body Mass Likely Lean Body Mass:	High ●
Abdominal Obesity Likelihood of Abdominal Fat Accumulating:	Low ●
Leptin Level Indicator of Appetite Control	High ●
Appetite Control Likely Ability to Tolerate Hunger:	Good ●
Bulimia Nervosa Likelihood of Overeating Before Vomiting:	Low ●
Calorie Restriction Diet Likely Response to Calorie Restriction Diet:	Good ●
High Protein Diet Likely Response to High Protein Diet:	Good ●

Full reports

Traits > Nutrition

Report Title	My Predisposition	Report Title	My Predisposition
Fat Level Indicator of Fat Metabolism	Low ●	Saturated Fat Level Indicator of Saturated Fat Metabolism	Low ●
Stearate Level Indicator of Stearate Metabolism	High ●	DHA Level Indicator of DHA Metabolism	Low ●
EPA Level Indicator of EPA Metabolism	High ●	Alpha-Linolenic Acid Level Indicator of Alpha-Linolenic Acid Metabolism	Low ●
Gamma-Linolenic Acid Level Indicator of Gamma-Linolenic Acid Metabolism	Low ●	Linoleic Acid Level Indicator of Linolenic Acid Metabolism	High ●
Arachidonic Acid Level Indicator of Arachidonic Acid Metabolism	High ●	Palmitoleic Acid Level Indicator of Palmitoleic Acid Metabolism	Low ●
Oleic Acid Level Indicator of Oleic Acid Metabolism	High ●	Trans Fat Level Indicator of Trans Fat Metabolism	High ●
Vitamin A Level Indicator of Vitamin A Metabolism	High ●	Vitamin B6 Level Indicator of Vitamin B6 Metabolism	High ●
Folate Level Indicator of Folate Metabolism	High ●	Vitamin B12 Level Indicator of Vitamin B12 Metabolism	High ●
Vitamin C Level Indicator of Vitamin C Metabolism	High ●	Vitamin D Level Indicator of Vitamin D Metabolism	High ●
Vitamin E Level Indicator of Vitamin E Metabolism	High ●	Vitamin K Level Indicator of Vitamin K Metabolism	High ●
Calcium Level Indicator of Calcium Metabolism	Low ●	Iron Level Indicator of Iron Metabolism	High ●
Zinc Level Indicator of Zinc Metabolism	High ●	Magnesium Level Indicator of Magnesium Metabolism	Low ●
Phosphorous Level Indicator of Phosphorus Metabolism	Low ●	Potassium Level Indicator of Potassium Metabolism	High ●
Betaine Level Indicator of Betaine Metabolism	High ●	Coenzyme Q10 Level Indicator of Coenzyme Q10 Metabolism	Low ●
Selenium Level Indicator of Selenium Metabolism	High ●	Arginine Level Indicator of Arginine Metabolism	High ●
Unsaturated Fat Triglyceride Reduction From Unsaturated Fat:	High ●	Lutein and Zeaxanthin Likely Response to Lutein and Zeaxanthin:	Good ●
Colorectal Cancer and Meat Colorectal Cancer From Eating Processed Meat:	Low ●	Trp / Phe Metabolism Likely Ability of Blood Tryptophan / Phenylalanine Metabolism:	High ●

Traits > Metabolism

Report Title	My Predisposition	Report Title	My Predisposition
Triglyceride Level Index for Heart Health	High ●	LDL Cholesterol Level Likely LDL Cholesterol Level:	Low ●
HDL Cholesterol Level Likely HDL Cholesterol Level:	High ●	Alcohol Metabolism Likely Ability to Metabolize Alcohol:	Good ●

Full reports

Traits > Metabolism

Report Title	My Predisposition	Report Title	My Predisposition
Nicotine Metabolism Likely Ability to Metabolize Nicotine:	Poor ●	Caffeine Metabolism Likely Ability to Metabolize Caffeine:	Good ●
Antioxidation Likely Ability to Remove Reactive Oxygen:	Poor ●	Postural Hypotension Likelihood of Low BP Occurring When Standing Up:	High ●
Insulin Resistance Likelihood of Losing Blood Glucose Regulation:	High ●		

Traits > Skin Care

Report Title	My Predisposition	Report Title	My Predisposition
Skin Hydration Likely Ability to Retain Skin Moisture:	Good ●	Skin Elasticity Likely Ability to Maintain Elastic Skin:	Good ●
Crow's Feet Likelihood of Developing Crow's Feet:	Low ●	Photoaging Likely Rate of Skin Aging From UV Rays:	Slow ●
Glycation and Aging Likely Rate of Skin Aging From Eating Sugar:	Slow ●	Acne Likelihood of Development:	Low ●
Stretch Marks Likelihood of Development:	Low ●	Skin Pigmentation Likelihood of Developing Darker Skin Spots:	High ●
Freckles and Age Spots Likelihood of Developing Freckles or Age Spots:	Low ●	Skin Tone Likelihood of Naturally Light Skin Tone:	High ●
Response to Sun Tanning Likelihood of Tanning Easily:	Low ●		

Traits > Sleep

Report Title	My Predisposition	Report Title	My Predisposition
Deep Sleep Likely Ability to Sleep Deeply:	Good ●	Sleep Latency Likely Time You Require to Fall Asleep:	Long ●
Obstructive Sleep Apnea Likelihood of Breathing Issue During Sleep:	High ●	Insomnia Likelihood of Having Insomnia:	High ●
Narcolepsy Likelihood of Development:	High ●	Hypersomnia Likelihood of Development:	Low ●
Excessive Sleepiness Likelihood of Feeling Sleepy All Day:	Low ●	Daytime Nap Likelihood of Taking Daytime Naps or Breaks:	Low ●
Circadian Rhythm Early Bird or Night Owl?	Early Bird ●		

Full reports

Traits > Hair Loss

Report Title	My Predisposition	Report Title	My Predisposition
Androgenetic Alopecia Likelihood of Patterned Hair Loss:	High ●	Spot Baldness Likelihood of Development:	High ●
Hair Thickness Likely Thickness of Hair:	Thick ●	Response to Finasteride Likely Effect of Finasteride:	Good ●

Traits > Fitness

Report Title	My Predisposition	Report Title	My Predisposition
Muscular Growth Tendency to Develop Muscle:	High ●	Lower Body Strength Tendency to Develop Lower Body Strength:	High ●
Grip Likely Grip Strength:	Strong ●	Explosive Strength Likely Muscle Strength and Power:	Stronger ●
Muscular Endurance Tendency to Develop Muscular Endurance:	High ●	Cardiovascular Endurance Likely Maximum Oxygen Uptake:	Good ●
Heart Rate Recovery Likely Heart Rate Recovery After Exercising:	Slow ●	Flexibility Likely Flexibility of Joints and Muscles:	Flexible ●
Rotator Cuff Injury Likelihood of Injury:	Low ●	ACL Injury Likelihood of Anterior Cruciate Ligament Injury:	Low ●
Achilles Tendon Injury Likelihood of Injury:	Low ●	Ankle Injury Likelihood of Injury:	Low ●

Traits > Sense

Report Title	My Predisposition	Report Title	My Predisposition
Sweetness Sensitivity Likely Sensitivity to Sweet Tastes:	Sensitive ●	Bitterness Sensitivity Likely Sensitivity to Bitter Tastes:	Sensitive ●
Saltiness Sensitivity Likely Sensitivity to Salty Tastes:	Sensitive ●	Red Wine Preference Likely Preference of Red Wine:	Not Prefer ●
White Wine Preference Likely Preference of White Wine:	Not Prefer ●	Cilantro Preference What is My Likely Preference to Cilantro?	Not Prefer ●
Absolute Pitch How Likely Am I to Having Absolute Pitch?	Naturally Talented ●	Smell Detection Ability Likely Odor Detection Ability:	Sensitive ●
Drink Smell Sensitivity Likely Sensitivity to Drink Smell:	Sensitive ●	Sensitivity to Asparagus Smell Likely Sensitivity to Asparagus Smell in Urine:	Sensitive ●
Fear of Pain Likelihood of Being Fearful of Pain:	Low ●		

Full reports

Traits > Interest

Report Title	My Predisposition	Report Title	My Predisposition
Skipping Breakfast Do I Tend to Skip Breakfast?	Skip ●	Dairy Consumption Frequency Likely Dairy Consumption Frequency:	Frequent ●
Protein Consumption Frequency Likely Protein Consumption Frequency:	Frequent ●	Living Longer Than 90 Likelihood of Living Longer than 90 Years:	Higher ●
Telomere Length and Aging Cellular Aging Based on Telomere Length	Longer ●	Alcohol Flush Reaction Turning Red with Alcohol Consumption:	Unlikely to Flush ●
Alcohol Consumption Frequency Likely Drinking Frequency:	Infrequent ●	Cerebral Cortex Volume Indicator of Cognitive Performance	Larger ●
Hippocampus Volume Indicator of Memory Ability	Smaller ●	Mosquito Bite Itchiness How Itchy Are My Mosquito Bites?	Less Itchy ●
Mosquito Bite Swelling How Much Do My Mosquito Bites Swell?	Swell Less ●	Mosquito Bite Frequency Would I Get More Mosquito Bites Than Others?	Infrequent ●
Endorphin Level Likelihood of My Natural Endorphin Level?	High ●	Reflexive Response Speed Likely Speed of My Reflexes:	Faster ●
Motion Sickness Do I Tend to Get Motion Sickness in Car Rides?	More Likely ●	Hypnosis Susceptibility How Easily Can I Be Hypnotized?	Less Likely ●
Emotion Detection Likely Ability of My Emotion Detection:	Poor ●	Obsessive Cleaning How Tolerant Am I to Dirty Surroundings?	Intolerant ●
Photic Sneeze Reflex Do I Sneeze When Exposed to a Bright Light?	Likely to Sneeze ●	Sedentary Lifestyle Do You Enjoy Having a Sedentary Lifestyle?	Do not Enjoy ●
Active Lifestyle Inclination Towards Being Physically Active:	Less Active ●	Short Term Number Memory Am I Good at Remembering Numbers?	Good ●
Visuospatial Short Term Memory Am I Good at Remembering Visual Info?	Good ●	Long-Term Memory Am I Good at Storing Info for a Long Time?	Good ●
Aging and Memory Will I Have Good Memory Even When I'm Old?	Good ●	Exercise and Memory Improvement Would Exercise Improve My Memory?	Improve ●
Mathematical Confidence Do I Have Confidence in Math?	High ●	Reading Comprehension Skills Can I Comprehend Information Well?	Good ●
Persistence Do I Tend to Persevere Through Difficulties?	High ●	Creativity Am I a Creative Person?	High ●
Extraversion Are You a Social Butterfly?	More Likely ●	Openness to Experience Do I Accept Change With an Open Mind?	More Likely ●
Agreeableness Am I a Generally Sociable Person?	More Likely ●	Conscientiousness Am I Responsible and Hard Working?	More Likely ●
Risk Taking Tendencies Am I an Adventurer?	More Likely ●	Solitary Personality Am I a Lone Wolf?	Less Likely ●
Risk Aversion Personality Do I Avoid Risks and Uncertainties?	Less Likely ●	Reward Dependency Am I Sensitive to How Others Judge Me?	More Likely ●
Psychological Resilience How Resilient Am I?	High ●	Health Literacy Can I Understand Health Information Well?	High ●

Full reports

Traits > Biomarker

Report Title	My Predisposition	Report Title	My Predisposition
Albumin : Globulin Ratio Indicator of Protein Synthesis Function in Liver	Low ●	ALP Level Indicator of Liver Disease	Low ●
ALT Level Indicator of Liver Disease	Low ●	GGT Level Indicator of Liver Disease	Low ●
Bilirubin Level Indicator of Liver Disease	Low ●	Thyroid Hormone Level Indicator of Thyroid Function	Low ●
Albumin:Creatinine Ratio Indicator of Kidney Disease	Low ●	BUN Level Indicator of Kidney Function	Low ●
GFR Indicator of Kidney Function	High ●	SDMA Level Indicator of Kidney Function	Low ●
Plasma Renin Activity Indicator of Blood Pressure Abnormality	Low ●	Homocysteine Level Risk Factor of Cardiovascular Disease	Low ●
Resistin Level Indicator of Metabolic Syndrome	Low ●	Adiponectin Level Indicator of Obesity and Diabetes	High ●
Lipase Level Indicator of Pancreatic Disease	Low ●	Parathyroid Hormone Level Indicator of Calcium Homeostasis:	Low ●
Aortic Root Diameter Indicator of Aorta's Condition:	Low ●	Troponin T Level Indicator of Cardiomyocyte Damage	Low ●
PAI-1 Level Index for Cardiovascular Disease Risk	Low ●	ST2 Level Index for Cardiovascular Disease Risk	Low ●
Lp-PLA2 Level Index for Cardiovascular Disease Risk	Low ●	VIP Level Index for Cardiovascular Disease Risk	Low ●
OPG Level Index for Cardiovascular Disease Risk	Low ●	Retinal Vessel Thickness Index for Cardiovascular Disease Risk	Thin ●
Heart Rate Likely Heart Beats Per Minute:	Low ●	PR Interval Indicator of Heart Disease	Short ●
QRS Interval Indicator of Heart Disease	Short ●	QT Interval Indicator of Heart Disease	Short ●
FVC Indicator of Lung Functionality	High ●	FEV Indicator of Lung Functionality	Large ●
FEV1/FVC Ratio Indicator of Lung Functionality	High ●	IgG Level Indicator of Immune System Health	Low ●
IgM Level Indicator of Immune System Health	Low ●	IL-18 Level Indicator of Immune System Health	Low ●
CRP Level Indicator of Immune System Health	Low ●	Complement C3, C4 Levels Indicator of Immune System Health	High ●
Calcineurin Level Indicator of Immune System Health	Low ●	Monocyte Count Indicator of Immune System Health	Low ●
Eosinophil Count Indicator of Immune System Health	Low ●	Erythrocyte Sedimentation Rate Indicator of Immune System Health	Low ●
Erythrocyte Count Indicator of Anemia and Iron Nutrition	High ●	Hemoglobin Level Indicator of Anemia and Iron Nutrition	High ●
Ferritin Level Indicator of Anemia and Iron Nutrition	High ●	Hematocrit Level Indicator of Anemia and Iron Nutrition	High ●

Full reports

Traits > Biomarker

Report Title	My Predisposition	Report Title	My Predisposition
Platelet Count Index of Blood Coagulation Function	High ●	Mean Platelet Volume Index of Blood Coagulation Function	High ●
Prothrombin Time Index of Blood Coagulation Function	Short ●	APTT Index of Blood Coagulation Function	Short ●
Fibrinogen Level Index of Blood Coagulation Function	Low ●	Protein C Level Index of Blood Coagulation Function	High ●
D-dimer Level Indicator of Thrombosis Risk	Low ●	Intraocular Pressure Likelihood of Intraocular Pressure Increasing:	High ●
Optic Disc Area Risk Factor for Glaucoma	Small ●	Corneal Thickness Likely Thickness of Cornea:	Thick ●
Corneal Curvature Likely Curvature of Cornea:	Flatter ●	Visual Axial Length Likely Distance From Cornea to Retina:	Short ●
FSH Level Likely FSH (Follicle Stimulating Hormone) Level:	Low ●	Testosterone Level Likely Testosterone Level:	Low ●
AFP Level Cancer Risk Factor	Low ●	CA19-9 Level Cancer Risk Factor	Low ●
CEA Level Cancer Risk Factor	Low ●	PSA Level Prostate Cancer Risk Factor	Low ●
5-HIAA Level Cancer Risk Factor	Low ●		

Traits > Drug Response

Report Title	My Predisposition	Report Title	My Predisposition
Alcohol Use Disorder Likelihood of Withdrawal and Addiction Symptoms:	Low ●	Nicotine Dependence Likelihood of Withdrawal and Addiction Symptoms:	High ●
Alcohol and Nicotine Co-dependence Likelihood of Alcohol & Nicotine Co-dependence:	Low ●	Caffeine Dependence Likelihood of Withdrawal and Addiction Symptoms:	Low ●
Response to Sunitinib Likely Response to Sunitinib Anticancer Drugs:	Low ●	Response to Cetuximab Likely Response for Colorectal Cancer Treatment:	Good ●
Response to Platinum-Based Drugs Likely Response for NSCLC Treatment:	Good ●	Response to Metoprolol Likely Response for Treating Angina:	Good ●
Response to Hydrochlorothiazide Likely Response for Treating High BP:	Good ●	Response to Irbesartan Likely Response for Hypertension Treatment:	Low ●
Response to Dobutamine Likely Response to Heart Stimulant:	Good ●	Response to Metformin Likely Response for Lowering Blood Sugar Level:	Good ●
Response to Repaglinide Likely Response to Antidiabetic Drugs:	Good ●	Response to Sulfonylurea Likely Response for Lowering Blood Glucose:	Good ●
Response to Statin (1) Likely Response for Lowering Lipid Levels:	Good ●	Response to Statin (2) Likely Response for Increasing HDL Levels:	Good ●
Response to Warfarin Likely Response for Inhibiting Blood Clotting:	Good ●	Response to Clopidogrel Likely Response for Antiplatelet Therapy:	Good ●

Full reports

Traits > Drug Response

Report Title	My Predisposition	Report Title	My Predisposition
Response to Methotrexate Likely Response to Rheumatoid Arthritis Drugs:	Good ●	Response to Rituximab Likely Response to Rheumatoid Arthritis Drugs:	Low ●
Response to Sulfasalazine Likely Response to Rheumatoid Arthritis Drugs:	Low ●	Response to TNF Inhibitors Likely Response for Rheumatoid Arthritis:	Good ●
Response to Tocilizumab Likely Response to Rheumatoid Arthritis Drugs:	Good ●	Response to Interferon Beta Likely Response for Treating Multiple Sclerosis:	Good ●
Response to Lamotrigine Likely Response to Epilepsy Treatment:	Good ●	Response to Valproic Acid Likely Response to Epilepsy Treatment:	Good ●
Response to Allopurinol Likely Response for Treating Gout:	Good ●	Response to Inhaled Corticosteroid Likely Response for Treating Asthma:	Good ●
Response to Tamsulosin Likely Response for Prostatic Hyperplasia:	Good ●	Response to Opioid Analgesics Likely Response to Opioid Analgesics:	Good ●
Response to Tacrolimus Likely Response for Immunosuppression:	Good ●	Response to Ribavirin Likely Response for Treating Hepatitis C:	Good ●
Response to Hepatitis B Vaccine Likely Response to Hepatitis B Vaccine:	Good ●	Response to Whooping Cough Vaccine Likelihood of Forming Antibodies:	Good ●
Response to Olanzapine Likely Response to Schizophrenia Treatment:	Good ●	Response to Antidepressants Likely Response to SSRI for Treating Depression:	Good ●
Response to Lithium Treatment Likely Response for Treating Bipolar Disorder:	Good ●	Response to Venlafaxine Likely Response for Treating Anxiety Disorder:	Good ●
Bevacizumab-Induced High BP Likelihood of Drug Side Effect:	High ●	Irinotecan-Induced Diarrhea Likelihood of Drug Side Effect:	Low ●
Irinotecan-Induced Neutropenia Likelihood of Drug Side Effect:	Low ●	Fluorouracil-Induced Leukopenia Likelihood of Drug Side Effect:	Low ●
Methotrexate-Induced Stomach Pain Likelihood of Drug Side Effect:	Low ●	Vincristine-Induced Nerve Damage Likelihood of Drug Side Effect:	Low ●
ACE Inhibitor-Induced Coughing Likelihood of Drug Side Effect:	Low ●	Simvastatin-Induced Muscle Pain Likelihood of Drug Side Effect:	Low ●
Apixaban-Induced Kidney Dysfunction Likelihood of Drug Side Effect:	Low ●	Antithyroid-Induced Agranulocytosis Likelihood of Drug Side Effect:	Low ●
NSAID-Induced Bowel Disorder Likelihood of Drug Side Effect:	High ●	NSAID-Induced Angioedema and Hives Likelihood of Drug Side Effect:	High ●
Aspirin-Induced Asthma Likelihood of Drug Side Effect:	Low ●	Acetaminophen-Induced Liver Toxicity Likelihood of Drug Side Effect:	High ●
Thiopurine-Induced Hair Loss Likelihood of Drug Side Effect:	High ●	Thiopurine-Induced Leukopenia Likelihood of Drug Side Effect:	High ●
AIDS Treatment-Induced Side Effect Likelihood of Drug Side Effect:	High ●	Interferon-Induced Depression Likelihood of Drug Side Effect:	High ●
Antidepressant-Induced SD Likelihood of Drug Side Effect:	Low ●	Antipsychotic-Induced Weight Gain Likelihood of Drug Side Effect:	Low ●
Antipsychotic-Induced Agranulocytosis Likelihood of Drug Side Effect:	High ●		

Key reports

Analysis results of 200 key categories

Cancer 22

Liver Cancer
Hodgkin's Lymphoma
Laryngeal Cancer
Esophageal Cancer
Testicular Cancer
Chronic Myeloid Leukemia
Bladder Cancer
Melanoma
Multiple Myeloma
Basal Cell Carcinoma
Gallbladder Cancer
Non-Hodgkin's Lymphoma
Glioma
Acute Lymphoblastic Leukemia
Chronic Lymphocytic Leukemia
Meningioma
Pancreatic Cancer
Thyroid Cancer
Pharyngeal Cancer
Prostate Cancer and 2more

General Diseases 178

Gout
Collagenous Colitis
Asthma
Multiple Sclerosis
Autoimmune Hepatitis
Food Allergy
Rheumatoid Arthritis
Selective IgA Deficiency
Keratoconus
Severity of Coronavirus (SARS-CoV) Symptoms
Type 1 Diabetes
Diabetic Retinopathy
ADHD
Type 2 Diabetes
Birdshot Uveitis
Frontotemporal Dementia
Alzheimer's Disease
Restless Leg Syndrome
Egg Allergy
Scoliosis and 158more

ⓘ Please Note

- Development likelihood higher than average is colored red or orange, and lower than average is colored green or blue.
- Color indication is not applied for results with no specific advantage or disadvantage.
- Reports that cannot be calculated are marked as 'No results'.

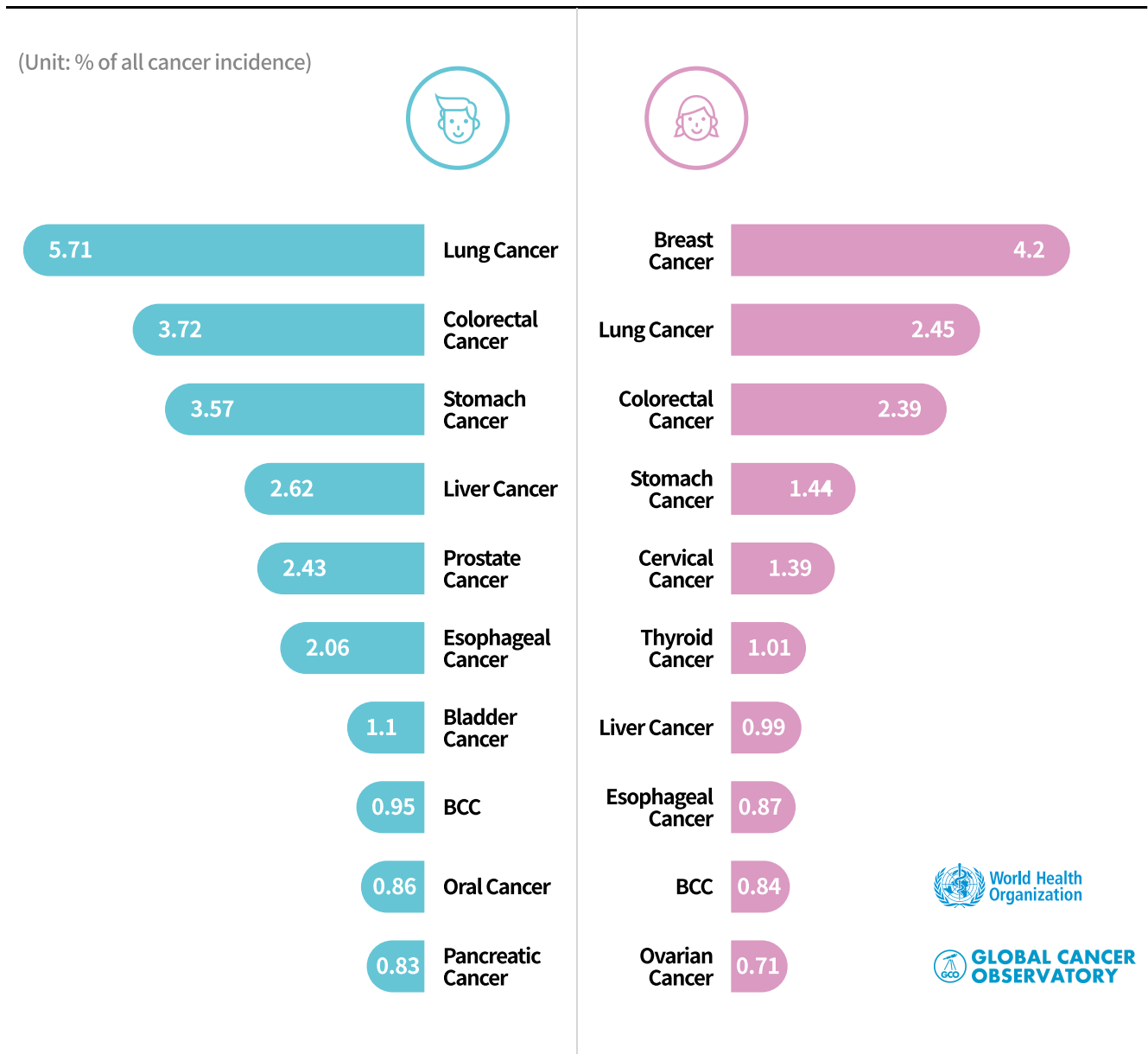
Cancer Incidence Rates.

Of all the new cancer incidents in 2018, the top 5 cancer types for men and women were:

Male – lung, colorectal, stomach, liver, and prostate cancer.


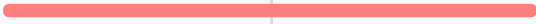







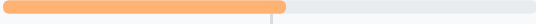





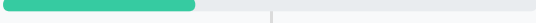



Female – breast, lung, colorectal, stomach, and cervical cancer.

(Statistics based on 2018 cumulative cancer incidence between ages 30 and 80)



Based on current knowledge, avoiding key risk factors could prevent between 30% and 50% of cancer deaths. These factors include avoiding tobacco products, decreasing alcohol consumption, exercising regularly, maintaining a healthy body weight, and being careful of infection that can increase cancer risk (reference: World Health Organization).











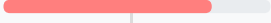







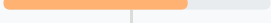
Results in this report consider both genetic and non-genetic (environmental, lifestyle) factors and present a combined risk score for specific diseases and traits. By knowing this information, individuals can make lifestyle adjustments according to their results and decrease likelihood of developing diseases.

Report Title	~0.2 times	Average	5 times~	My Likelihood vs Avg (times)
Liver Cancer				5
Hodgkin's Lymphoma				5
Laryngeal Cancer				3.73
Esophageal Cancer				3.04
Testicular Cancer				2.58
Chronic Myeloid Leukemia				2.49
Bladder Cancer				2.45
Melanoma				1.76
Multiple Myeloma				1.25
Basal Cell Carcinoma				1.24
Gallbladder Cancer				1.2
Non-Hodgkin's Lymphoma				1.06
Glioma				0.96
Acute Lymphoblastic Leukemia				0.86
Chronic Lymphocytic Leukemia				0.73
Meningioma				0.72
Pancreatic Cancer				0.68
Thyroid Cancer				0.64
Pharyngeal Cancer				0.64

Report Title	~0.2 times	Average	5 times~	My Likelihood vs Avg (times)
Prostate Cancer	<div><div></div></div>		<div><div></div></div>	0.48
Kidney Cancer	<div><div></div></div>		<div><div></div></div>	0.4
Oral Cancer	<div><div></div></div>		<div><div></div></div>	0.37

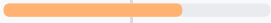



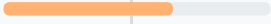













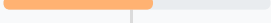
General Diseases

Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)	
Gout Likelihood of Joint Pain and Swelling:				5	High ●
Collagenous Colitis Likelihood of Developing Colon Inflammation:				5	High ●
Asthma Likelihood of Airway Swelling and Narrowing:				5	High ●
Multiple Sclerosis Likelihood of Development:				5	High ●
Autoimmune Hepatitis Likelihood of Development:				4.27	High ●
Food Allergy Likelihood of Allergy to Certain Foods:				4.1	High ●
Rheumatoid Arthritis Likelihood of Developing Joint Inflammation:				3.98	High ●
Selective IgA Deficiency Likelihood of Developing Low IgA Antibody Level:				3.83	High ●
Keratoconus Likelihood of The Cornea Forming a Cone Shape:				3.65	High ●
Severity of Coronavirus (SARS-CoV) Symptoms Likely Severity of Coronavirus (SARS) Symptoms:				3.55	Severe ●
Type 1 Diabetes Likelihood of Development:				3.25	High ●
Diabetic Retinopathy Likelihood of Retinal Damage Due to Diabetes:				3.12	High ●
ADHD Likelihood of Developing ADHD:				2.82	Slightly High ●
Type 2 Diabetes Likelihood of Development:				2.75	Slightly High ●
Birdshot Uveitis Likelihood of Oval-shaped Spots in Retina:				2.67	Slightly High ●
Frontotemporal Dementia Likelihood of Development:				2.64	Slightly High ●
Alzheimer's Disease Likelihood of Brain Cells Degenerating:				2.59	Slightly High ●
Restless Leg Syndrome Likelihood of Development:				2.54	Slightly High ●
Egg Allergy Likelihood of Development:				2.51	Slightly High ●

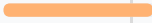
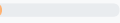
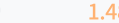

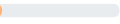

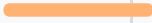
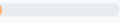
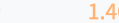

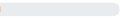


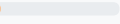
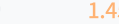

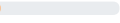

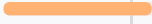
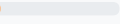
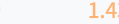

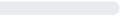


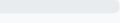
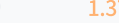

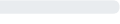


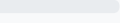
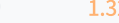

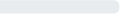

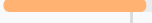
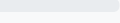
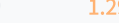

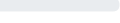

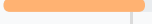
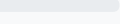
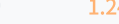

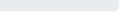

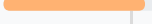
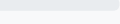
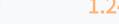

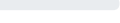

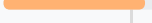
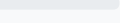
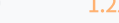
General Diseases

Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)	
Scoliosis Likelihood of Developing a Curved Spine:				2.34	Slightly High ●
Azoospermia Likelihood of Having Absence of Sperm:				2.28	Slightly High ●
Obsessive-compulsive Disorder Likelihood of Repeating a Certain Behavior:				2.24	Slightly High ●
Hearing Loss Likelihood of Development:				2.08	Slightly High ●
IgA Nephropathy Likelihood of IgA Accumulation in Kidney:				2.07	Slightly High ●
Lewy Body Dementia Likelihood of Lewy Bodies Depositing in Brain:				2.06	Slightly High ●
Peanut Allergy Likelihood of Development:				2.01	Slightly High ●
Celiac Disease Likelihood of Immune Response to Gluten Intake:				1.96	Slightly High ●
Irritable Bowel Syndrome Likelihood of Development:				1.95	Slightly High ●
Bipolar Disorder Likelihood of Developing Extreme Mood Swings:				1.84	Slightly High ●
Sarcoidosis Likelihood of Inflammatory Cell Growth:				1.64	Slightly High ●
Open Angle Glaucoma Likelihood of Glaucoma From Eye Fluid Blockage:				1.64	Slightly High ●
Obesity Likelihood of Becoming Obese:				1.63	Slightly High ●
OPLL Likelihood of Development:				1.63	Slightly High ●
Hyperlipidemia Likelihood of Lipid & Cholesterol Accumulation:				1.6	Slightly High ●
Indigestion Tendency to Feel Full or Bloated:				1.6	Slightly High ●
Hypothyroidism Likelihood of Developing an Underactive Thyroid:				1.58	Slightly High ●
Drug-resistant High BP Likelihood of Resistance to High BP Drugs:				1.53	Slightly High ●
Peach Allergy Likelihood of Development:				1.49	Slightly High ●

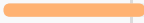
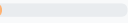
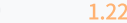

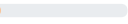

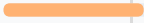
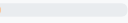
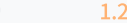

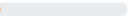


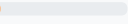
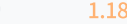

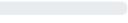

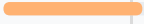
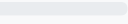
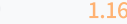

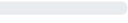


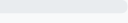
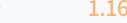

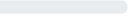


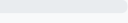
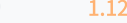

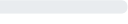

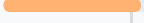
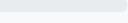
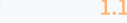

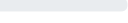

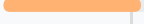
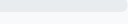
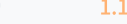

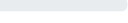

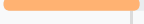
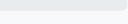
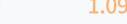

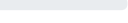

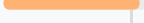
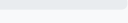
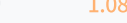
General Diseases

Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)	
Duodenal Ulcer Likelihood of Ulcer in Small Intestine:				1.48	Slightly High ●
Atopic Dermatitis Likelihood of Development:				1.47	Slightly High ●
Venous Thromboembolism Likelihood of Blood Clot in Deep Vein:				1.46	Slightly High ●
Myocardial Infarction Likelihood of Heart Attack Occurring:				1.45	Slightly High ●
Heart Failure Likelihood of Occurring:				1.45	Slightly High ●
Abdominal Aortic Aneurysm Likelihood of Abdominal Aorta Enlarging:				1.43	Slightly High ●
Panic Disorder Likelihood of Having Panic Attacks:				1.43	Slightly High ●
GPA Likelihood of Granulomatosis with Polyangitis:				1.38	Slightly High ●
Cataract Likelihood of Developing Clouded Vision:				1.37	Slightly High ●
Ankylosing Spondylitis Likelihood of Spine Becoming Stiff:				1.34	Slightly High ●
Gallstones Likelihood of Hard Deposits in Gallbladder:				1.32	Slightly High ●
Tremor Likelihood of Body Parts Moving Uncontrollably:				1.32	Slightly High ●
Cerebral Aneurysm Likelihood of Brain Blood Vessel Ballooning:				1.29	Slightly High ●
Angle-closure Glaucoma Likelihood of Eye and Headache from Glaucoma:				1.26	Slightly High ●
Gastritis Likelihood of Stomach Lining Inflammation:				1.24	Slightly High ●
Barrett's Esophagus Likelihood of Development:				1.24	Slightly High ●
Systemic Sclerosis Likelihood of Developing Hardened Skin:				1.24	Slightly High ●
Graves' Disease Likelihood of Developing Overactive Thyroid:				1.23	Slightly High ●
Allergic Rhinitis Likelihood of Development:				1.22	Slightly High ●

General Diseases

Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)	
Moyamoya Disease Likelihood of Artery Blockage in Brain:				1.22	Slightly High ●
Periodontal Disease Likelihood of Development:				1.21	Slightly High ●
Astigmatism Likelihood of Imperfection in Eye Curvature:				1.2	Slightly High ●
Aging Lung Function Degree of Lung Function Declining From Aging:				1.18	Slightly High ●
Stroke Likelihood of Stroke Occuring:				1.18	Slightly High ●
Rhegmatogenous Retinal Detachment Likelihood of Detachment From Underlying Tissue:				1.17	Slightly High ●
Coronary Artery Calcification Likelihood of Coronary Arteries Hardening:				1.16	Slightly High ●
Migraine Likelihood of Having Throbbing Headache:				1.16	Slightly High ●
Epilepsy - Partial Seizure Likelihood of Development:				1.16	Slightly High ●
Anorexia Nervosa Likelihood of Severely Restricting Food Intake:				1.16	Slightly High ●
Tuberculosis Infection Susceptibility to Tuberculosis Infection:				1.12	Slightly High ●
Cerebral Hemorrhage Likelihood of Arterial Bleeding in Brain:				1.11	Slightly High ●
Diabetic Kidney Disease Likelihood of Kidney Disease From Diabetes:				1.1	Slightly High ●
Aortic Valve Calcification Likelihood of Aortic Valve Narrowing:				1.1	Slightly High ●
Response to Fine Dust Likelihood of Inflammation Due to Fine Dust:				1.1	Slightly High ●
Raynaud's Syndrome Likelihood of Extremities Turning Pale:				1.09	Slightly High ●
Psoriatic Arthritis Likelihood of Development Due to Psoriasis:				1.09	Slightly High ●
Staph. aureus Infection Susceptibility to Staph. aureus Infection:				1.09	Slightly High ●
Polymyositis Likelihood of Muscle Weakening and Inflammation:				1.08	Slightly High ●


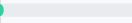
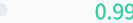

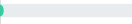


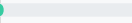
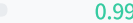

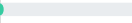


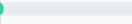
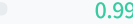

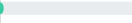

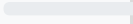
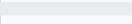
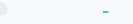

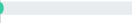

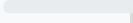
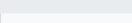
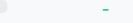

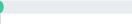


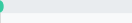
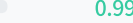

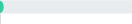


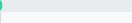
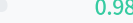

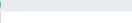


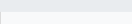
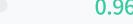

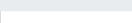


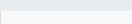
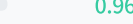

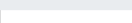


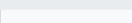
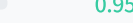
General Diseases

Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)	
High Blood Pressure Likelihood of Development:				1.07	Slightly High ●
Cluster Headache Likelihood of Extreme Headaches Occurring:				1.07	Slightly High ●
Benign Prostatic Hyperplasia Likelihood of Developing an Enlarged Prostate:				1.07	Slightly High ●
Interstitial Lung Disease Likelihood of Developing Scarring of The Lungs:				1.06	Slightly High ●
Vogt-Koyanagi-Harada Disease Likelihood of Melanocyte Inflammation:				1.06	Slightly High ●
Dupuytren's Contracture Likelihood of Fingers Becoming Bent and Stiff:				1.05	Slightly High ●
Nephrotic Syndrome Likelihood of High Protein Excretion in Urine:				1.04	Slightly High ●
Cerebral Ischemia Likelihood of Cerebral Ischemia Occurring:				1.04	Slightly High ●
Pollen Allergy Likelihood of Allergy to Pollen Exposure:				1.04	Slightly High ●
Otosclerosis Likelihood of Development:				1.04	Slightly High ●
Cervical Dystonia Likelihood of Development:				1.03	Slightly High ●
Thrombosis Likelihood of Developing Blood Clot:				1.03	Slightly High ●
Stomatitis Susceptibility to Stomatitis:				1.03	Slightly High ●
Mumps Infection Susceptibility to Mumps Infection:				1.03	Slightly High ●
Sun Allergy Likelihood of Allergy to Sun Exposure:				1.02	Slightly High ●
Nickel Contact Dermatitis Likelihood of Skin Dermatitis From Nickel:				1.02	Slightly High ●
Silicosis Likelihood of Silica Dust Accumulation in Lungs:				1.01	Slightly High ●
Guillain-Barré Syndrome Likelihood of Peripheral Nervous System Damage:				1.01	Slightly High ●
Osteoarthritis Likelihood of Developing Arthritis From Aging:				1.01	Slightly High ●


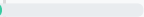
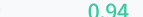




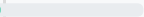
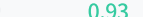

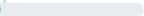


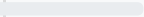
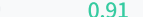

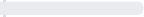


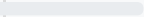
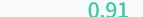

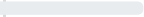


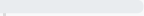
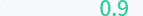

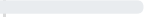


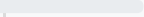
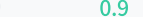

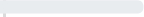


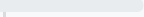
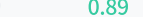

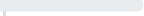


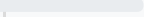
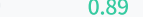

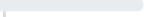


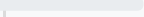
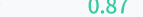

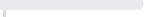


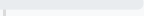
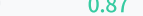
General Diseases

Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)	
Gluten Sensitivity Likely Degree of Gluten Sensitivity:				0.99	Slightly Low ●
Lactose Intolerance Likelihood of Lactose Digestive Inability:				0.99	Slightly Low ●
Chronic Rhinosinusitis Likelihood of Development:				0.99	Slightly Low ●
Farsightedness (Hyperopia) Likelihood of Development:				0.99	Slightly Low ●
Dry Eye Syndrome Likelihood of Development:				0.99	Slightly Low ●
Erectile Dysfunction Likelihood of Development:				0.99	Slightly Low ●
AIDS Progression Likely AIDS Progression Rate With HIV Infection:				-	Slightly Slow ●
Candida Infection Susceptibility to Candida Yeast Infection:				0.99	Slightly Low ●
EBV Antibody Response Susceptibility to Epstein Barr Virus Infection:				-	Slightly Low ●
Eating Disorder Likelihood of Unhealthy Eating Behavior:				0.99	Slightly Low ●
Chronic Fatigue Syndrome Likelihood of Development:				0.99	Slightly Low ●
Age and Cognitive Function Likely Decline of Cognitive Ability From Aging:				0.99	Slightly Low ●
Peripheral Vascular Disease Likelihood of Peripheral Blood Vessel Narrowing:				0.98	Slightly Low ●
Small Vessel Stroke Likelihood of Stroke From Small Vessel Disease:				0.97	Slightly Low ●
Kidney Stone Likelihood of Mineral Deposit in Kidney:				0.96	Slightly Low ●
High BP Due to Salt Intake Likelihood of High BP From Salt Intake:				0.96	Slightly Low ●
Headache Likelihood of Headaches Occurring:				0.96	Slightly Low ●
Parkinson's Disease Likelihood of Development:				0.95	Slightly Low ●
Inguinal Hernia Likelihood of Intestine Bulging into Groin Area:				0.95	Slightly Low ●


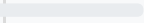

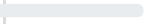

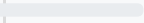

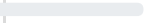

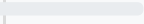

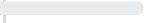

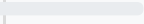

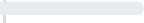

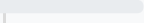

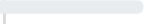

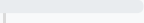

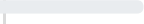

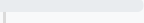

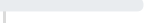

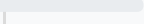

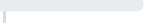

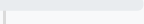

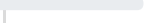

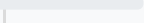
General Diseases

Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)	
Atherosclerosis Likelihood of Plaque Building Up in Arteries:				0.94	Slightly Low ●
Shingles Infection Susceptibility to Shingles Infection:				0.94	Slightly Low ●
Dilated Cardiomyopathy Likelihood of Heart's Ventricle Weakening:				0.93	Slightly Low ●
Spinal Disc Herniation Likelihood of Occurring:				0.93	Slightly Low ●
Crohn's Disease Likelihood of Digestive Tract Inflammation:				0.91	Slightly Low ●
Iron Deficiency Anemia Likelihood of Anemia Due to Insufficient Iron:				0.91	Slightly Low ●
Nearsightedness (Myopia) Likelihood of Development:				0.91	Slightly Low ●
Autism Likelihood of Development:				0.91	Slightly Low ●
NAFLD Likelihood of Nonalcoholic Fatty Liver Disease:				0.9	Slightly Low ●
Pulse Pressure Likely Difference Between Two BP Values:				0.9	Slightly Low ●
Varicose Veins Likelihood of Enlarged Veins in Legs:				0.9	Slightly Low ●
AHR Likelihood of Having Airway Hyperresponsiveness:				0.9	Slightly Low ●
Nocturnal High Blood Pressure Likelihood of High Blood Pressure at Nighttime:				0.89	Slightly Low ●
Corticobasal Degeneration Likelihood of Development:				0.89	Slightly Low ●
Amyloidosis Likelihood of Amyloid Buildup in Organs:				0.89	Slightly Low ●
Chronic Kidney Disease Likelihood of Kidney Function Deteriorating:				0.88	Slightly Low ●
Myasthenia Gravis Likelihood of Skeletal Muscles Weakening:				0.87	Slightly Low ●
Sjogren's Syndrome Likelihood of Developing Dry Eyes and Mouth:				0.87	Slightly Low ●
Hyperacusis Likelihood of Development:				0.87	Slightly Low ●

General Diseases

Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)	
Epilepsy - Generalized Seizure Likelihood of Development:				0.86	Slightly Low ●
Chronic Back Pain Likelihood of Chronic Back Pain Occurring:				0.85	Slightly Low ●
Alcoholic Chronic Pancreatitis Likelihood of Chronic Pancreatitis From Alcohol:				0.82	Slightly Low ●
Dental Caries (Cavity) Likelihood of Development:				0.79	Slightly Low ●
Atrial Fibrillation Likelihood of Developing Abnormal Heart Rhythm:				0.78	Slightly Low ●
Pituitary Adenoma Likelihood of Pituitary Adenoma:				0.77	Slightly Low ●
Idiopathic ONFH Likelihood of Development:				0.77	Slightly Low ●
Aspergillus Infection Susceptibility to Aspergillus Infection:				0.77	Slightly Low ●
Sudden Cardiac Arrest Likelihood of Occurring:				0.76	Slightly Low ●
Behcet's Disease Likelihood of Blood Vessel Inflammation:				0.76	Slightly Low ●
ANCA Vasculitis Likelihood of Development:				0.75	Slightly Low ●
Psoriasis Likelihood of Development:				0.74	Slightly Low ●
Bunions Likelihood of Developing Bunions:				0.72	Slightly Low ●
Dermatomyositis Likelihood of Muscle Inflammation and Weakness:				0.67	Slightly Low ●
Onset Age of FTD Likely Age of Frontotemporal Dementia Onset:				0.66	Slightly Late ●
Acid Reflux Disease Likelihood of Experiencing Heartburn:				0.65	Slightly Low ●
Osteoporosis Likelihood of Developing Weak and Brittle Bones:				0.64	Slightly Low ●
Normal Tension Glaucoma Likelihood of Glaucoma From High Eye Pressure:				0.64	Slightly Low ●
Aortic Dissection Likelihood of Aorta's Inner Layer Tearing:				0.63	Slightly Low ●

General Diseases

Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)	
Dengue Virus Infection Susceptibility to Dengue Virus Infection:				0.63	Slightly Low ●
Tourette Syndrome Likelihood of Having Uncontrollable Tics:				0.61	Slightly Low ●
Wisdom Tooth Likelihood of Growing Wisdom Teeth:				0.6	Slightly Low ●
Ulcerative Colitis Likelihood of Colon Inflammation and Ulcers:				0.59	Slightly Low ●
Keloid Likelihood of Scar Tissue After Skin Injury:				0.59	Slightly Low ●
Macular Degeneration Likelihood of The Eye's Macula Degenerating:				0.59	Slightly Low ●
Amyotrophic Lateral Sclerosis Likelihood of Losing Muscle Control:				0.57	Slightly Low ●
Paget's Disease Likelihood of Certain Bones Becoming Fragile:				0.57	Slightly Low ●
Temporomandibular Arthrosis Likelihood of Developing Arthrosis in Jaw Joint:				0.5	Slightly Low ●
Chronic Mucus Hypersecretion Likelihood of Development:				0.49	Slightly Low ●
Angina Likelihood of Feeling Chest Pain or Discomfort:				0.47	Slightly Low ●
COPD Likelihood of Developing COPD:				0.47	Slightly Low ●
Alcoholic Liver Cirrhosis Likelihood of Liver Cirrhosis From Drinking:				0.45	Slightly Low ●
Primary Biliary Cholangitis Likelihood of Developing Bile Duct Damage:				0.43	Slightly Low ●
Depression Likelihood of Development:				0.42	Slightly Low ●
Hansen's Disease Susceptibility to Hansen's Disease:				0.4	Slightly Low ●
Vitiligo Likelihood of Losing Skin Color in Blotches:				0.39	Slightly Low ●
Hepatitis C Cirrhosis Likelihood of Liver Cirrhosis From Hepatitis C:				0.38	Slightly Low ●
Schizophrenia Likelihood of Development:				0.34	Slightly Low ●

General Diseases

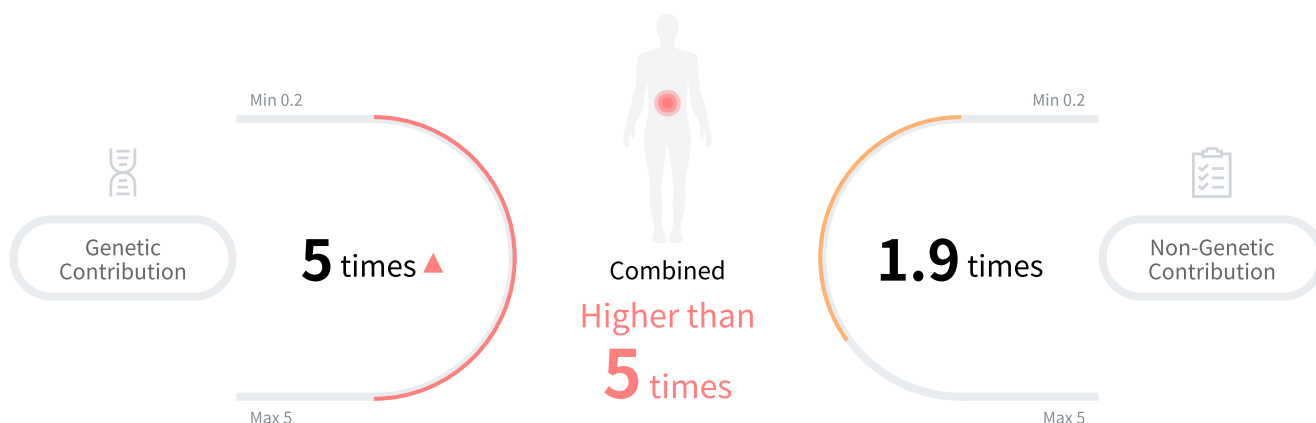
Ranked by My Result

Report Title	~0.2 times	Average	5~ times	My Likelihood vs Population Avg (times)	
Eosinophilic Esophagitis Likelihood of Eosinophil Buildup in Esophagus:				0.25	Low ●
Exfoliation Syndrome Likelihood of Fibrillar Protein Buildup in Eye:				0.21	Low ●
Chronic Hepatitis C Likelihood of Developing Long-term Hepatitis C:				0.2	Low ●
Systemic Lupus Erythematosus Likelihood of Development:				0.2	Low ●
Shrimp Allergy Likelihood of Development:				0.2	Low ●
Coronavirus (SARS-CoV) Infection Susceptibility to Coronavirus (SARS) Infection:				0.2	Low ●
Helicobacter pylori Infection Susceptibility to Helicobacter pylori Infection:				0.2	Low ●

Liver Cancer

Liver metabolizes complex materials such as carbohydrates, proteins, lipids, and hormones. Liver cancer is malignant tumor formed in the liver, and oftentimes cancer cells originating from other organs can transfer to liver.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **high** likelihood of developing liver cancer.

Be careful of hepatitis infection and limit your alcohol intake. Maintaining a healthy weight also helps to reduce your risk.

Risk factors

70% and 10% of liver cancer is caused by hepatitis B and C viruses, respectively. Rest of the cases are caused by alcohol and other factors. Hepatitis B virus is normally transferred at birth from the mother and may progress to cirrhosis or liver cancer. Consumption aflatoxin B1, produced by mold growing on grain, is also a risk factor.

Prevention

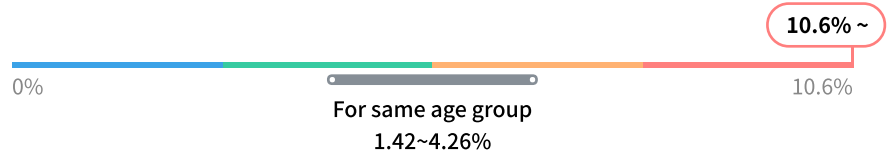
Hepatitis B virus vaccine is essential for preventing liver cancer. Avoid hepatitis infection by not sharing razor, toothbrush, and syringe. Restrain consuming alcohol of any type, and smokers should quit smoking while non-smokers should avoid secondhand smoking. Drinking coffee without sugar and cream is also a good prevention method.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Liver Cancer between now (current age 38) and 80 is **10.6%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

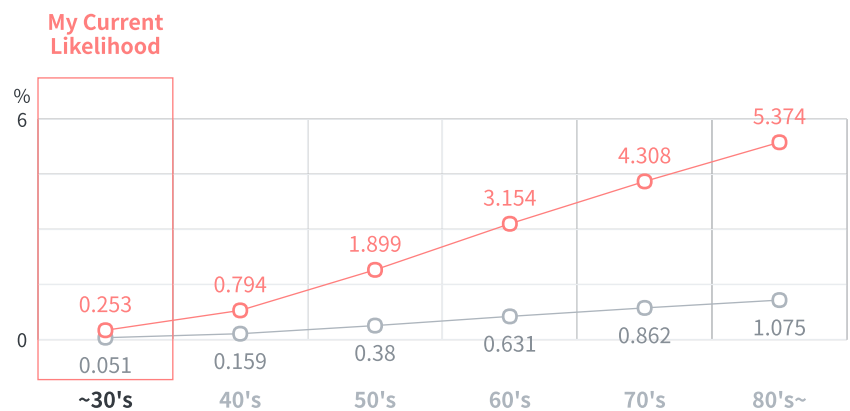


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

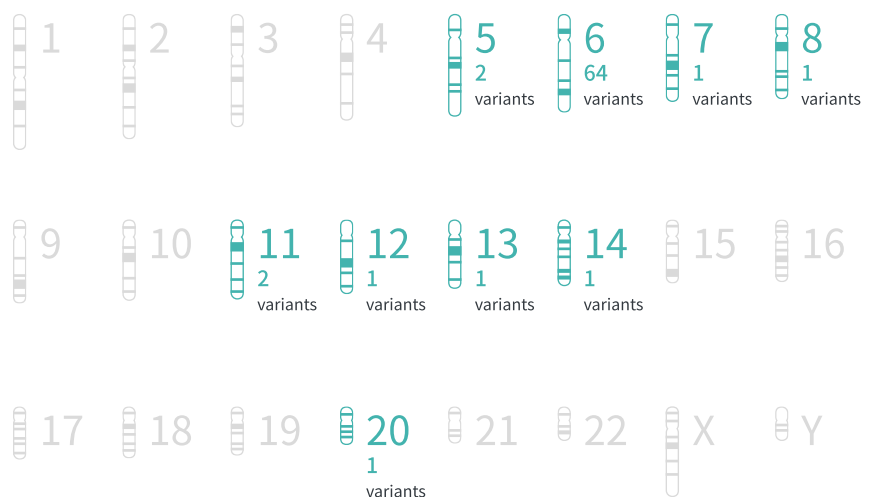
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 89 genetic markers, we have found **74** effect allele.

The credibility score is **94** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

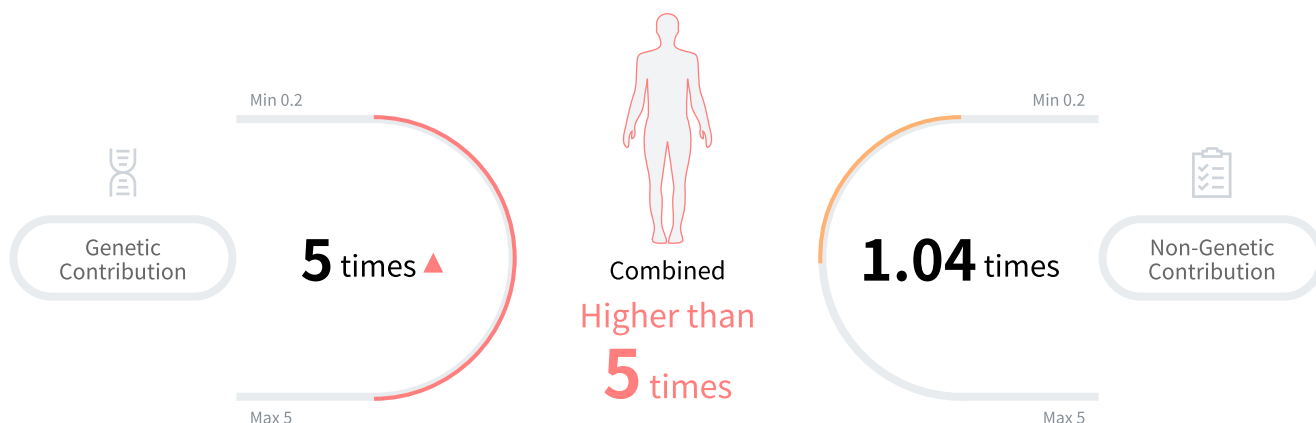


0 genetic markers with unknown location.

Hodgkin's Lymphoma

Malignant lymphoma can be divided into Hodgkin's and Non-Hodgkin's lymphoma. Hodgkin's lymphoma occurs along the lymph nodes, and it has a high survival rate.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **high** likelihood of developing Hodgkin's lymphoma.

Reduce your risk by protecting yourself against viral infections and keeping a healthy immune system.

Risk factors

Cause of Hodgkin lymphoma has not been found. Mutation in lymphocyte cell chromosome, and exposure to radiation and carcinogen are the presumed causes. Viral infection and immunodeficiency can also be causes. Hodgkin lymphoma history in immediate family increases risk by 7 times, demonstrating a genetic component in the disease.

Prevention

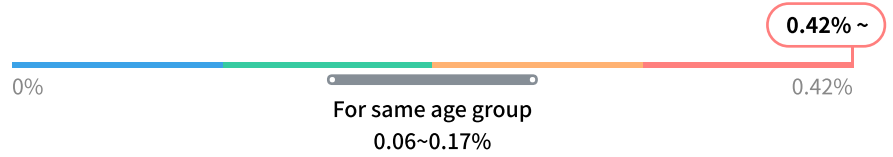
There is no particular prevention since definitive causes of lymphoma are unknown. Immune deficiency is a risk factor, so maintenance of a healthy immune system is good. If possible, animal meat, fish, and eggs should be fully cooked before eating. Wash your hands often and keep your environment clean.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Hodgkin's Lymphoma between now (current age 38) and 80 is **0.42%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

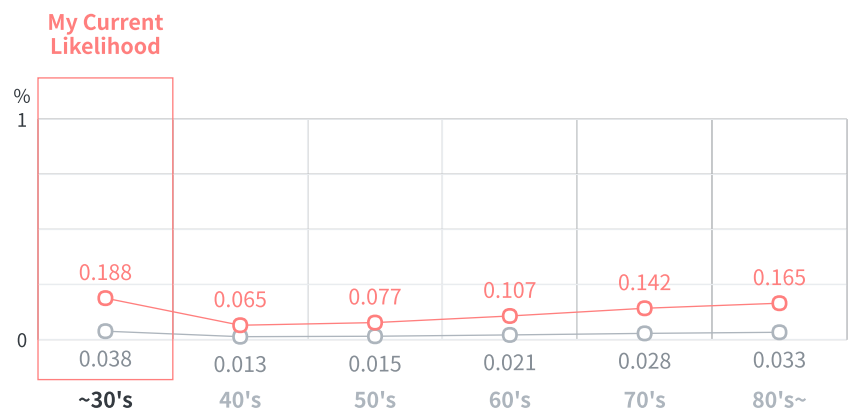


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

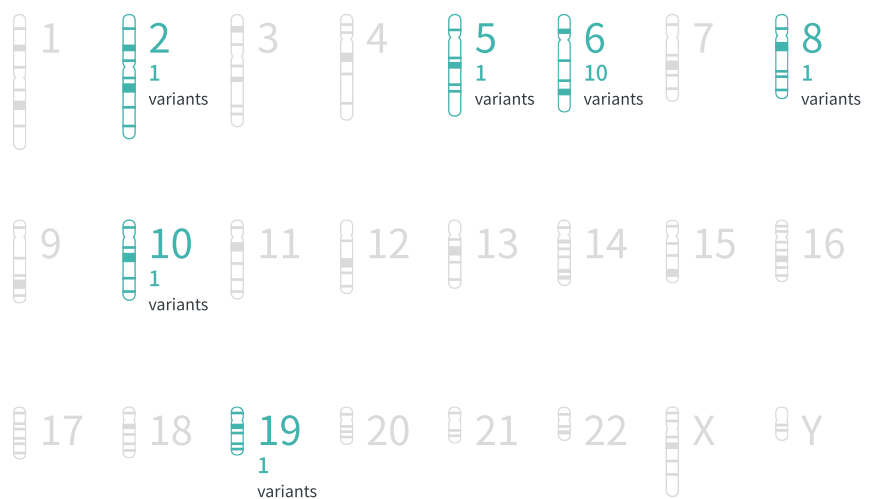
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 27 genetic markers, we have found **15** effect allele.

The credibility score is **76** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

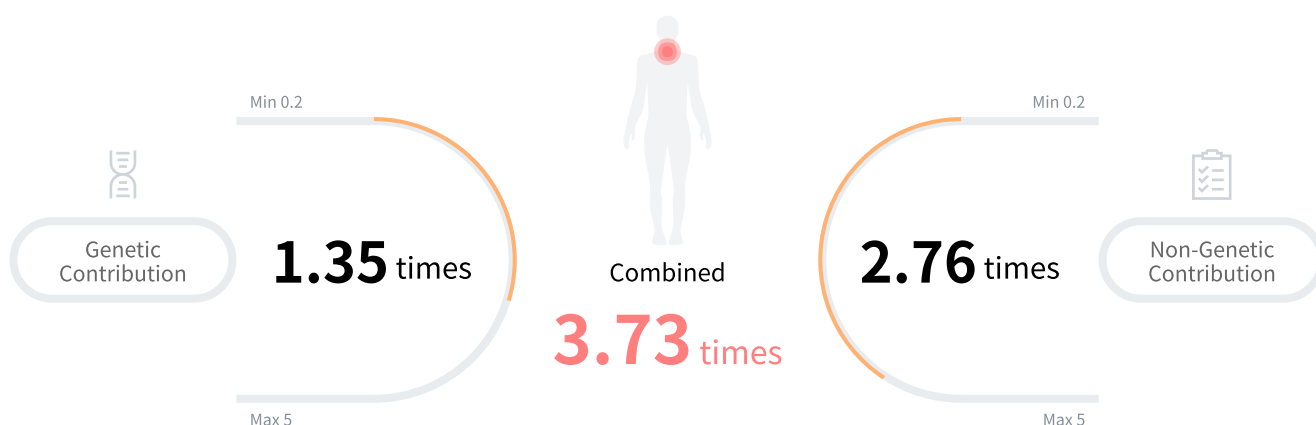


0 genetic markers with unknown location.

Laryngeal Cancer

Larynx is an important part of head and neck, preventing food and foreign substances from entering the respiratory tract. Laryngeal cancer is the most common form of head and neck cancer, with high incidence rate for glottis and supraglottis cancer.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **high** likelihood of developing laryngeal cancer.

Lower your risk by avoiding active and passive smoking. Having good nutrition and vitamin also help to prevent this condition.

Risk factors

Smoking and alcohol consumption are definite risk factors. Carcinogens from smoking stimulates the mucosal layer and induces mutations. Tobacco chewers and smokers have twice increased risk for laryngeal cancer, which further increases with alcohol consumption. Unsanitary oral condition, exposure to virus, and harmful chemicals are also risk factors.

Prevention

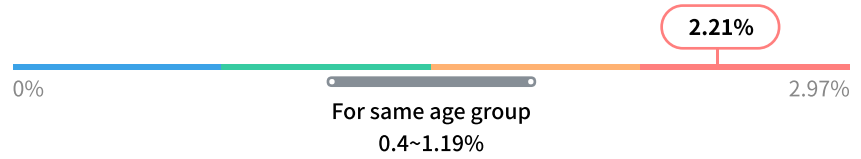
Avoiding smoking and excessive drinking. Individuals who are long-time smokers and excessive drinkers must be annually checked for laryngeal cancer. Lack of vitamins and iron can induce laryngeal cancer, so fruits, vegetables, and grains containing vitamins A, C, and E should be frequently consumed for a balanced diet.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Laryngeal Cancer between now (current age 38) and 80 is **2.21%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

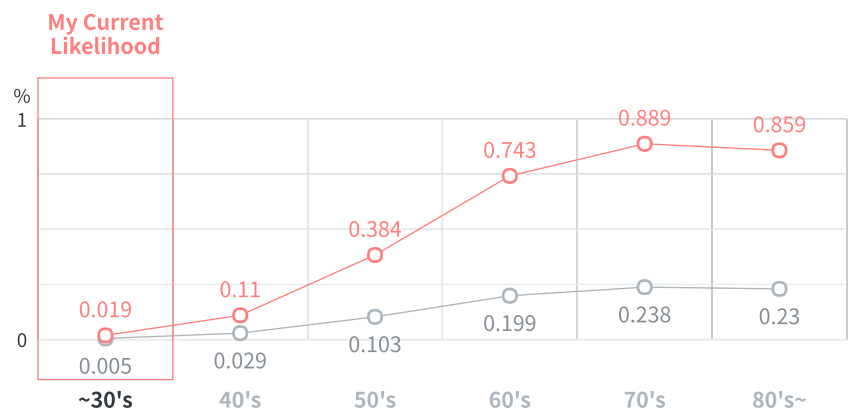


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

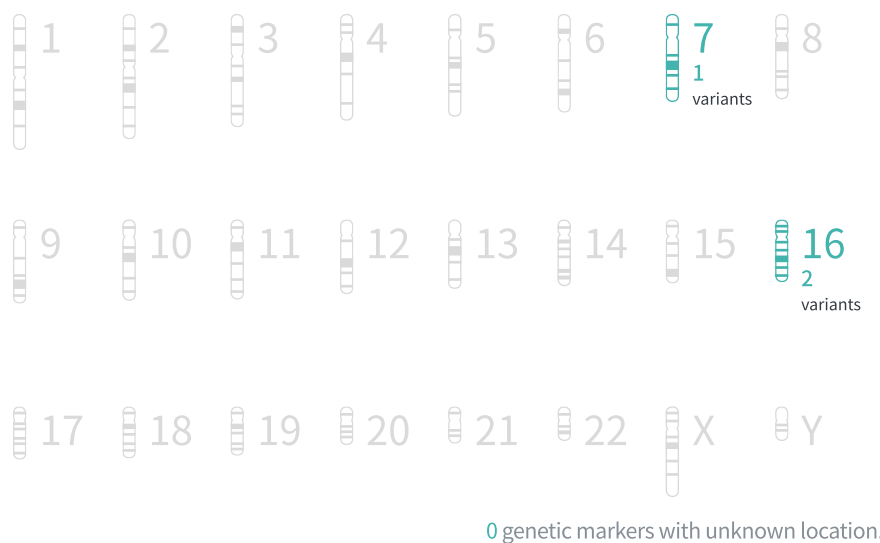
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 7 genetic markers, we have found **3** effect allele.

The credibility score is **91** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Esophageal Cancer

Esophagus is a tract that moves food from the throat to the stomach, and esophageal cancer is a malignant tumor that occurs on this organ. It is divided into cervical, thoracic, or celiac depending on the location of the tumor.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **high** likelihood of developing esophageal cancer.

Lower your risk by limiting your alcohol intake and eating a diet rich in vegetables. Obesity is another risk factor, so maintain a healthy weight.

Risk factors

Smoking cigarettes, alcohol consumption, and unhealthy diets such as processed meats and burnt foods increase risk of esophageal cancer. Especially, smoking and drinking alcohol increases risk by 100 times. Also, esophagitis and esophageal diseases from acid reflux increase risk by 30~40 times. Individuals with acid reflux should be screened periodically.

Prevention

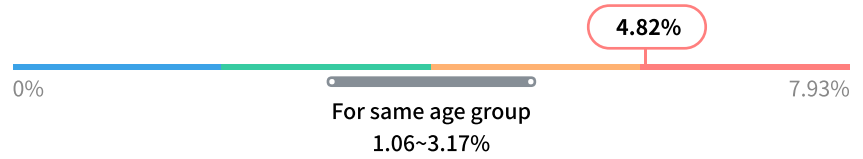
Most importantly, quit smoking and consume alcohol moderately. Also, consume antioxidant nutrients (vitamins A, C, E, beta-carotene, etc.) from fresh fruits and vegetables. Avoid burnt foods and processed meats with high nitrate content. If you have esophagitis, early stage diagnosis through periodic checkups is important.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Esophageal Cancer between now (current age 38) and 80 is **4.82%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

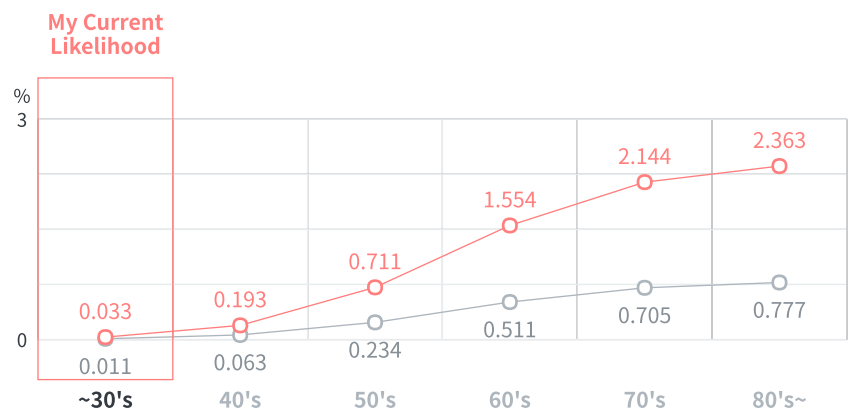


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

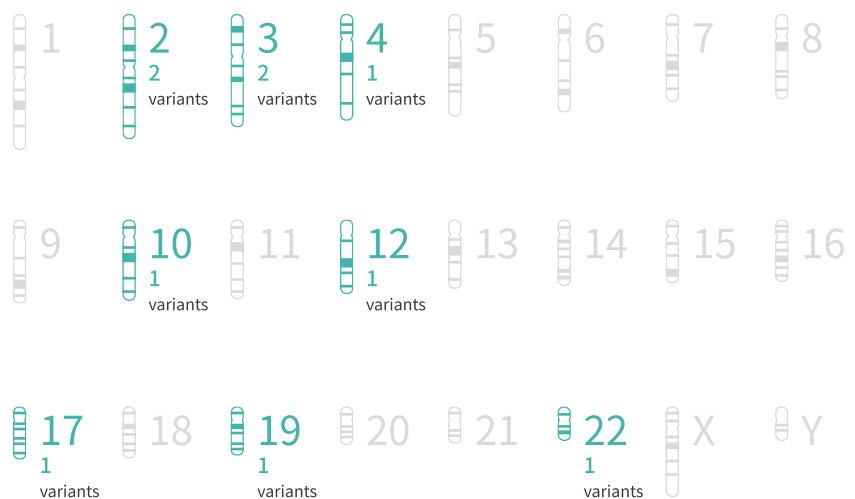
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 18 genetic markers, we have found **10** effect allele.

The credibility score is **74** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

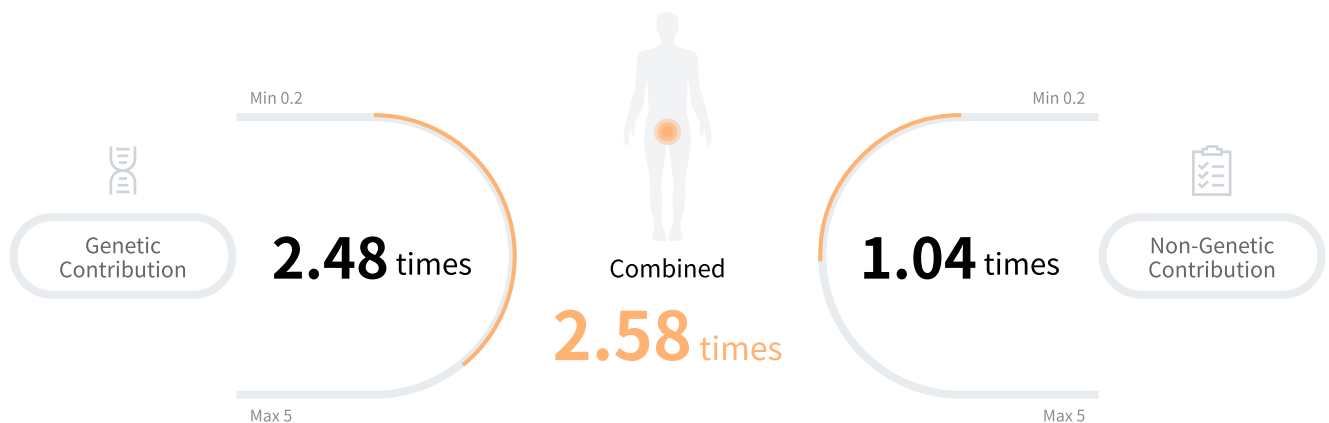


0 genetic markers with unknown location.

Testicular Cancer

Testicle is a reproductive organ located as a pair in the scrotum. It affects sexual maturation for males by producing male sex hormones and sperm. Testicular cancer is common among males between the ages of 15~35 and has a high recovery rate.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly high** likelihood of developing testicular cancer.

Exact cause of this condition is unknown. Carry out monthly self examination since early detection is the best way to treat testicular cancer.

Risk factors

Clear cause of testicular cancer is unknown. However, undescended testicles are known to cause gametic (sex) cells to become abnormal due to defects in regulating temperature and blood flow. Risk is increased with family history, testicular injury, female sex hormone treatment, and mumps infection.

Prevention

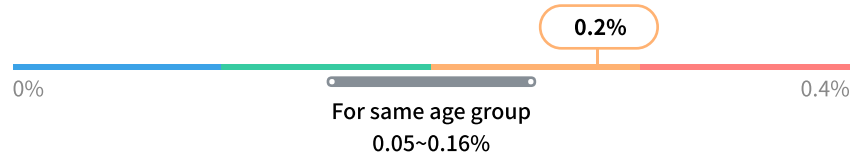
To prevent mumps infection, which increases testicular cancer risk, male infants must be initially vaccinated at 15 months old and additionally between 4-6 years of age. Males must do periodic self-examination starting at puberty, by feeling both testicles for hard masses or lesions. If detected, treatment should be received ASAP from a specialist.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Testicular Cancer between now (current age 38) and 80 is **0.2%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

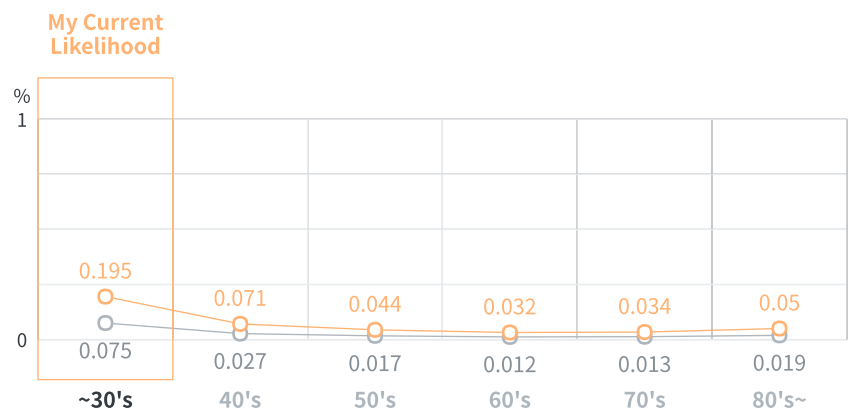


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

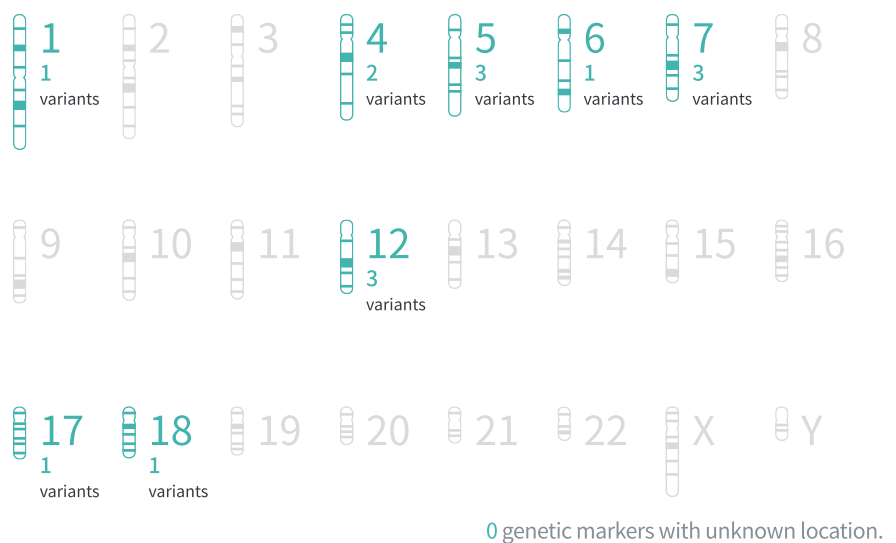
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 19 genetic markers, we have found **15** effect allele.

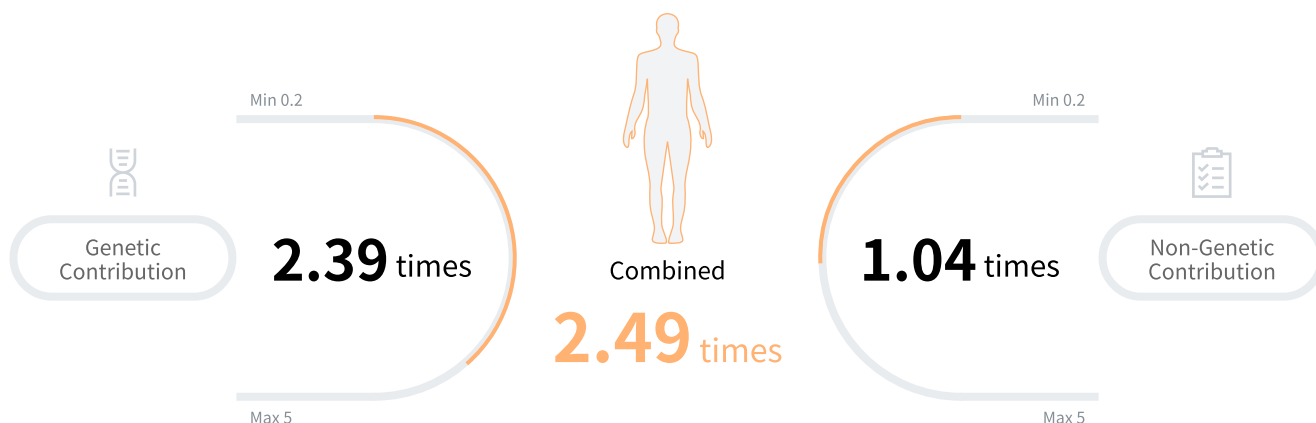
The credibility score is **76** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



Chronic Myeloid Leukemia

Bone marrow produces and matures blood cells. Chronic myeloid leukemia (CML) is a malignant blood cancer that occurs when the myeloid cells in our bone marrow proliferate without regulation.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly high** likelihood of developing CML.

Avoid risk factors such as radioactive exposure. Yearly health checkups are important for monitoring your health status.

Risk factors

Cause of CML is unknown. Except, every CML patient has an abnormal chromosome called Philadelphia chromosome. This chromosome arises from abnormal translocation of a partial chromosome to another, and increases risk factor. Philadelphia chromosome frequency may be increased by high dose radiation.

Prevention

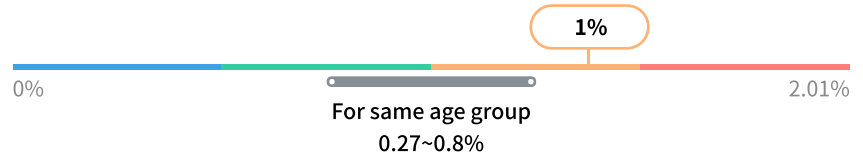
Causes of abnormal chromosome formation is difficult to investigate, so clear preventative methods are still unknown. CML frequency is known to increase with exposure to high doses of some radiation. If you work in an environment with high radiation, make sure to wear protective equipment and follow safety protocols.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Chronic Myeloid Leukemia between now (current age 38) and 80 is **1%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

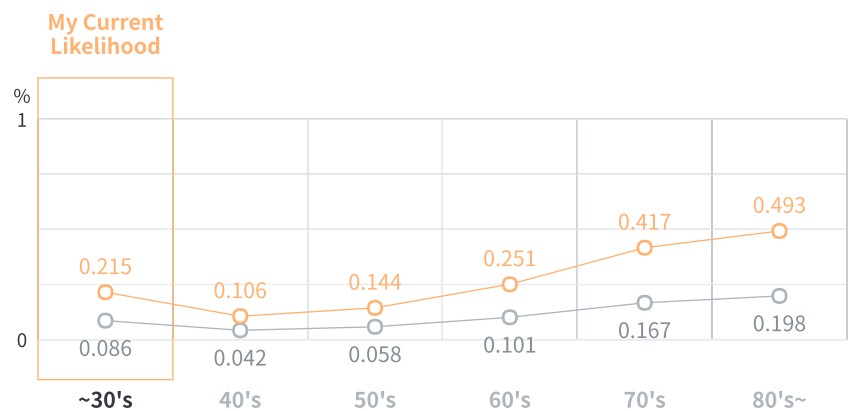


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 4 genetic markers, we have found **2** effect allele.

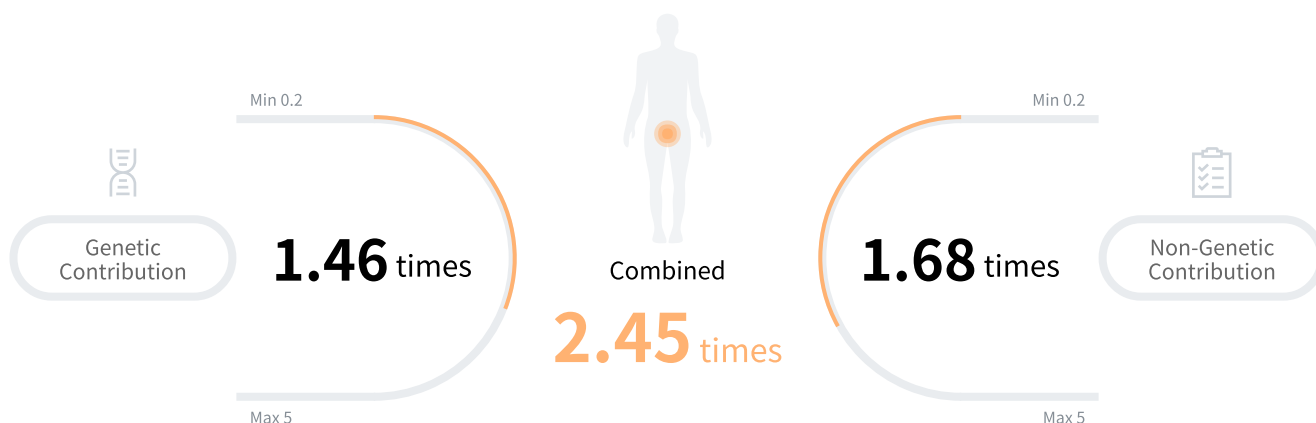
The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Bladder Cancer

Bladder is a balloon shaped organ that stores and releases urine from our body. Most bladder cancers occur on epithelial cells, and the incidence rate is higher in men than in women.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly high** likelihood of developing bladder cancer.

Protect your bladder by avoiding active and passive smoking. Try to increase consumption of fruits and vegetables.

Risk factors

Smoking and carcinogenic chemicals are known to increase risk for urinary bladder cancer. In particular, smoking increases risk by 2-7 times. Amount and length of smoking also increases risk, so teenage smoking and secondhand smoking can further increase risk. Infection and painkiller overdose are also risk factors.

Prevention

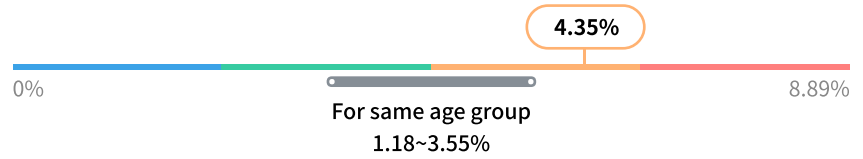
The most important prevention method is to quit smoking and avoid secondhand smoking. Fresh fruits and vegetables contain physiologically active substances including antioxidants and phytochemicals, which have shown to decrease risk for urinary bladder cancer. Drinking tea with high polyphenol is also good.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Bladder Cancer between now (current age 38) and 80 is **4.35%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

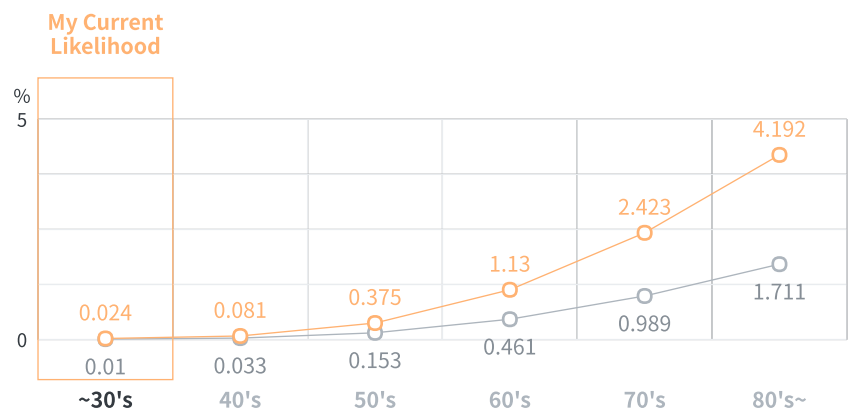


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

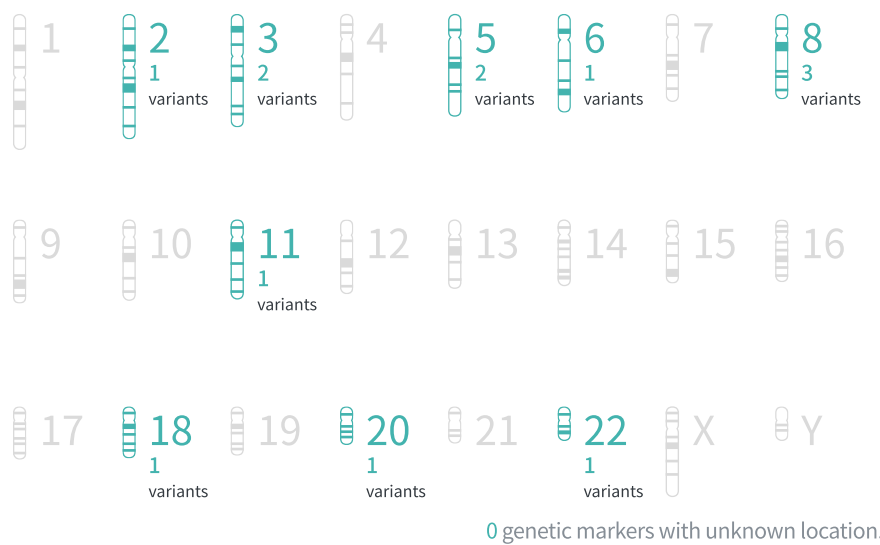
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 20 genetic markers, we have found **13** effect allele.

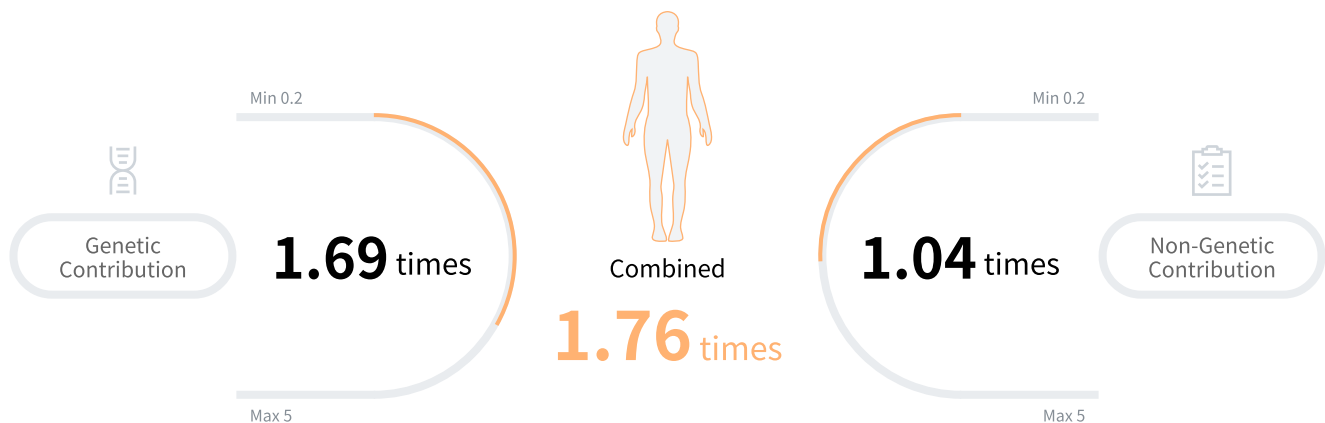
The credibility score is **81** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Melanoma

Melanoma is a type of skin cancer that arises from melanocytes. Melanoma mostly occurs on the skin, but it can also form on the eyes, ears, or mouth. It is the most aggressive form of skin cancer, with an increasing incidence rate.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly high** likelihood of developing melanoma.

Reduce your risk by protecting your skin with sunscreen, long-sleeved clothes, and sunglasses.

Risk factors

Malignant melanoma is influenced by both genetic and environmental factors, such as UV exposure. Melanocyte damage from UV leads to melanoma, so individuals with high sunlight exposure are more likely to develop the disease. Also, severe burn at an early age may increase the likelihood of developing melanoma.

Prevention

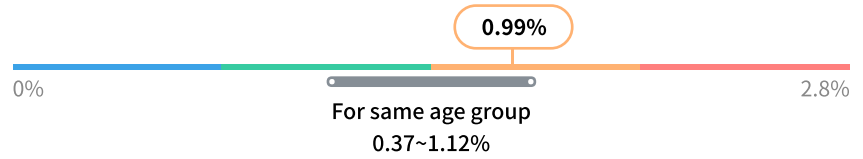
80% of malignant melanoma can be prevented through blocking UV radiation. Regardless of skin color, use a parasol, hat, long sleeved clothing, sunblock, and sunglasses for protecting the skin. Use sunblock with at least SPF 30 and PA++. Apply 20 minutes before going outside and every 2 hours afterwards.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Melanoma between now (current age 38) and 80 is **0.99%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

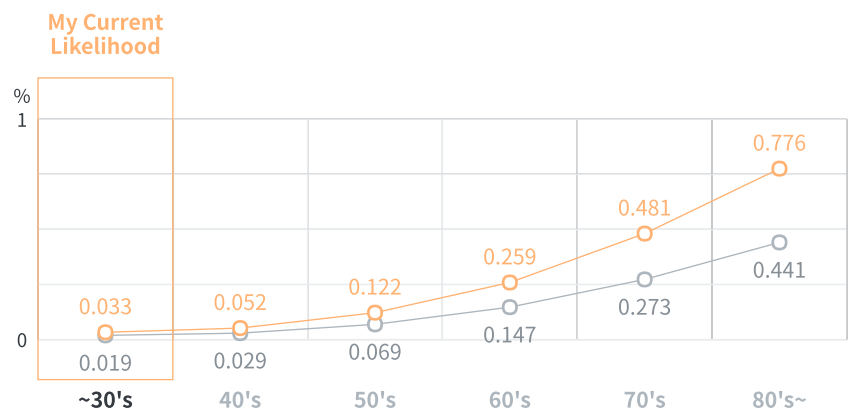


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

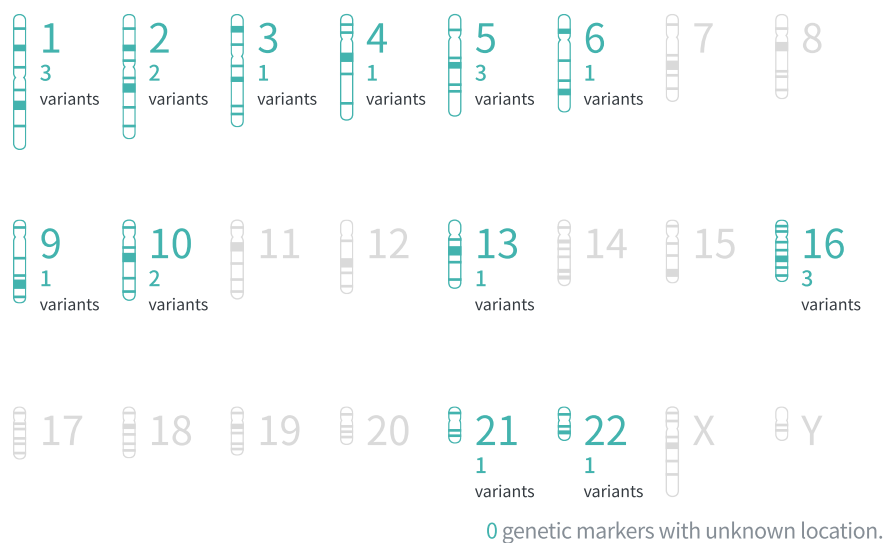
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 41 genetic markers, we have found **20** effect allele.

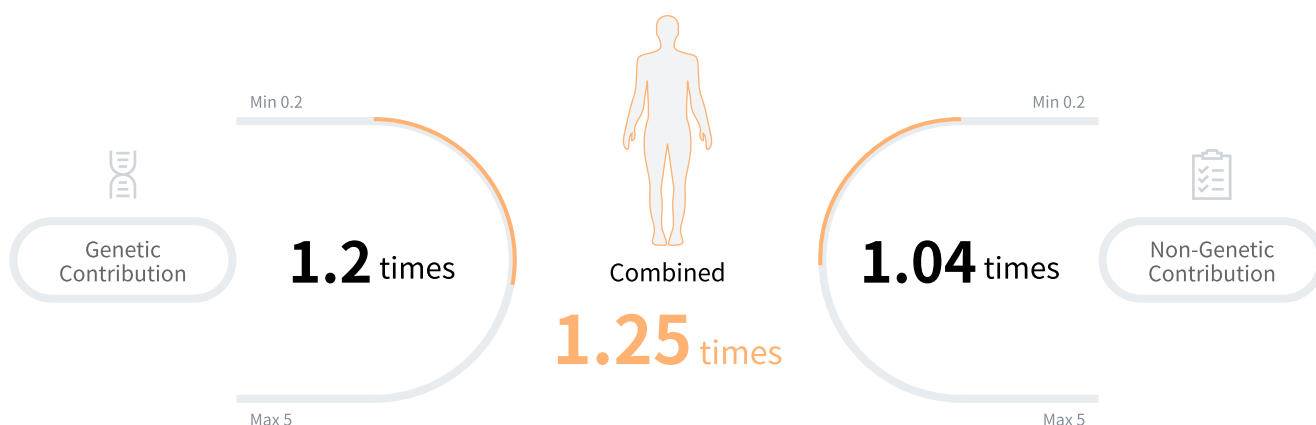
The credibility score is **77** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



Multiple Myeloma

Multiple myeloma (MM) is a blood cancer where plasma cells, a type of a white blood cell, abnormally divide and proliferate. MM degrades and weakens bones, causing pain and injuries as well as immune deficiency.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly high** likelihood of developing multiple myeloma.

The causes of myeloma are not well understood. There are currently no known ways to prevent it, but having a healthy lifestyle is always a safe bet.

Risk factors

Definitive factors that increase risk of MM are unknown. Environmental factors such as exposure to high dose radiation, heavy metals, chemicals like organic solvents, herbicides, and insecticides are thought to increase risk for MM. Genetic factors and immune system abnormalities are additional candidates, but no clear risks are known.

Prevention

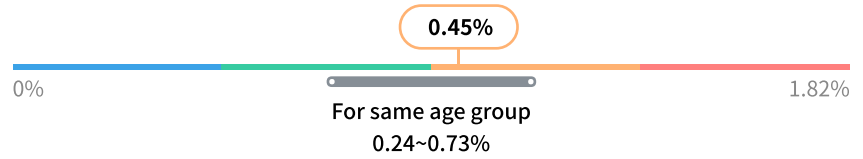
No clear cause of MM is known. It is best to avoid exposure to risk factors. If you are exposed to highly concentrated heavy metals or chemicals at work, make sure to wear protective equipment. Also, strengthen your muscles with regular exercise. This enhances blood circulation and excretion of harmful materials from the body.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Multiple Myeloma between now (current age 38) and 80 is **0.45%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

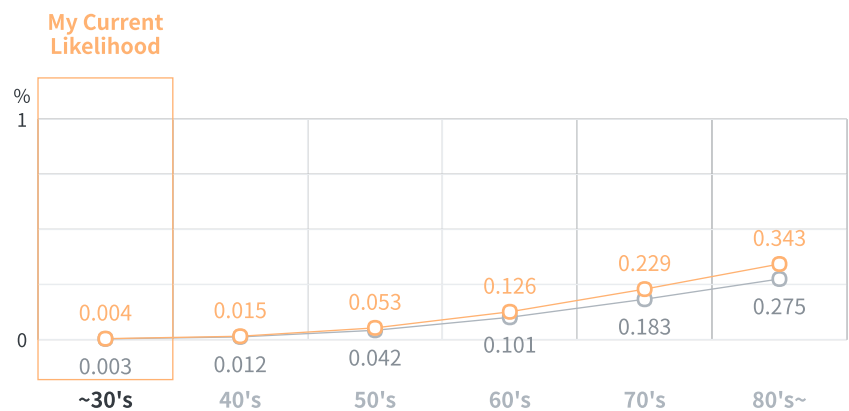


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

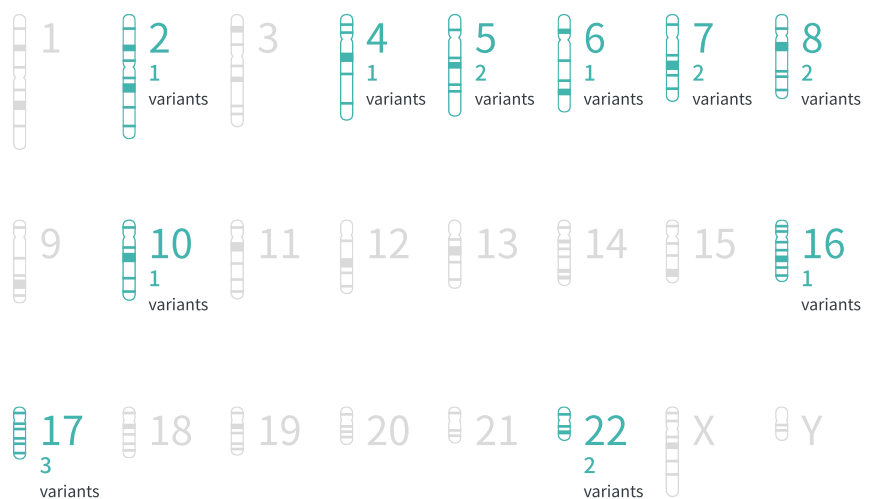
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 33 genetic markers, we have found **16** effect allele.

The credibility score is **83** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

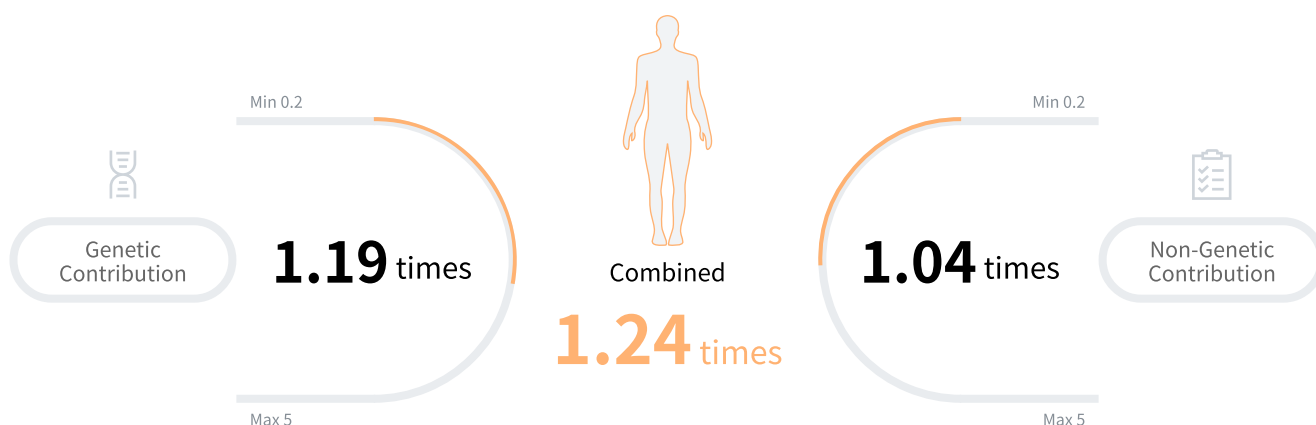


0 genetic markers with unknown location.

Basal Cell Carcinoma

Skin is categorized into epidermis, dermis, and subcutaneous fat layer, and the innermost layer of epidermis is called basal cell layer. Basal cell carcinoma (BCC) arises from the malignant tumors of basal cell or follicular cell.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly high** likelihood of developing BCC.

Reduce your risk by protecting your skin with sunscreen, long-sleeved clothes, and sunglasses.

Risk factors

Long exposure to UV rays is presumed to be the main causal factor for BCC. Individuals with light skin, blonde hair, freckles, or a familial history of skin cancer are more susceptible to UV rays. Burn or skin scars, radiation damage, and immunosuppressant treatment are additional risk factors.

Prevention

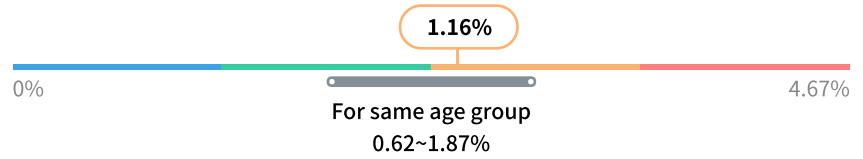
80% of malignant melanoma can be prevented through blocking UV radiation. Regardless of skin color, use a parasol, hat, long sleeved clothing, sunblock, and sunglasses for protecting the skin. Use sunblock with at least SPF 30 and PA++. Apply 20 minutes before going outside and every 2 hours afterwards.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Basal Cell Carcinoma between now (current age 38) and 80 is **1.16%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

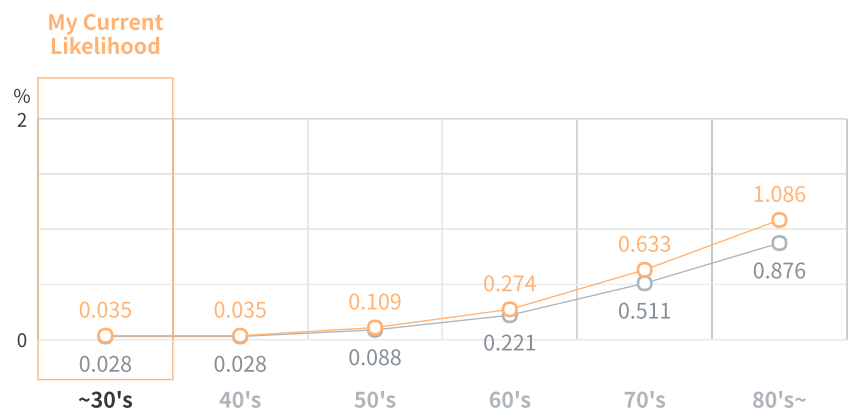


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

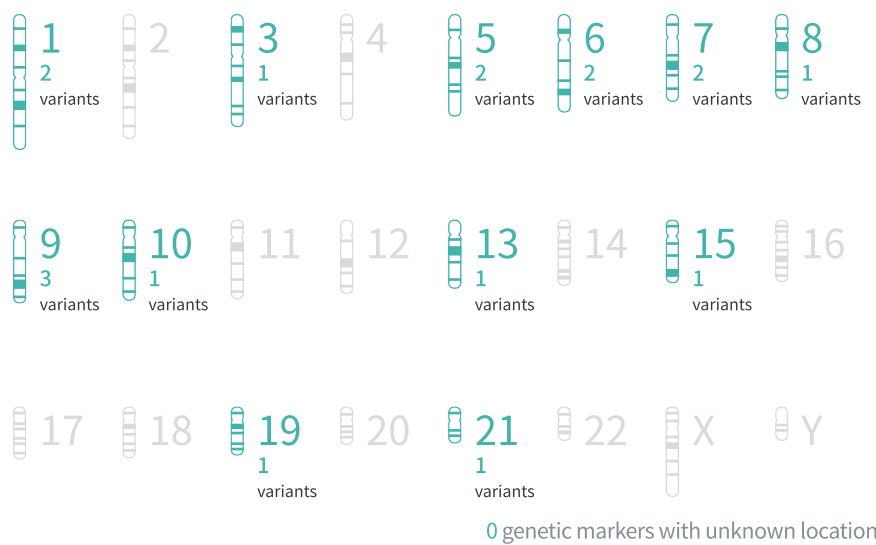
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 40 genetic markers, we have found **18** effect allele.

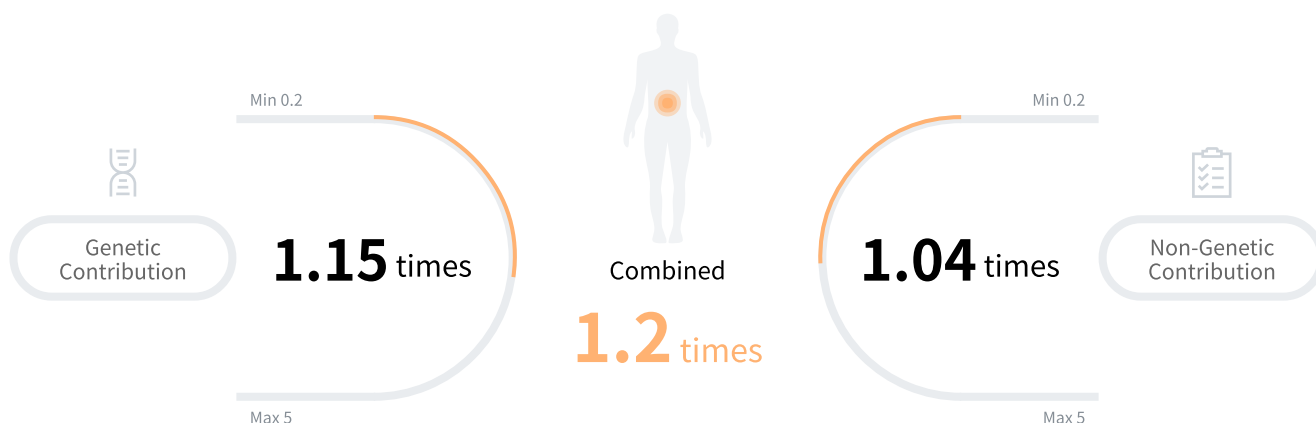
The credibility score is **86** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Gallbladder Cancer

Gallbladder is an organ located between liver and small intestine, and it stores and releases bile into the small intestine. Gallbladder cancer is malignant tumor formed either on the mucous membrane of the gallbladder or on the bile duct.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly high** likelihood of developing gallbladder cancer.

Reduce your risk by avoiding hepatitis and smoking. Also, eat a healthy diet high in fiber and low in cholesterol.

Risk factors

Gallstones are known to cause gallbladder cancer, but other important factors also exist. Eating raw freshwater fish increases the likelihood of being infected with liver fluke and subsequent hepatitis, which can lead to gallbladder cancer. Exposure to rubber, smoking, and obesity are also risk factors.

Prevention

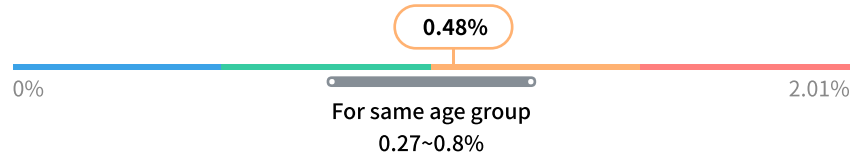
There is no special preventative method for gallbladder cancer, except for avoiding the known risk factors. Make sure to eat fully cooked freshwater fish to avoid liver fluke and subsequent hepatitis. In addition, healthy life style through regular exercise and not smoking is important.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Gallbladder Cancer between now (current age 38) and 80 is **0.48%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

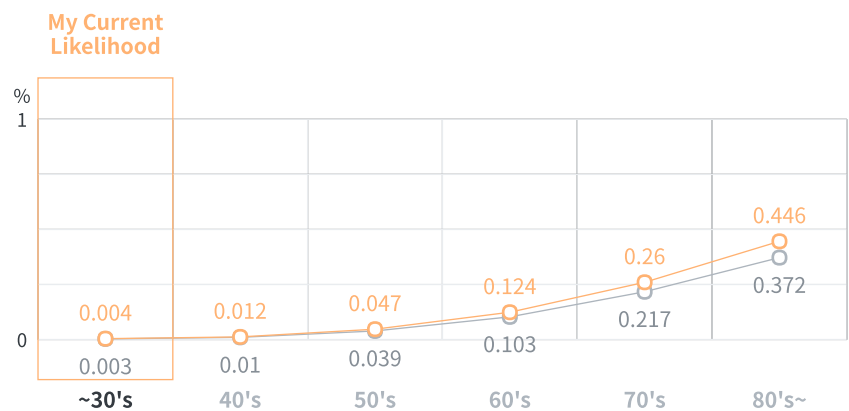


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

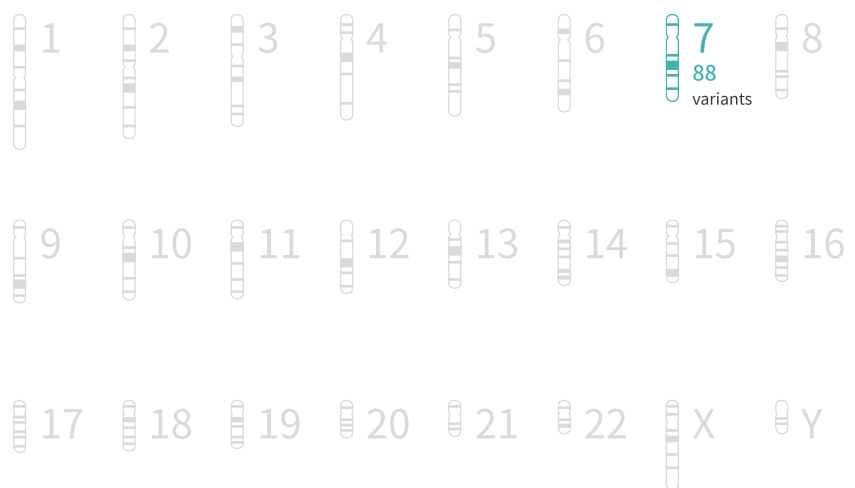
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 90 genetic markers, we have found **88** effect allele.

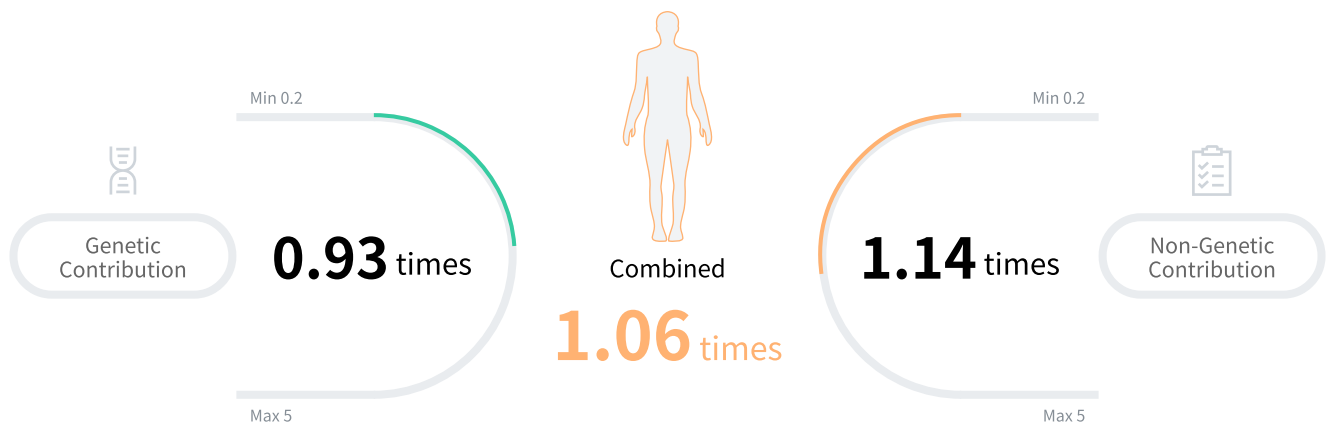
The credibility score is **63** points.
because studies used for the analysis of this test item's genes are based on a small sample size.



Non-Hodgkin's Lymphoma

Malignant lymphoma can be divided into Hodgkin's and Non-Hodgkin's lymphoma. Non-Hodgkin's lymphoma mostly occurs on lymphatic tissues, but it can also form on other organs of the body including eyes, skin, and sexual organs.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly high** likelihood of developing non-Hodgkin's lymphoma.

Exact cause of this condition is not yet known. It is always good to maintain a healthy immune system through regular eating and exercise habits.

Risk factors

Cause of lymphoma is not yet known, but exposure to radiation and carcinogens are presumed causes. Viral infection and immunodeficiency can also be causes. Immunosuppressive therapy after organ transplant often leads to lymphomas. Also, chromosomal abnormality is known to further increase risk factors.

Prevention

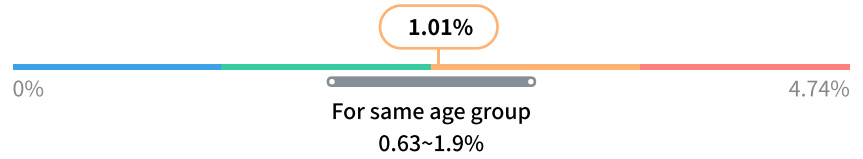
There is no particular prevention since definitive causes of lymphoma are unknown. Immune deficiency is a risk factor, so maintenance of a healthy immune system is good. If possible, animal meat, fish, and eggs should be fully cooked before eating. Wash your hands often and keep your environment clean.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Non-Hodgkin's Lymphoma between now (current age 38) and 80 is **1.01%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

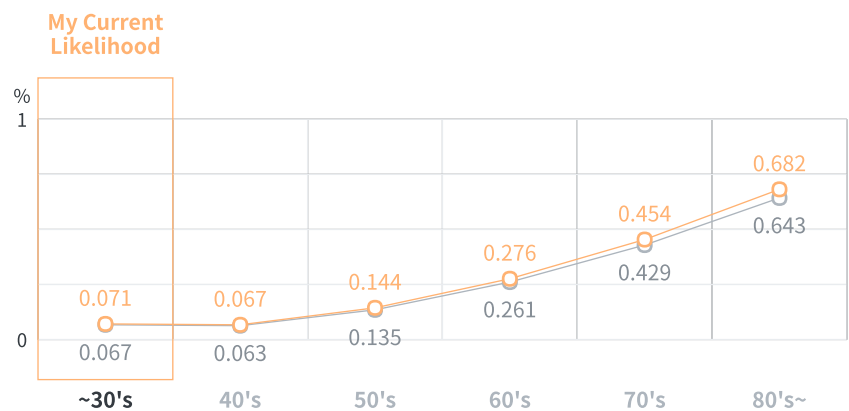


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

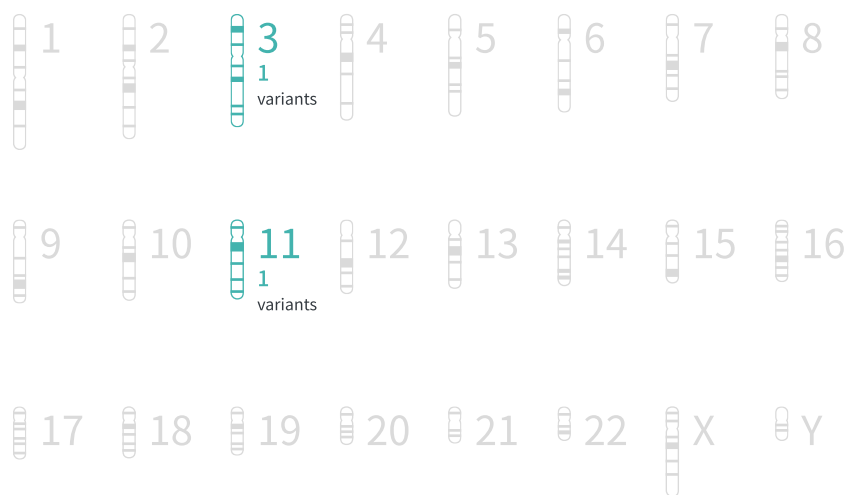
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 4 genetic markers, we have found **2** effect allele.

The credibility score is **78** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



Glioma

Glioma is a common brain tumor that occurs on the neuroglial cells, which support and protect neurons, in the brain and spinal cord. It grows rapidly and is difficult to remove through surgery, leading to low survival and recovery rate.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly low** likelihood of developing glioma.

Exposure to radiation is a known environmental risk factor. Although your risk is low, be aware of exposure.

Risk factors

Exact causes of brain tumor are unknown. However, exposure to chemicals and high-dose radiation, genetic inheritance, infection, and prior disease history have been suggested as possible causes. Recently, the interplay between tumor-causing and -suppressing genes, and electromagnetic waves have been suggested to be related to glioma formation.

Prevention

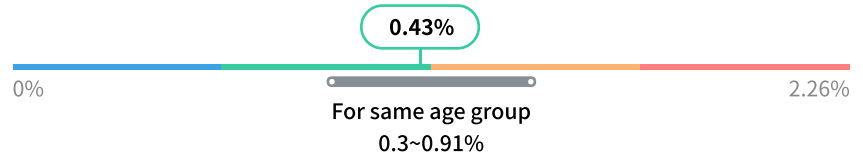
Cause of brain tumor is unclear, so no particular prevention method exists. Early diagnosis and treatment are the best methods. Symptoms depend on the tumor location. So it is easy to mistake decreased vision for eye disorder, dysuria as urinary disorder, and mental symptoms as dementia or Alzheimer's disease.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Glioma between now (current age 38) and 80 is **0.43%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

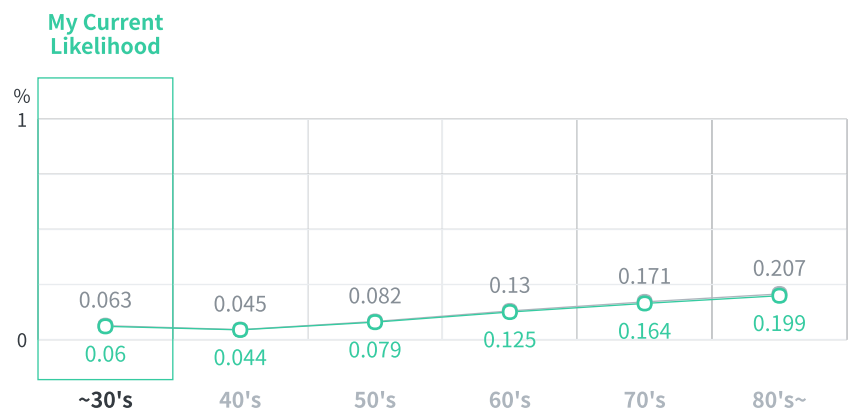


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 16 genetic markers, we have found **6** effect allele.

The credibility score is **78** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



Acute Lymphoblastic Leukemia

Acute lymphoblastic leukemia (ALL) occurs when abnormal white blood cells proliferate, compromising our immune system. Acute leukemia is categorized into lymphoblastic or myeloid. Children usually develop ALL while adults develop myeloid leukemia.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly low** likelihood of developing ALL.

Even though you have a low risk, maintain a healthy lifestyle through regular exercise and eating habits. Yearly health checkups are also advised.

Risk factors

No clear cause of acute leukemia is known. Suspected causes include acquired genetic mutation, smoking, radiation (e.g. X-ray treatment exposure, work with radium exposure), chemical exposure (e.g. benzene, paint, herbicide, insecticide), and chemotherapy exposure (e.g. alkylating agent, topoisomerase inhibitor).

Prevention

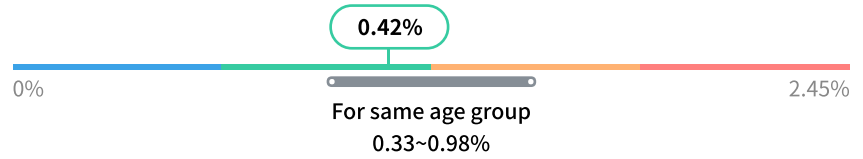
Avoid extended exposure to radiation and chemicals that increase risk for leukemia. There is no particular food beneficial for preventing leukemia, but maintenance of good health through a healthy diet is important. Immune system should be enhanced through adequate exercise and smokers should quit smoking.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Acute Lymphoblastic Leukemia between now (current age 38) and 80 is **0.42%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

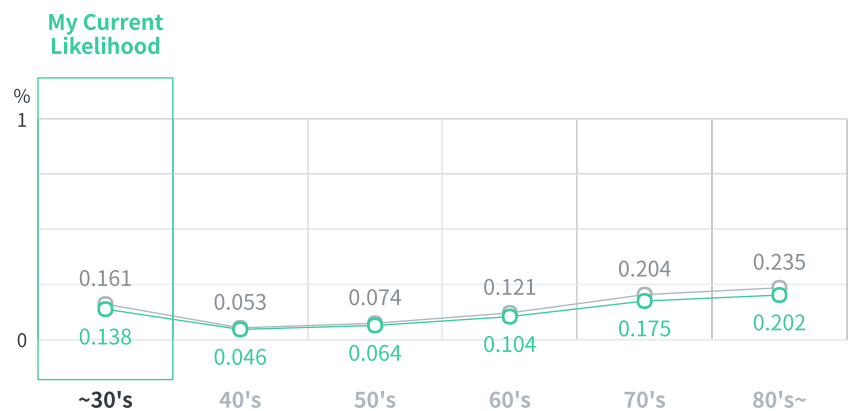


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 6 genetic markers, we have found **3** effect allele.

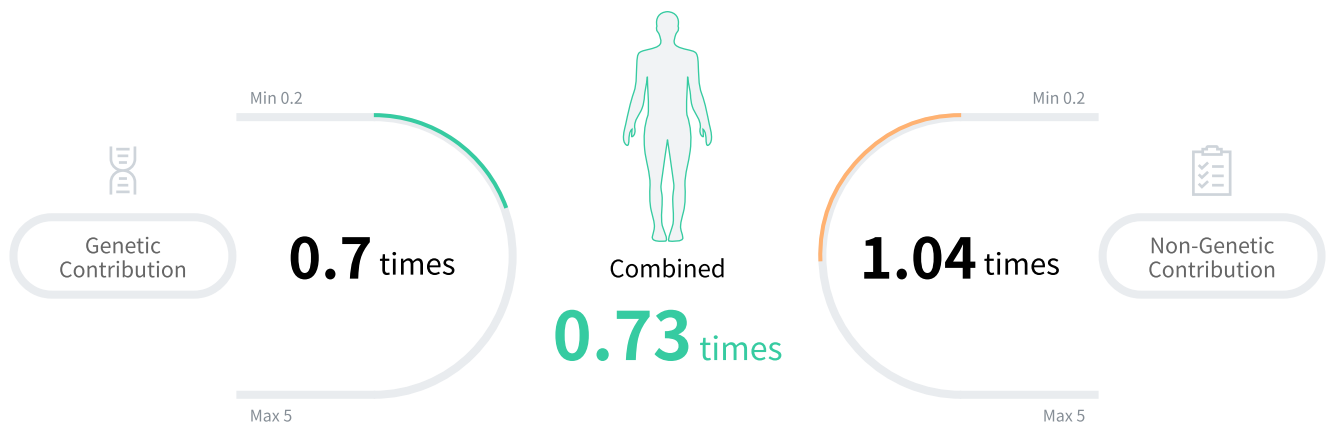
The credibility score is **50** points.
because studies used for the analysis of this test item's genes are based on a very small sample size.



Chronic Lymphocytic Leukemia

Lymphocytes are a type of white blood cell, which recognize pathogens and produce antibodies. Chronic lymphocytic leukemia (CLL) occurs when the level of mature lymphocytes is abnormally high in blood.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly low** likelihood of developing CLL.

Even though your risk is low, regular eating and exercise habits are still good. Do not forget yearly checkups for monitoring your health status.

Risk factors

Exact causes of CLL are unknown. Radiation exposure, chemical exposure, and viral infections do not seem to be related to CLL, but immediate family history increases likelihood of disease by 3 times and decreases the average age that the disease occurs.

Prevention

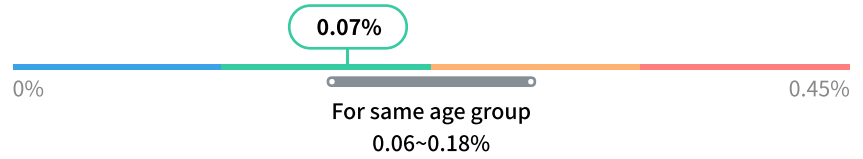
Unfortunately, causes of CLL are unclear so exact preventative methods are unknown. If immediate family history of exists, disease occurrence should be monitored through periodic screening. For maintaining good health, consume fresh fruits, vegetables, high quality protein, avoid overworking, and exercise regularly.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Chronic Lymphocytic Leukemia between now (current age 38) and 80 is **0.07%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

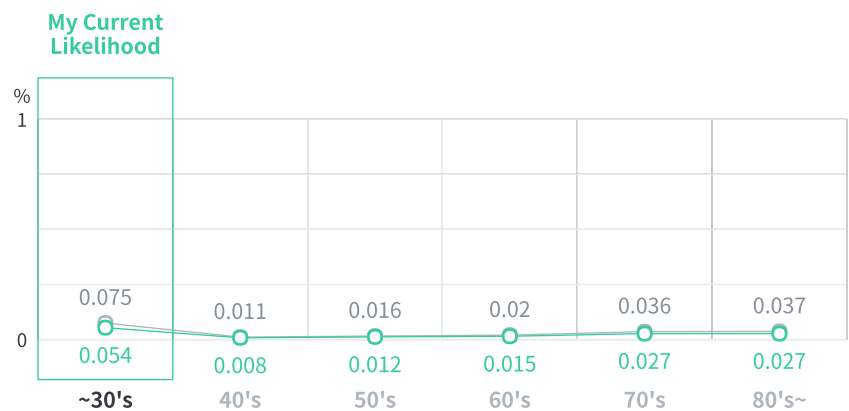


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

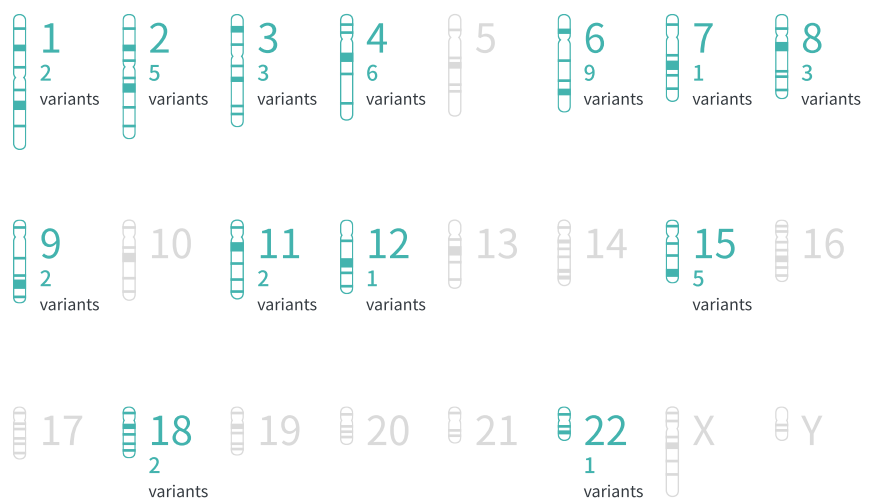
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 85 genetic markers, we have found **42** effect allele.

The credibility score is **75** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Meningioma

Meningioma is a tumor formed on the meninges, which surrounds the brain and spinal cord. Symptoms vary depending on the location of the tumor.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly low** likelihood of developing meningioma.

Exposure to radiation, especially in childhood, is a known environmental risk factor. Although your risk is low, be aware of exposure.

Risk factors

Meningioma formation is mostly influenced by biological factors so exact risk factors are unknown. In many cases, a chromosome that functions to suppress tumor formation is suspected to be abnormal. History of head radiation treatment and neurofibromatosis can be causes. Meningioma is also related to the sex hormone progesterone.

Prevention

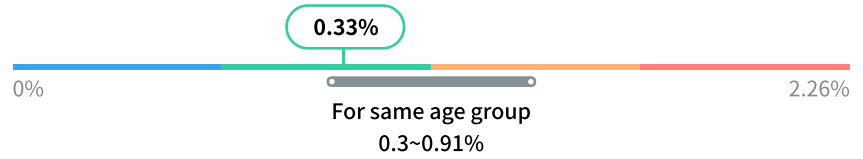
Cause of brain tumor is unclear, so no particular prevention method exists. Early diagnosis and treatment are the best methods. Symptoms depend on the tumor location. So it is easy to mistake decreased vision for eye disorder, dysuria as urinary disorder, and mental symptoms as dementia or Alzheimer's disease.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Meningioma between now (current age 38) and 80 is **0.33%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

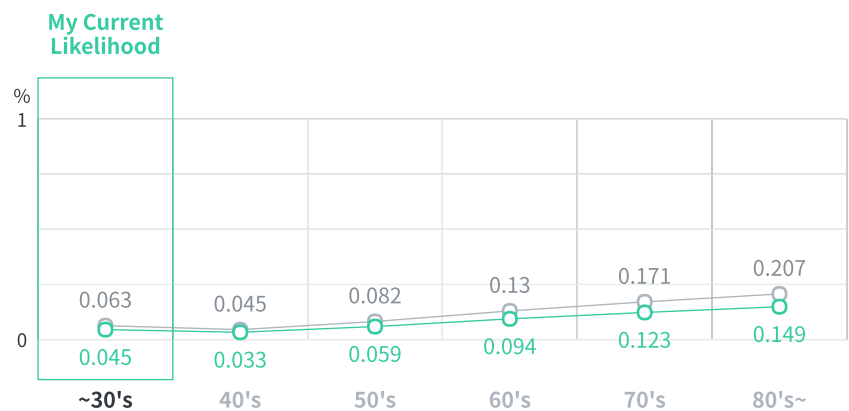


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

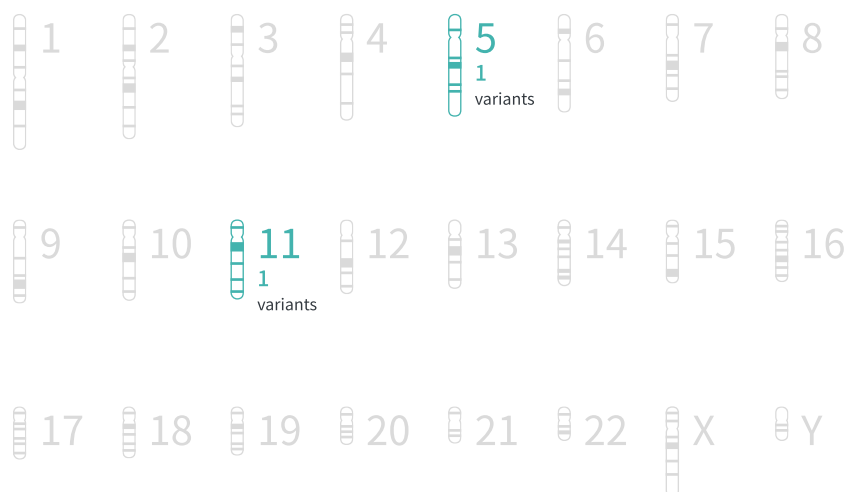
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 9 genetic markers, we have found **2** effect allele.

The credibility score is **59** points.
because studies used for the analysis of this test item's genes are based on a small sample size.



0 genetic markers with unknown location.

Pancreatic Cancer

Pancreas releases digestive enzymes and regulates protein, lipid, and carbohydrate absorption. Pancreas cancer is malignant tumor formed on pancreas, and over 90% of pancreatic cancer originates from the secretory cells.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly low** likelihood of developing pancreatic cancer.

Reduce your risk even further by maintaining a healthy weight through regular exercise.

Risk factors

Biggest risk is smoking cigarettes, increasing it by 2 times. Chronic pancreatitis from alcohol consumption can cause pancreatic cancer. Also, eating processed meats, saturated fats, and high-sugar foods increase risk. If an immediate family member had pancreatic cancer before 50, receiving frequent screening is crucial for early diagnosis.

Prevention

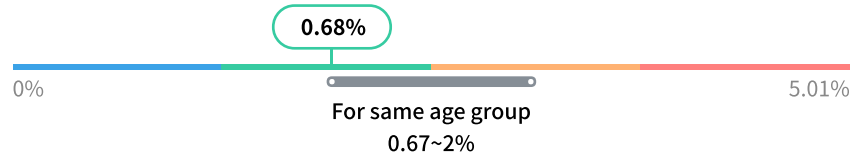
Limit alcohol consumption, and quit smoking if you are a smoker while non-smokers should avoid secondhand smoking. Instead of red and processed meats high in saturated fat, eat fish and white lean meats with fruits and vegetables in every meal. Individuals with diabetes or pancreatitis should receive proper treatment.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Pancreatic Cancer between now (current age 38) and 80 is **0.68%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

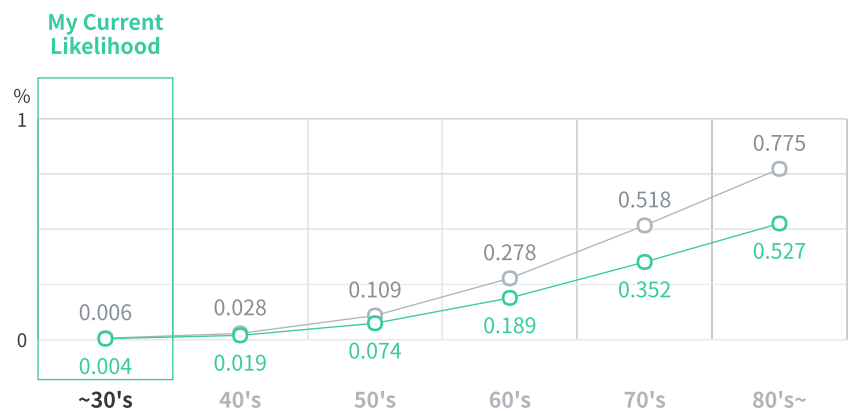


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

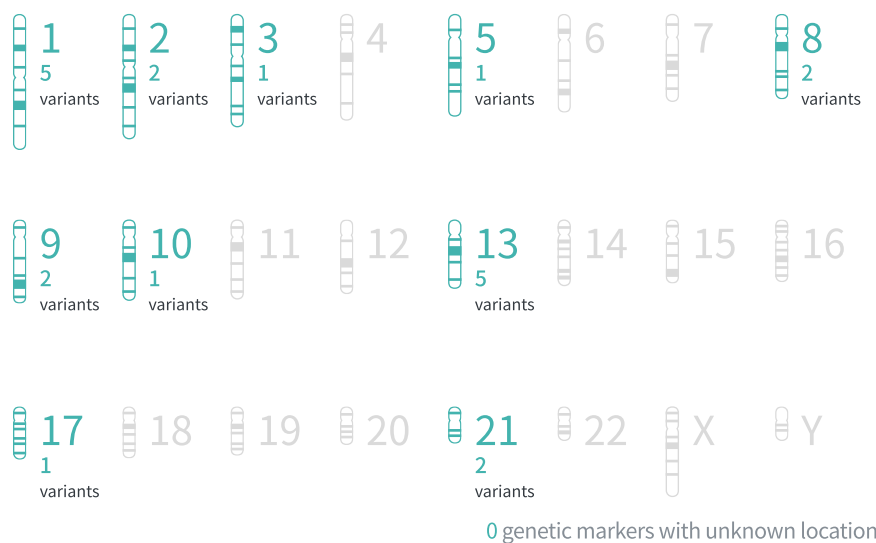
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 39 genetic markers, we have found **22** effect allele.

The credibility score is **80** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



Thyroid Cancer

Thyroid is a butterfly-shaped organ located in our neck. Nodules that form on thyroid are either benign or malignant. Thyroid cancer is malignant tumor formed on the thyroid. Malignant nodules consists 5~10% of all the nodules formed on the thyroid.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly low** likelihood of developing thyroid cancer.

Despite a lower risk, maintain your thyroid health by increasing the frequency of exercise and consumption of fruits and vegetables.

Risk factors

Radiation is a well-known risk factor. Thyroid cancer risk is increased with radiation treatment around the neck area or exposure to the neck from a radiation leak. Parental history increases thyroid cancer risk by 2-7 times. Iodine deficiency is a known risk factor and thyroid cancer's effect on risk of other cancers is unclear.

Prevention

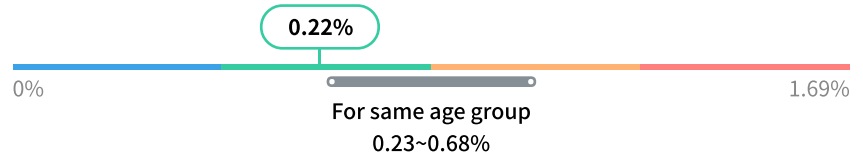
Avoiding radiation is important for preventing thyroid cancer, especially around the head and neck area during childhood. If family history exists, genetic analysis for mutation detection and proper preventative measures are recommended. Consuming antioxidants, not overeating, and adequate exercise decrease thyroid cancer risk.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Thyroid Cancer between now (current age 38) and 80 is **0.22%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

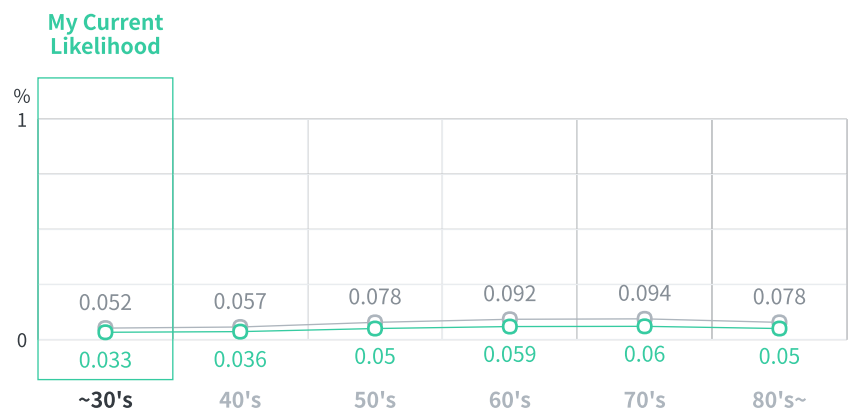


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

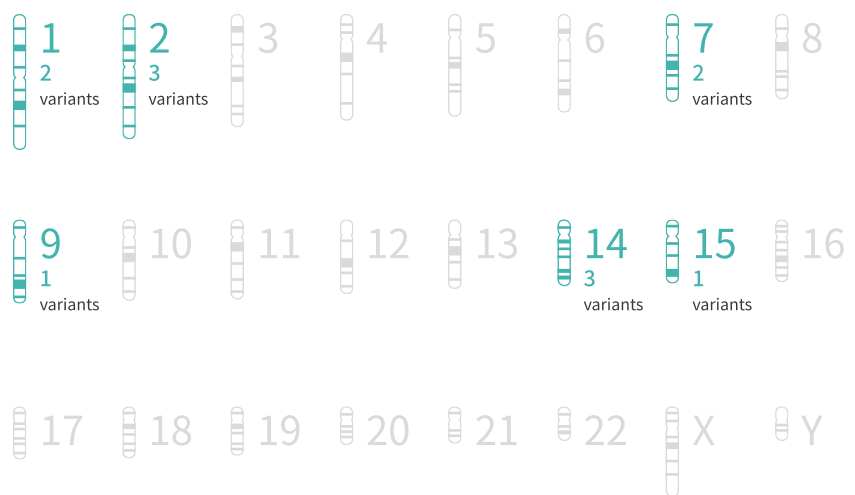
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 43 genetic markers, we have found **12** effect allele.

The credibility score is **83** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Pharyngeal Cancer

Pharynx helps food and air move to digestive and respiratory tract. Pharyngeal cancer is a malignant tumor occurring on the mucous membrane of the pharynx. It is divided into naso-, oro-, and hypopharyngeal depending on the location of the tumor.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly low** likelihood of developing pharyngeal cancer.

Regardless of your low risk, tobacco use of any kind is a risk factor for this condition. Try your best to avoid it.

Risk factors

Smoking and alcohol consumption are definite risk factors. Carcinogens from smoking stimulates the mucosal layer and induces mutations. Tobacco chewers and smokers have twice increased risk for oral cancer, which further increases with alcohol consumption. Unsanitary oral condition, exposure to virus, and harmful chemicals are also risk factors.

Prevention

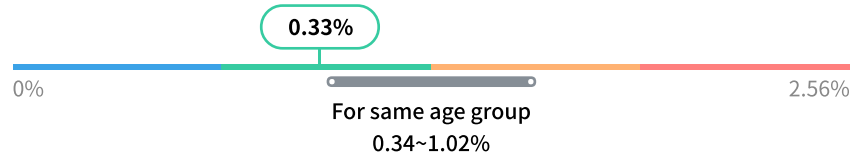
Avoid smoking and alcohol consumption. Individuals who are long-time smokers and excessive drinkers must be annually checked for pharyngeal cancer. Eating fruits or vegetables with every meal helps to prevent pharyngeal cancer. Salty foods increase the risk for pharyngeal cancer, so avoid processed foods high in sodium.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Pharyngeal Cancer between now (current age 38) and 80 is **0.33%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

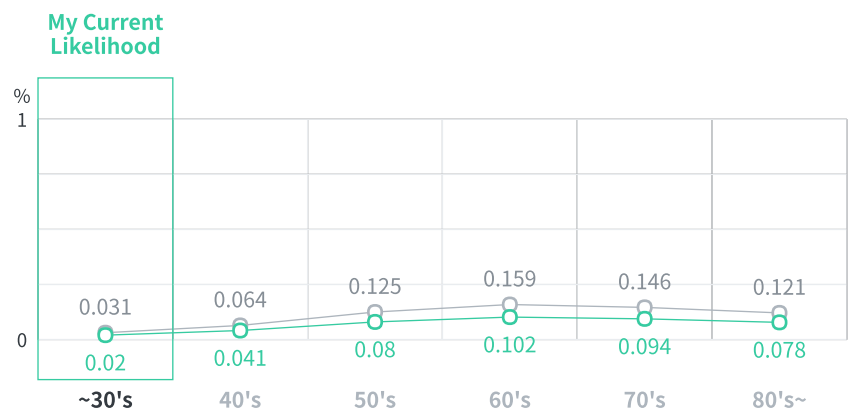


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

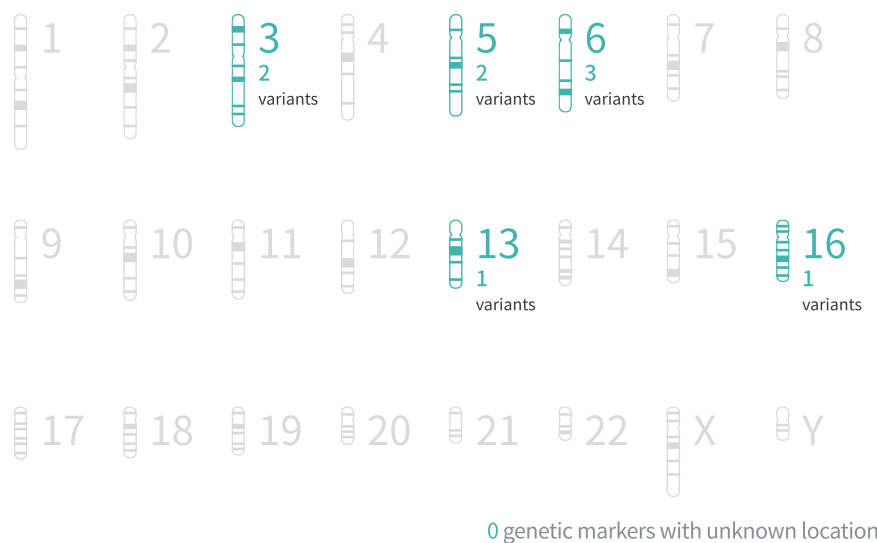
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 23 genetic markers, we have found **9** effect allele.

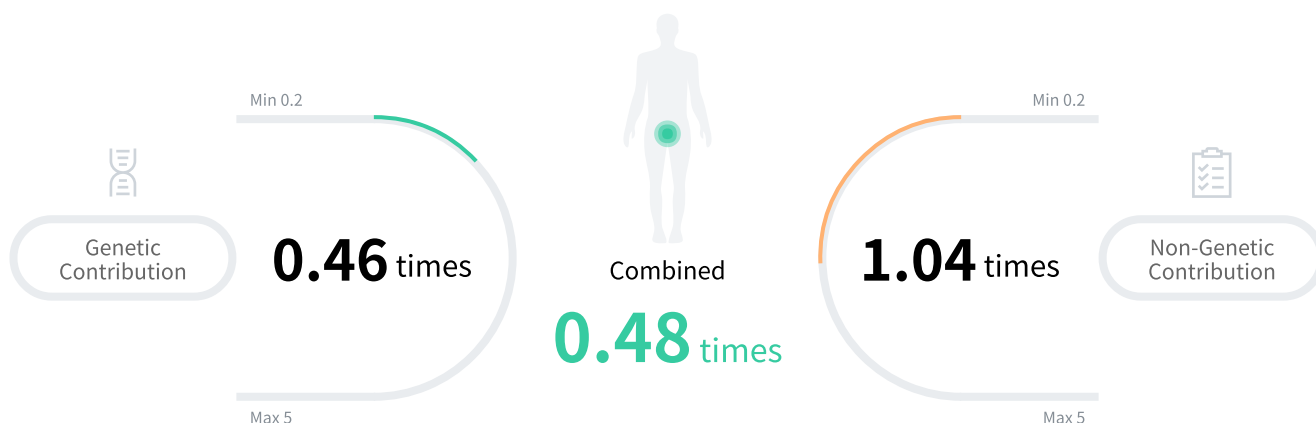
The credibility score is **92** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Prostate Cancer

Prostate, located right beneath the bladder, produces and stores semen components. Prostate cancer is when malignant tumor forms on this organ, and it can spread to nearby tissues.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly low** likelihood of developing prostate cancer.

Lower your risk even further by exercising frequently and maintaining a healthy weight.

Risk factors

Prostate cancer is correlated with older age, especially after 60. Male sex hormone is thought to affect prostate cancer onset, but this is not clearly known. Obesity and an overconsumption of milk both increase the risk for prostate cancer. If family history exists, risk is increased by 8 times and frequent screening is necessary.

Prevention

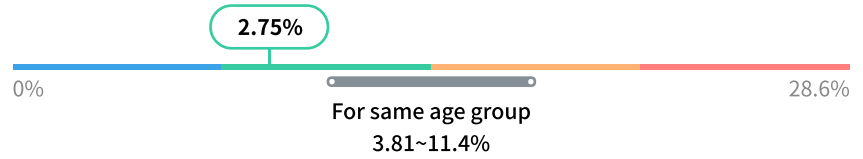
Proper diet and adequate exercise are required for a healthy weight. Instead of meats high in animal fat, consume fruits and vegetables high in fiber and phytochemicals at least once with each meal. Abundant in tomatoes, lycopene is good for preventing prostate cancer. Cooking tomatoes with oils enhances the anti-cancer effects by two times.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Prostate Cancer between now (current age 38) and 80 is **2.75%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

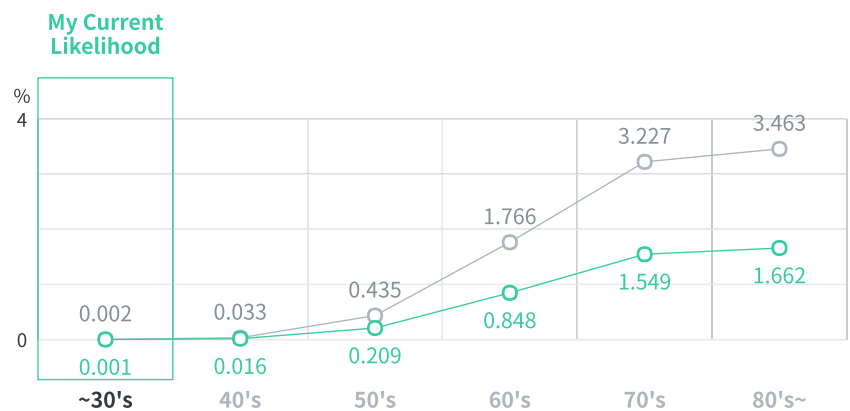


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

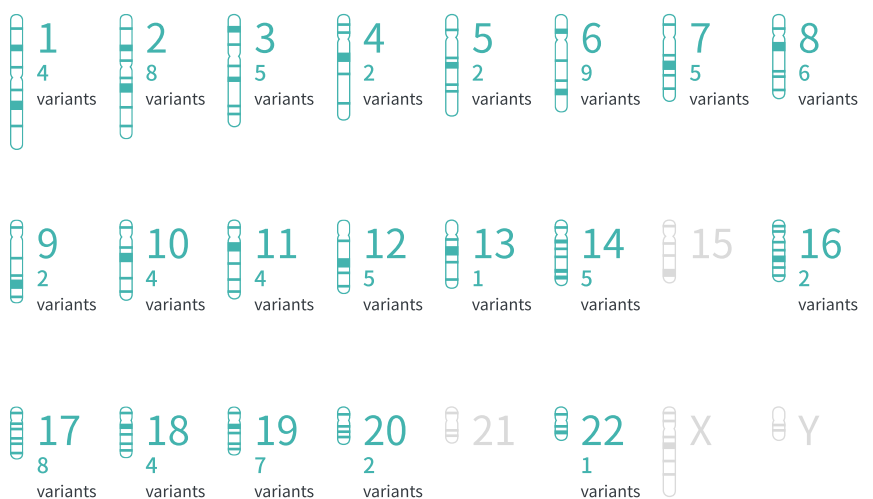
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 162 genetic markers, we have found **86** effect allele.

The credibility score is **84** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

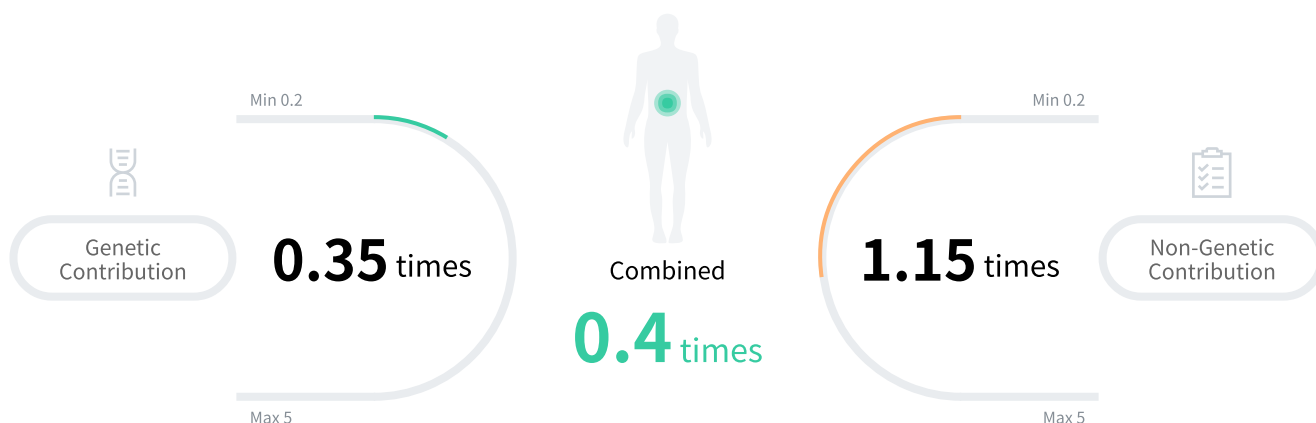


0 genetic markers with unknown location.

Kidney Cancer

Kidneys are located below the chest and near the back, and they remove wastes and metabolites. Depending on the location, kidney cancer is divided into renal cell carcinoma and renal pelvis cancer. 80% of diagnoses are renal cell carcinoma.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly low** likelihood of developing kidney cancer.

Lower your risk even further by avoiding active and passive smoking, and eating a high-fiber diet.

Risk factors

Smoking is a big risk factor for renal cell carcinoma, increasing it by 2 times. Smoking amount and length both affect risk for renal cell carcinoma. Obesity, high blood pressure, diets high in animal fat, and meats cooked with high temperature also increase risk.

Prevention

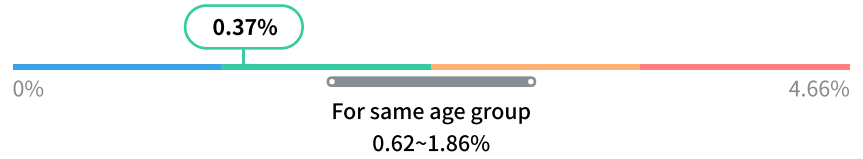
Smokers should quit and non-smokers should avoid secondhand smoking. Avoid eating animal meat and fat, and maintain a healthy weight through exercise. Eat vegetables, fruits, and nutritional foods low in calorie. Individuals with preexisting renal disease or genetic predisposition should receive periodic checkups.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Kidney Cancer between now (current age 38) and 80 is **0.37%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

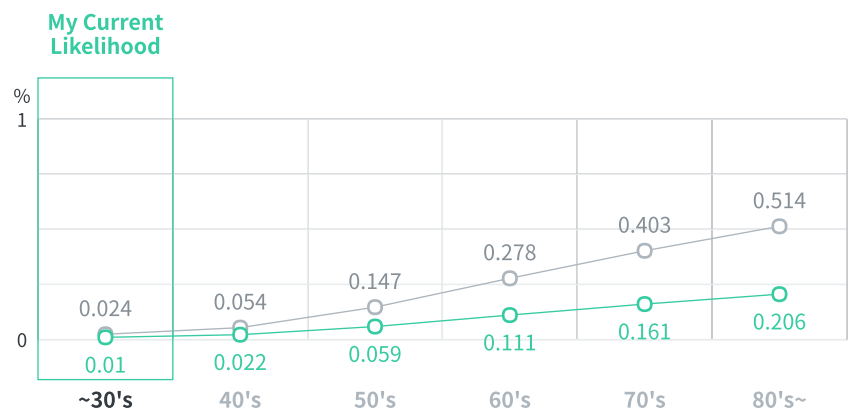


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

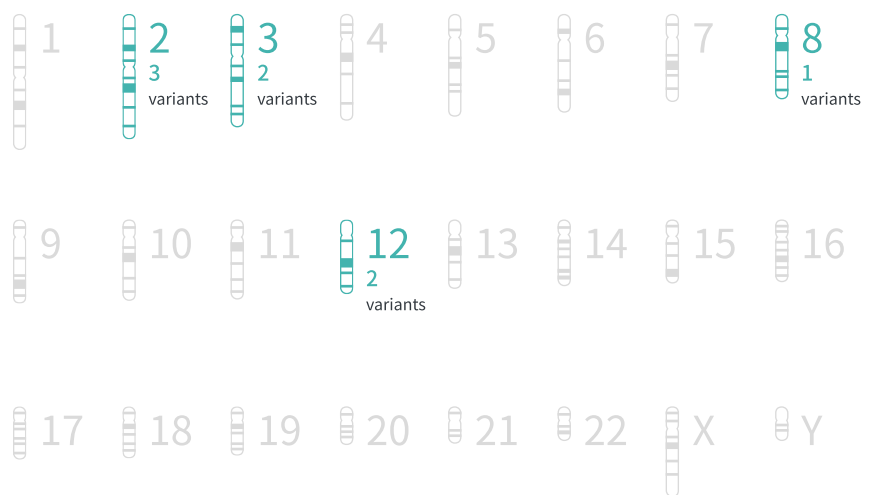
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 19 genetic markers, we have found **8** effect allele.

The credibility score is **80** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Oral Cancer

Oral cavity is the area reaching from the lips to the pharynx. It is the first step in digestion, which breaks down and transfers food to the esophagus. Tongue cancer is the most common type of oral cancer.

Likelihood of Development:



Having your genetics, family history, and lifestyle is correlated with a **slightly low** likelihood of developing oral cancer.

Regardless of your low risk, tobacco use of any kind is a risk factor for this condition. Try your best to avoid it.

Risk factors

Smoking and alcohol consumption are definite risk factors. Carcinogens from smoking stimulates the mucosal layer and induces mutations. Tobacco chewers and smokers have twice increased risk for oral cancer, which further increases with alcohol consumption. Unsanitary oral condition, exposure to virus, and harmful chemicals are also risk factors.

Prevention

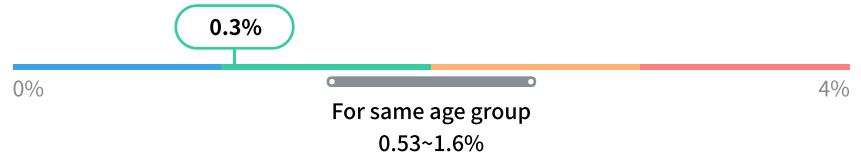
Avoiding smoking and excessive drinking. Individuals who are long-time smokers and excessive drinkers must be annually checked for oral cancer. Lack of vitamins and iron can induce oral cancer, so fruits, vegetables, and grains containing vitamins A, C, and E should be frequently consumed for a balanced diet.

UP-To-Date, Cochrane Library

Likelihood of Developing Cancer

Your likelihood of developing Oral Cancer between now (current age 38) and 80 is **0.3%**.

This number is an estimate based on your genetic and non-genetic contribution, and can always change with diet, exercise, and lifestyle habits.

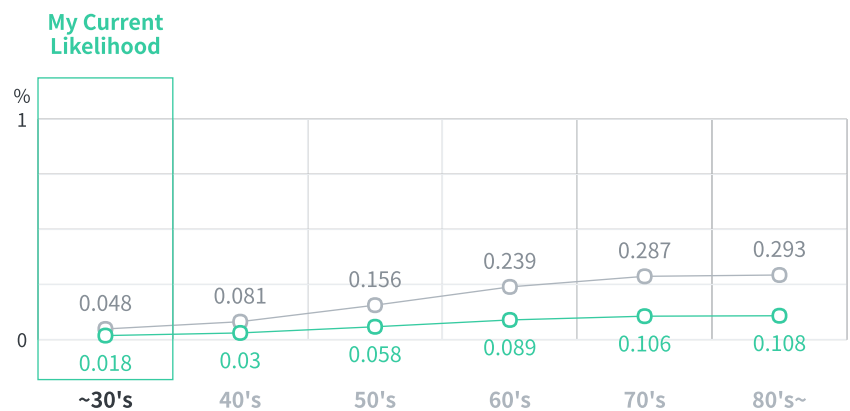


Cancer Prediction Graph by Age Group

Population Average vs My Development Likelihood

- Predicted development likelihood for individuals with the same genotype and lifestyle
- General Population Likelihood

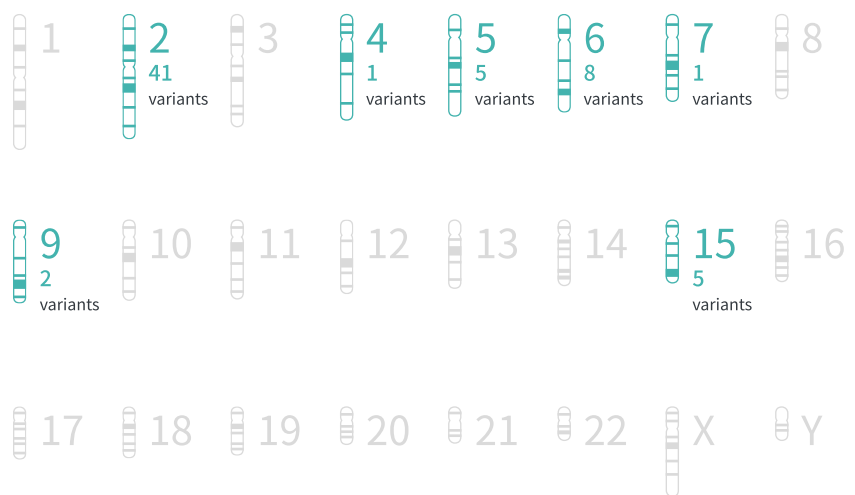
Global Cancer Observatory
(<https://gco.iarc.fr/>)



Genetic information

From analyzed 102 genetic markers, we have found **63** effect allele.

The credibility score is **75** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

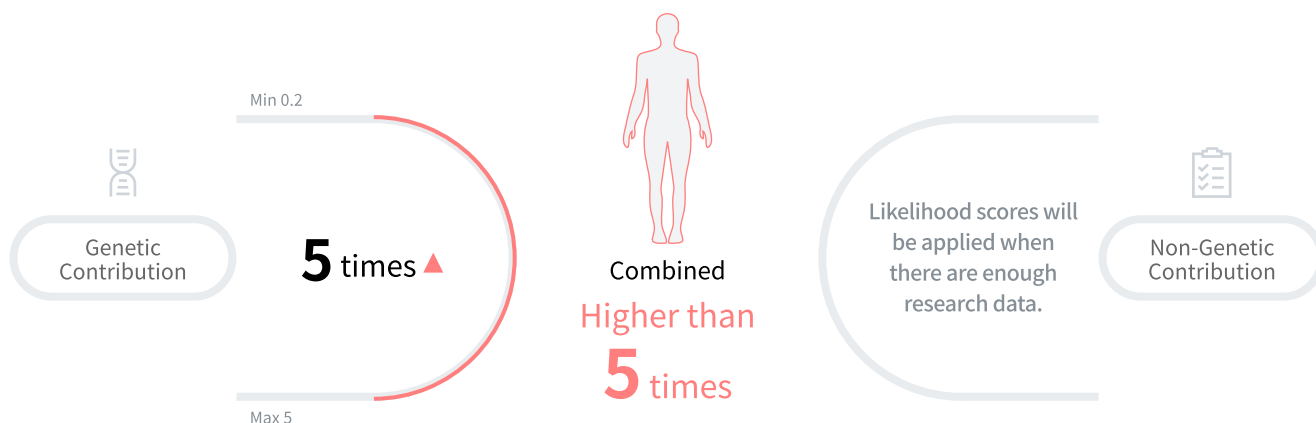


0 genetic markers with unknown location.

Gout

Gout occurs due to excessive accumulation of uric acid in joints. Uric acid is produced when we consume foods and is normally released through urine. However, excess uric acid can build up in a joint or nearby tissues and cause inflammation.

Likelihood of Experiencing Joint Pain and Swelling:



Based on above results, your likelihood of developing gout is **high**.

Avoid drinking alcohol and maintain a healthy body weight through frequent exercise. Also, limit your consumption of meat, fish, and poultry.

Risk factors

It occurs more often in males than in females, and incidence is higher with older age and family history. With higher blood uric acid concentration, gout is more likely to develop. If concentration of blood uric acid exceeds a certain level, it is called hyperuricemia and is closely related to weight gain. Meat-oriented diets and excessive drinking can cause gout.

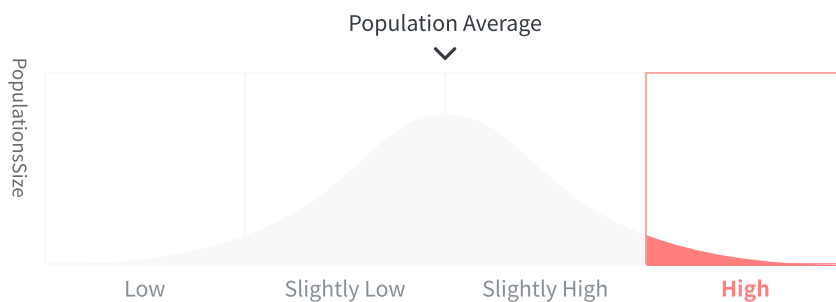
Dietary guide

Drink plenty of water to excrete uric acid through urine. Avoid alcohol consumption, since alcohol promotes uric acid synthesis. Excessive salt intake increases risk of complications such as high blood pressure. Consumption of meat, tuna, mackerel, and scallops should also be with caution since they are high in purines, which cause gout.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **high likelihood** of developing gout.

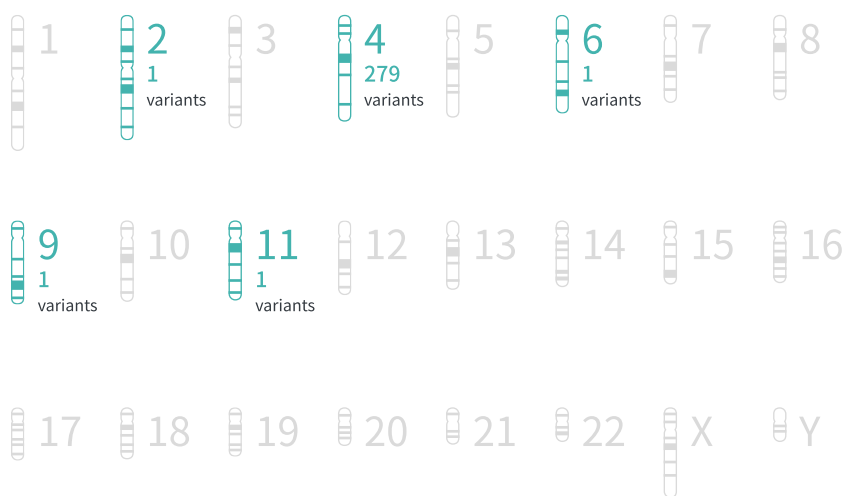


General Disease

Genetic information

From analyzed 452 genetic markers, we have found **283** effect allele.

The credibility score is **50** points.
because studies used for the analysis of this test item's genes are based on a very small sample size.

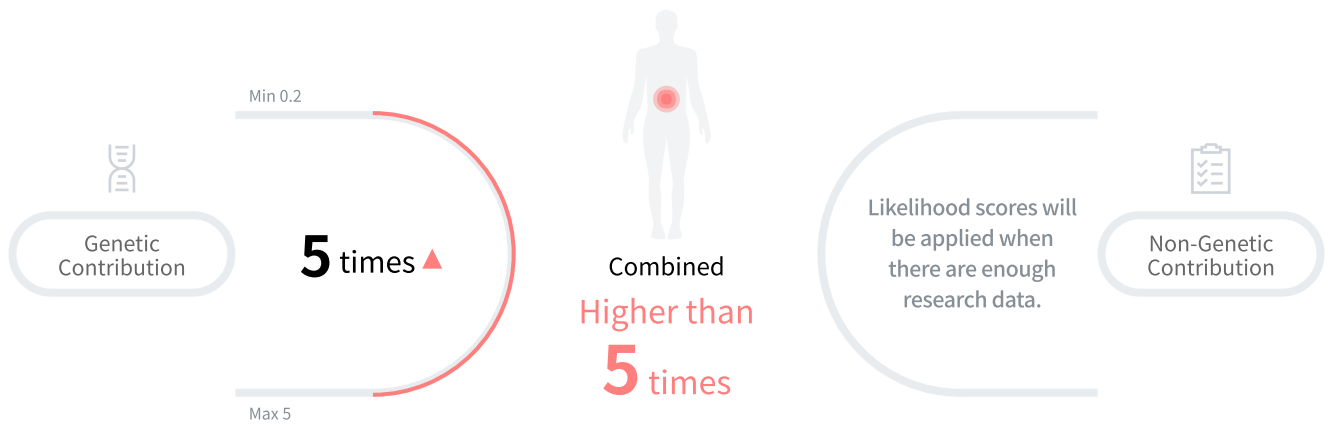


0 genetic markers with unknown location.

Collagenous Colitis

Collagenous colitis is a type of inflammatory bowel disease that affects the large intestine (colon). It causes chronic diarrhea, typically in middle-aged adults, and is more common in females.

Likelihood of Developing Colon Inflammation:



Your likelihood of developing collagenous colitis is **high.**

Maintain healthy lifestyle habits and be attentive to what you eat and drink.

What is collagenous colitis?

It is a condition that causes adult chronic diarrhea and mainly affects middle aged women in their 50s. It can also affect younger women and men. It is known to be accompanied by thyroid diseases, inflammatory arthropathy, and arthritis. Most cases are successfully treated and it does not increase the likelihood of colon cancer development.

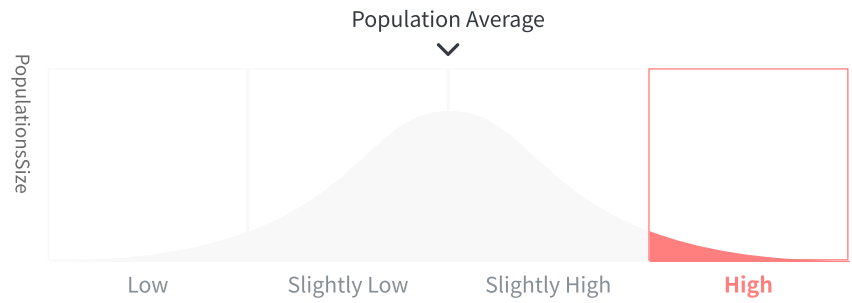
Symptoms and causes

Chronic watery diarrhea is the main symptom in addition to abdominal pain, nausea, vomiting, and weight loss. Symptoms can improve, but most cases exhibit chronic cycles of improvement and deterioration. Exact cause is unknown, but recent research suggests that the main cause to be a defect in bile acid absorption, which is found in 44% of patients.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **high likelihood** of developing collagenous colitis.



Genetic information

From analyzed 177 genetic markers, we have found **75** effect allele.

The credibility score is **71** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Asthma

Asthma is a condition in which your airways narrow, swell and produce extra mucus. This can make breathing difficult and trigger coughing, wheezing and shortness of breath.

Likelihood of Breathing Airway Swelling and Narrowing:



In accordance with above results, your likelihood of experiencing asthma is **high**.

Make it a habit to keep your personal environments clean to minimize allergens, especially during allergy season.

Causes

Genetic and non-genetic factors both contribute to asthma. Non-genetic factors along with obesity increases likelihood of asthma development, and males younger than 14 have twice higher likelihood compared to females. This difference based on sex decreases with further development. Environmental factors include allergy, smoking, air pollution, and infection.

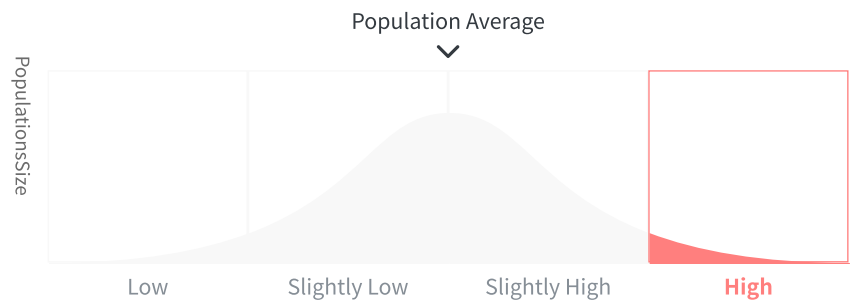
Lifestyle guide

It is important to avoid exposure to allergens, viral infection, and smoking cigarettes. If there is a high density of fine dust, avoid going outside as much as possible and wear a mask when going outside. To avoid respiratory infection, receive pneumonia vaccination and try to stay indoors as much as possible on cold days.

UP-To-Date, Cochrane Library

The Group That I Belong To

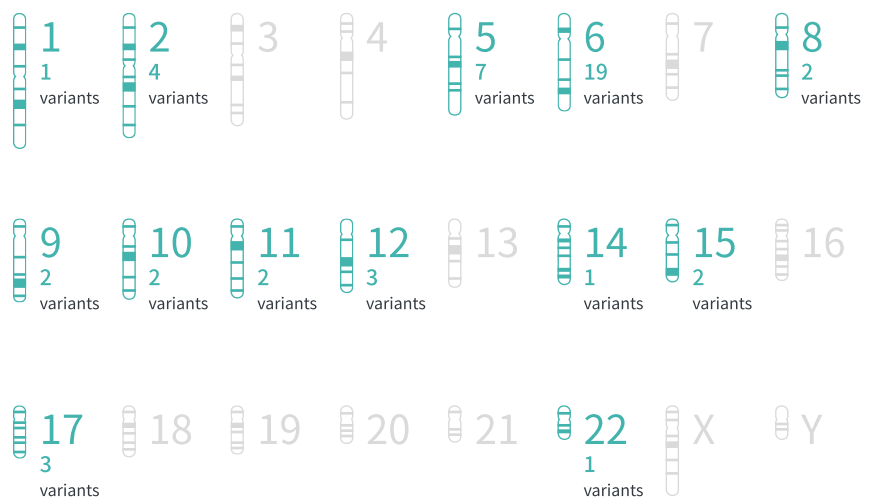
You fall under the group with a **high likelihood** of experiencing asthma.



Genetic information

From analyzed 77 genetic markers, we have found **49** effect allele.

The credibility score is **75** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

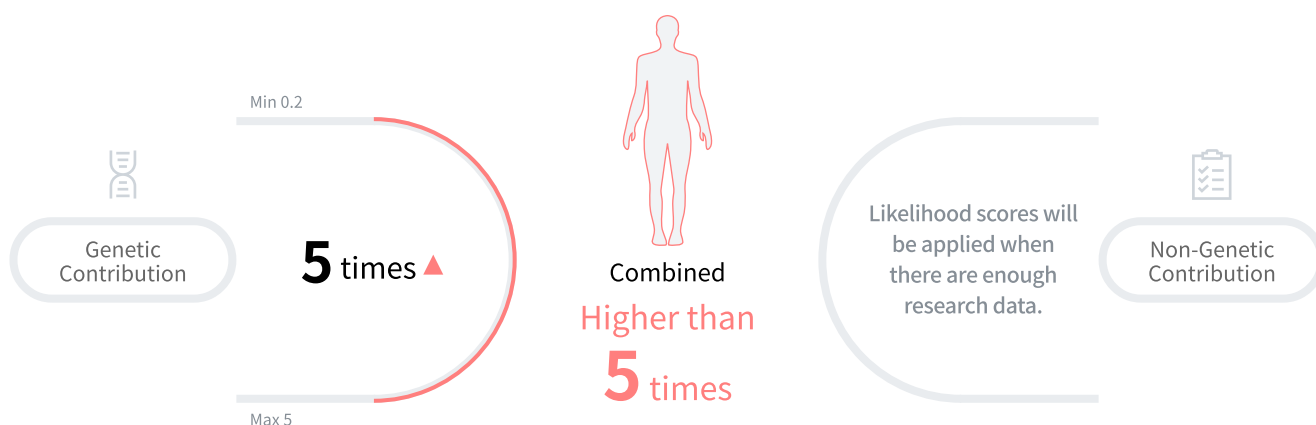


0 genetic markers with unknown location.

Multiple Sclerosis

Multiple sclerosis (MS) is a disease of the central nervous system where the flow of information within the brain, and between the brain and the body, is disrupted.

Likelihood of Development:



According to above results, your likelihood of developing MS is **high**.

Eat a diet including fish and nuts to consume healthy oils. Also, supplement with vitamin D or get your daily exposure to sunlight.

Dietary guide

Based on a recent research study, consuming fish rich in omega-3 fatty acids is good for MS prevention. Eating 1 serving (mackerel, seerfish, salmon, etc.) three times per week is good. Other research studies argue that consuming supplements is not effective, so eating fish high in omega-3 fatty acids is recommended.

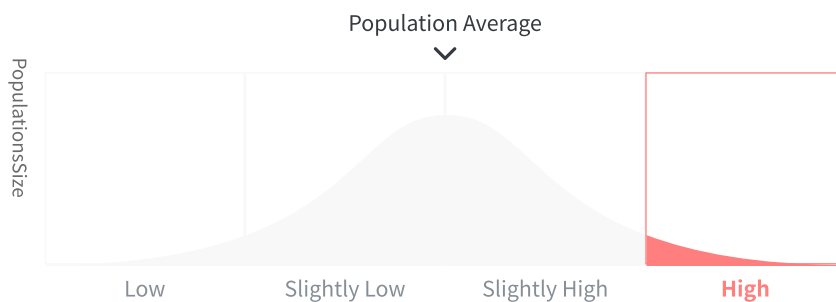
Lifestyle guide

Research findings suggest that lower vitamin D levels in the body is correlated to higher risk for MS. Spend 30 minutes outside every day during the daytime to increase vitamin D production. Synthesizing vitamin D is more effective than consuming it through supplements. Also, drink 1 cup of milk daily, as adequate calcium is required in vitamin D synthesis.

UP-To-Date, Cochrane Library

The Group That I Belong To

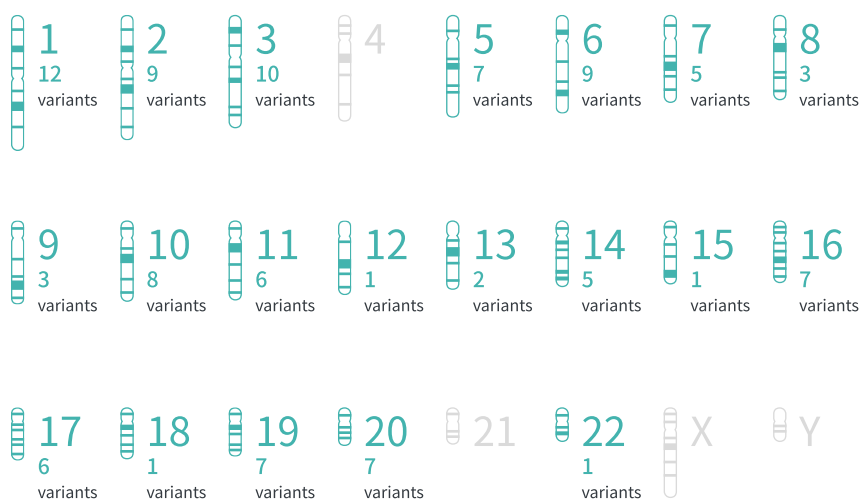
You fall under the group with a **high likelihood** of developing MS.



Genetic information

From analyzed 190 genetic markers, we have found **110** effect allele.

The credibility score is **81** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Autoimmune Hepatitis

Autoimmune hepatitis is a condition where the immune system attacks the liver cells and create liver inflammation. There is no exact reason to the development of autoimmune hepatitis, and it causes chronic hepatitis and liver cirrhosis.

Likelihood of Development:



Based on the genes we analyzed, your likelihood of developing autoimmune hepatitis is **high**.

Exact cause is unknown, but maintain your immune system health by consuming antioxidant-rich foods and exercising regularly.

What is autoimmune hepatitis?

It is a disease with persistent liver cell damage, without any obvious reason. Depending on the type of autoantibody, it is classified as type 1, type 2, type 3, with different clinical characteristics. Type 1 is the most common, usually involving non-specific symptoms like fatigue, upper abdomen pain, and muscle pain that appear slowly.

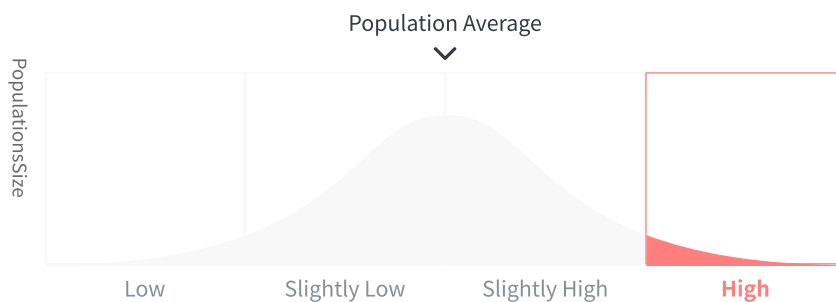
Progression

Mild hepatitis may not be symptomatic nor progress to cirrhosis. In severe cases, liver function deterioration occurs repeatedly and eventually leads to cirrhosis. Occurrence of liver failure can result in death, and extended liver cirrhosis increases risk of liver cancer. In some cases fulminant hepatitis occurs, where liver cells are rapidly destroyed.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **high likelihood** of developing autoimmune hepatitis.



Genetic information

From analyzed 8 genetic markers, we have found 5 effect allele.

The credibility score is 50 points.
because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

Food Allergy

It is an immune reaction independent of digesting food into nutrients. Specific allergens that cause this immune reaction vary depending on the individual, and hyperreactions can occur due to multiple allergens.

Likelihood of Developing Allergic Reaction to Certain Foods:



According to above results, your likelihood of having allergic reaction to certain foods is **high.**

This result may differ from your actual reaction to peaches, so use it only as a reference.

What is food allergy?

After eating, food allergy is immune hypersensitive reaction in the body regardless of the digestion process of breaking down foods to nutrients. Allergens that induce allergic reaction, vary among people, and multiple reactions can occur from multiple allergens. Allergies normally occur first on the lips, mouth, and esophagus, first contacting the food.

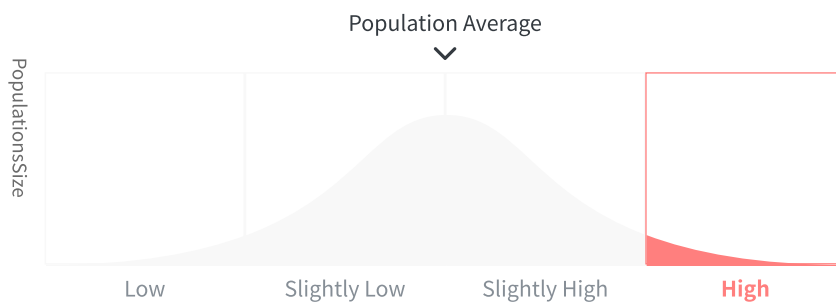
Diagnosis and prevention

If you experience allergic symptoms after eating a specific food, consult a specialist to receive skin allergy test, allergy blood test, and other provocation tests. Of these, most important method is your previous food allergy history. This can be used to prevent other food allergies and avoid certain foods that have previously caused allergic reaction.

UP-To-Date, Cochrane Library

The Group That I Belong To

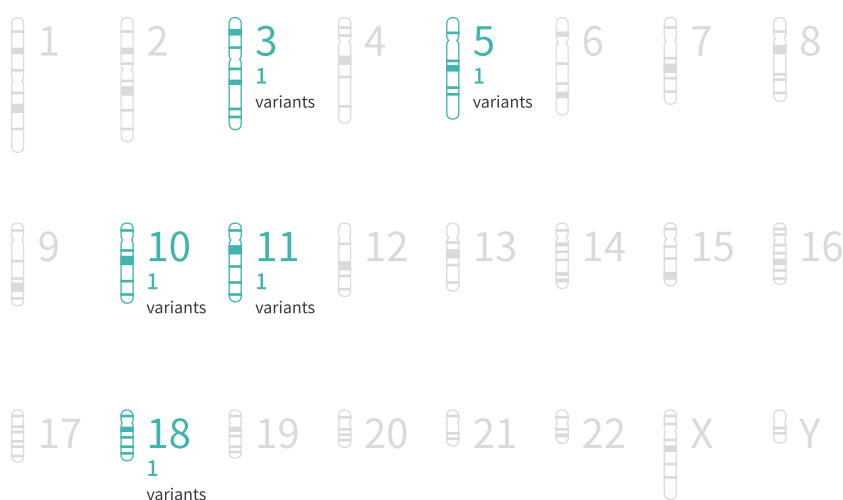
You fall under the group with a **high likelihood** of having allergic reaction to eating certain foods.



Genetic information

From analyzed 7 genetic markers, we have found 5 effect allele.

The credibility score is 75 points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Rheumatoid Arthritis

Rheumatoid arthritis is an inflammatory disease that occurs on tissue (synovial membrane) surrounding the joints. It is the second most common arthritic disease and is more prevalent in men than women.

Likelihood of Developing Joint Inflammation:



According to above results, your likelihood of developing rheumatoid arthritis is **high**.

Maintain a balanced immune system by eating a healthy diet. If you are a smoker, give an effort to stop smoking.

Dietary guide

Foods beneficial for arthritis are salmon, mackerel, whitebait, and other fish high in unsaturated fish fats. Consuming omega-3 fats and plant fats is good for maintaining joint health. Also, weight gain increases stress on the joints. So maintain a healthy weight through diet regulation and practicing healthy eating habits.

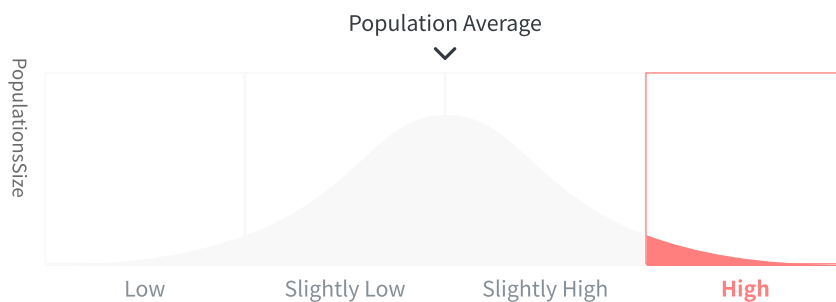
Exercise

Improve arthritis by stretching muscles, which keeps joints and muscles from being in one position. Avoid exercise that put high stress on the joint. Instead, practice adequate weight exercises for joint flexibility and preventing muscle deterioration. Recommended exercises are going for light walks, stationary biking, and aquatic activities.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **high likelihood** of developing rheumatoid arthritis.

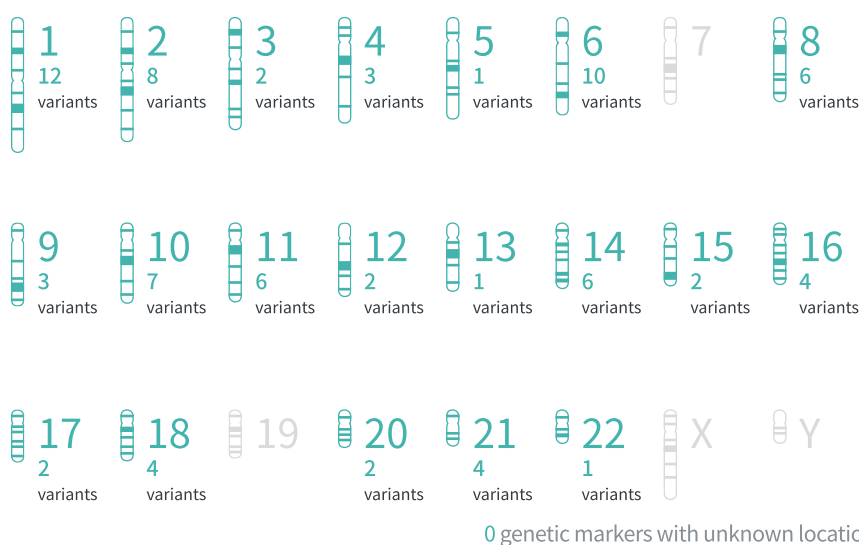


General Disease

Genetic information

From analyzed 155 genetic markers, we have found **86** effect allele.

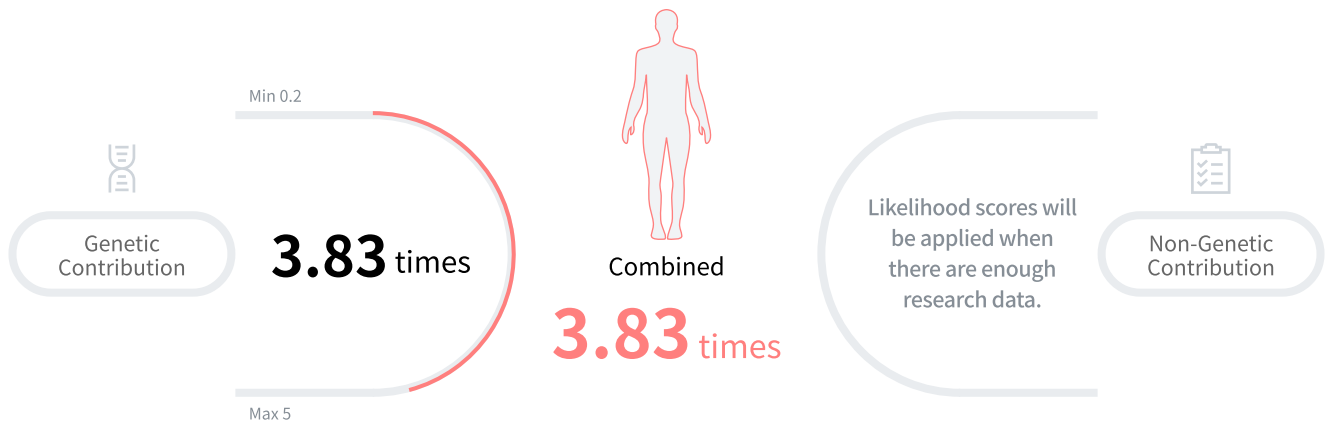
The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Selective IgA Deficiency

Selective IgA deficiency is an immune system condition in which you lack or don't have enough immunoglobulin A (IgA), a protein that fights infection (antibody).

Likelihood of Developing Low IgA Antibody Level:



Based on above results, your likelihood of developing selective IgA deficiency is **high**.

Be attentive to your body for signals of health issue and maintain a healthy immune system.

What is IgA?

IgA (Immunoglobulin A) is an antibody against infection from microorganisms such as bacteria and viruses. IgA is the most abundantly produced antibody in the body, followed by IgG. It exists in the mucous membranes of the respiratory, digestive, and urinary tracts and is known to activate activity of destroying germs in the blood.

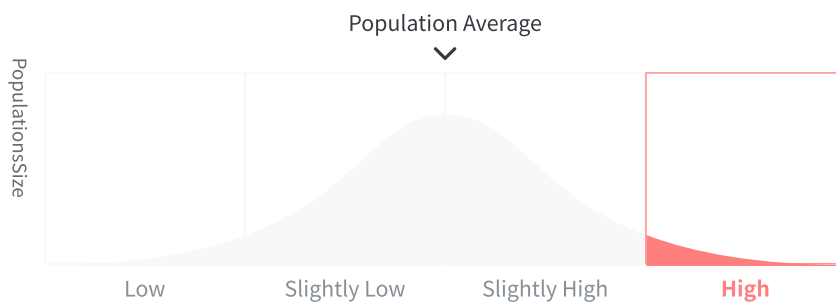
IgA deficiency

IgA deficiency is usually genetic, caused by family history. Symptoms are less severe than other immunodeficiency patients and are mostly asymptomatic. If present, they include oral infection, bronchitis, chronic diarrhea, sinusitis, unexplained asthma, and skin infection. Autoimmune diseases such as rheumatoid arthritis and lupus can also occur.

UP-To-Date, Cochrane Library

The Group That I Belong To

You likely fall under the group with a **high likelihood** of developing IgA deficiency.



Genetic information

From analyzed 5 genetic markers, we have found **5** effect allele.

The credibility score is **68** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



Keratoconus

Keratoconus is a disorder where the normally round cornea thins and begins to bulge into a cone-like shape. This cone shape deflects light, instead of letting it in, causing distorted vision.

Likelihood of The Cornea Bulging and Forming a Cone Shape:



According to above results, your likelihood of developing keratoconus is **high**.

Be careful not to irritate your cornea through habits such as rubbing your eyes, and make it a habit to wear sunglasses outside on sunny days.

Don't rub your eyes

Continuous and frequent eye rubbing shocks the cornea and can increase keratoconus progression. Keratoconus derived from atopic dermatitis or allergy causes more eye rubbing, and should be given extra attention. In particular, season changes can worsen symptoms. So receive appropriate treatment if symptoms are experienced.

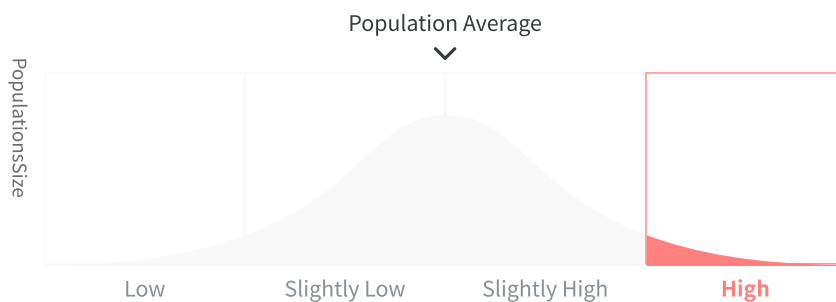
Sunglasses and contact lenses

Strong UV exposure can worsen keratoconus. When spending time outside, it is good to wear sunglasses or a hat to avoid direct UV exposure to the eye. With keratoconus onset, wearing RPG contact lens (hard lens) is recommended. Doing so recovers eye vision and prevents eye rubbing.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **high likelihood** of developing keratoconus.

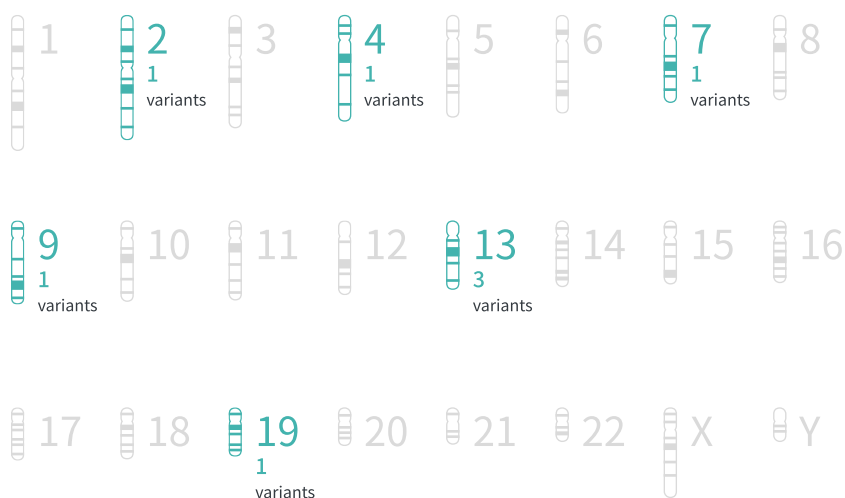


General Disease

Genetic information

From analyzed 11 genetic markers, we have found **8** effect allele.

The credibility score is **70** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Severity of Coronavirus (SARS-CoV) Symptoms

Severity of SARS-CoV infection symptoms can range from mild to severe depending on the patient's age and underlying medical conditions. During the early stage of infection, patients show flu-like symptoms including fever, muscle aches, and chills.

Likely Severity of Coronavirus (SARS) Symptoms:



Based on above results, you are likely to show **severe symptoms of coronavirus (SARS-CoV) infection.**

Symptoms become more severe when you have underlying medical conditions such as diabetes and respiratory diseases. Maintaining healthy lifestyle is a crucial step in preventing infectious diseases.

Symptoms

Coronavirus can stay dormant for 2~10 days before causing an outbreak of high fever over 38°C, dry cough, and breathing difficulties. Some do not show any symptoms during early period of the infection. Elderly and those with underlying diseases such as diabetes and respiratory illnesses show severe symptoms such as blood poisoning. As the disease progresses, patients can develop respiratory failure.

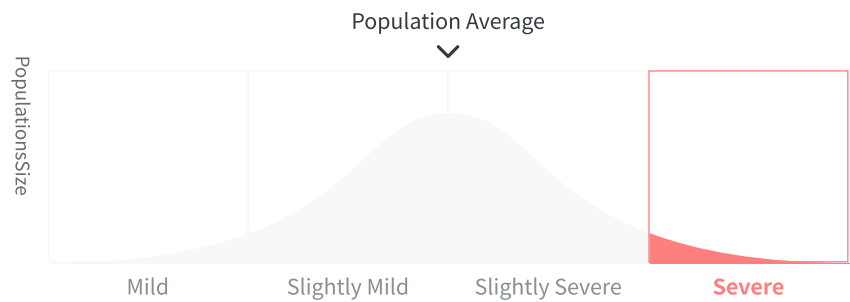
Guidelines

World Health Organization (WHO) advise we avoid smoking, reusing masks, and misusing antibiotics to prevent further viral infection. Smokers are more prone to developing respiratory diseases due to decreased lung capacity. Also, discarding masks after use is strongly recommended. Antibiotics are used to treat bacterial infection and does not affect virus, so misuse of antibiotics should be avoided.

UP-To-Date, Cochrane Library

The Group That I Belong To

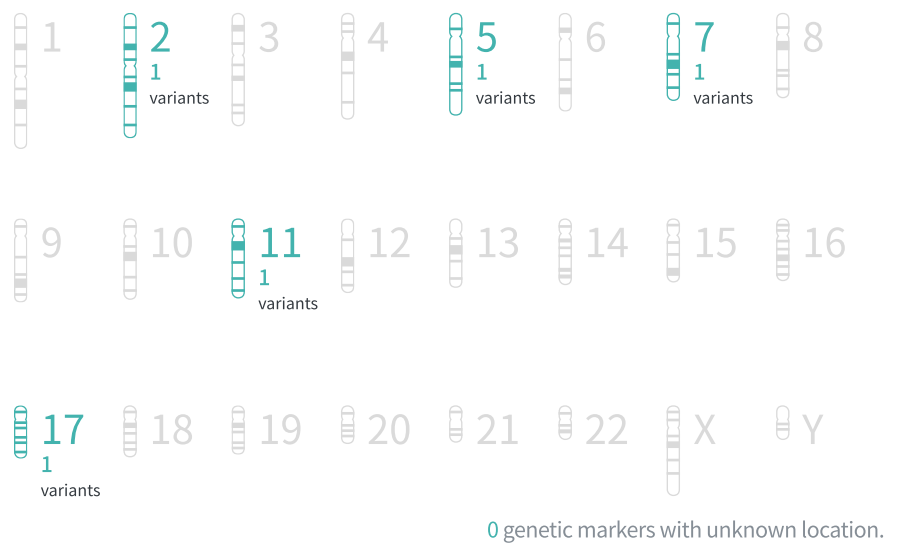
You fall under the group that shows **severe** symptoms of coronavirus (SARS-CoV) infection.



Genetic information

From analyzed 7 genetic markers, we have found **5** effect allele.

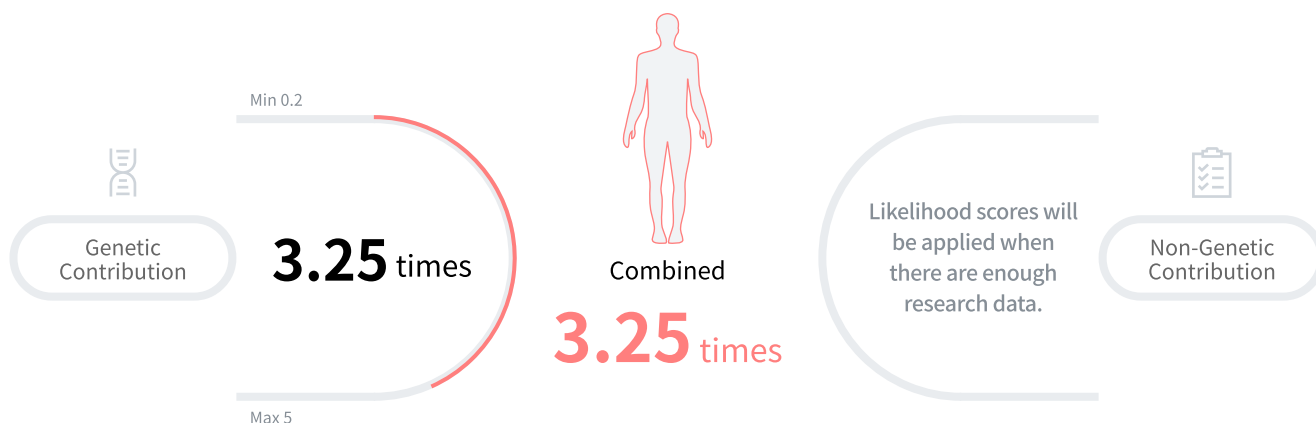
The credibility score is **50** points.
because studies used for the analysis of this test item's genes are based on a very small sample size.



Type 1 Diabetes

Type 1 diabetes is caused by the inability to produce insulin. Our immune system destroys the beta cells in the pancreas, which is responsible for producing insulin. 5~10% of all diabetes is type 1, and it mostly occurs in children.

Likelihood of Development:



Based on above results, your likelihood of developing type 1 diabetes is **high**.

It is important to receive regular health checkup and maintain your immune system health.

Causes

Genetic factors contribute to type 1 diabetes, though to a significantly lesser degree than type 2. Type 1 diabetics who are exposed to environmental factors such as viral infection of stress falsely attack and destroy insulin-producing pancreatic beta cells. Genetic predisposition, environmental factors, and immunological factors all contribute together.

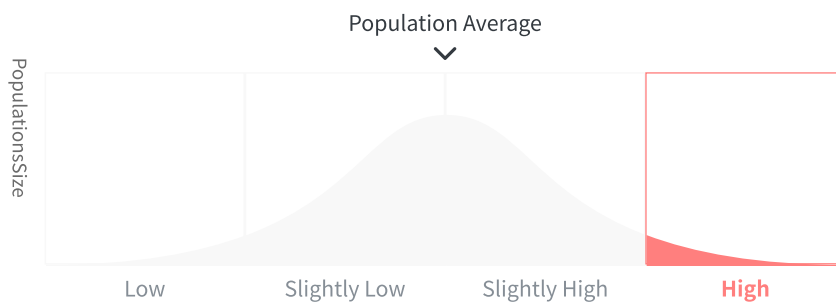
Causes

Genetic factors contribute to type 1 diabetes, though to a significantly lesser degree than type 2. Type 1 diabetics who are exposed to environmental factors such as viral infection of stress falsely attack and destroy insulin-producing pancreatic beta cells. Genetic predisposition, environmental factors, and immunological factors all contribute together.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **high likelihood** of developing type 1 diabetes.

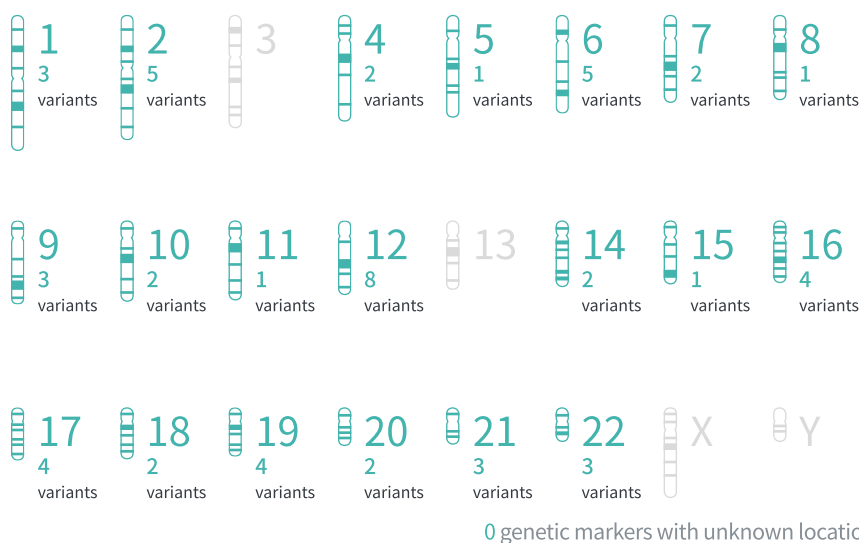


General Disease

Genetic information

From analyzed 96 genetic markers, we have found **58** effect allele.

The credibility score is **78** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



Diabetic Retinopathy

Diabetic retinopathy is a complication of chronic diabetes. It is caused by damaged blood vessels or fat accumulation in the retina. Symptoms include spots or strings floating in your vision and vision loss.

Likelihood of Retinal Damage Due to Diabetes:



Your likelihood of developing retinopathy from diabetes is **high**.

Prevent diabetes by maintaining a healthy weight, exercising regularly, and avoiding foods high in sugar. If you are diabetic, it is a good idea to receive regular eye checkups.

What is diabetic retinopathy?

Systemic weakening of blood vessels from diabetes, including those of the retina, causes blood to leak out into the retina and edema. This then inhibits blood circulation and causes changes in the retina. Non-proliferative retinopathy occurs locally with bleeding on the retina, but usually progresses to proliferative retinopathy without severe vision deterioration.

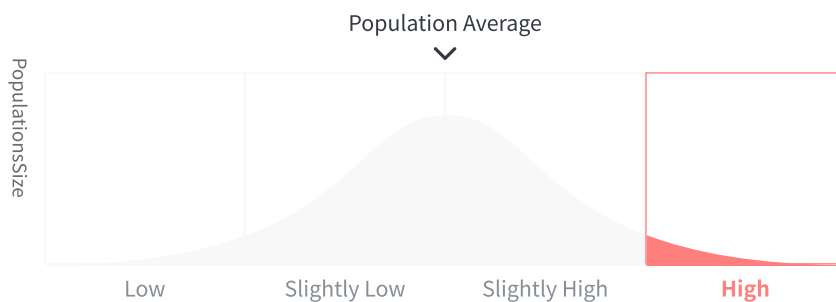
Prevention

Strict blood sugar control is required to prevent retinopathy. Reports state that risk of microvascular complications including retinopathy is reduced by 35% for every 1% reduction in glycated hemoglobin. Blood pressure control also plays an important role in prevention of diabetic retinopathy. Annual checkup to detect and control retinopathy is necessary.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **high likelihood** of developing diabetic retinopathy.



General Disease

Genetic information

From analyzed 10 genetic markers, we have found **9** effect allele.

The credibility score is **69** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

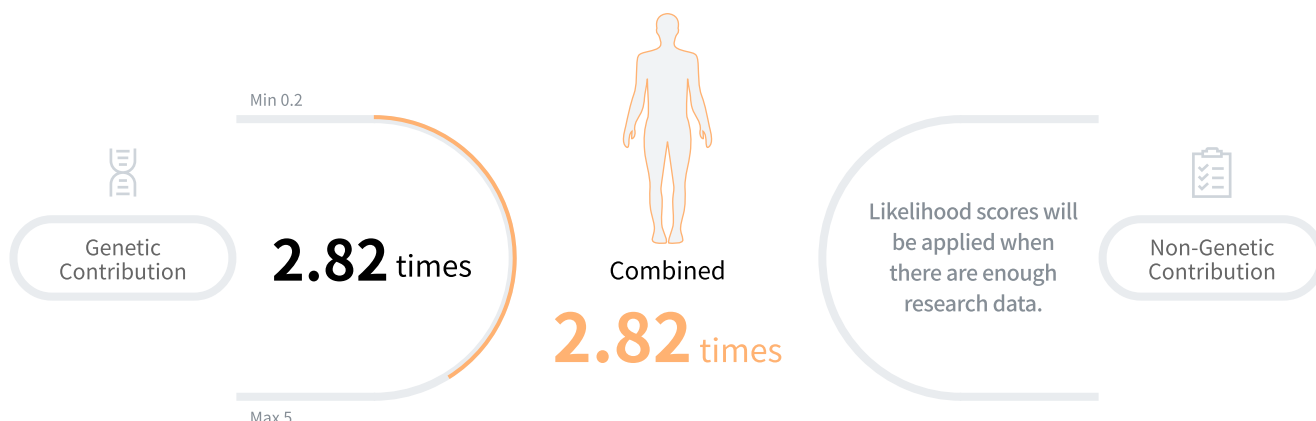


0 genetic markers with unknown location.

ADHD

Attention deficit hyperactivity disorder (ADHD) is a mental health disorder that includes a combination of persistent problems, such as difficulty paying attention, hyperactivity and impulsive behavior.

Likelihood of Developing ADHD:



Based on above results, your likelihood of developing ADHD is **slightly high**.

Early diagnosis and treatment are important for this condition. If you suspect behavioral abnormality, it is a good idea to visit a medical professional.

What is ADHD?

ADHD refers to mental disorder that involves difficulty in maintaining concentration, and exhibition of hyperactivity and impulsive behavior. Children with ADHD are distracted, hyperactive, and impulsive. If left untreated, difficulties persist through childhood in many ways. In some cases, symptoms will remain even in adolescence and adulthood.

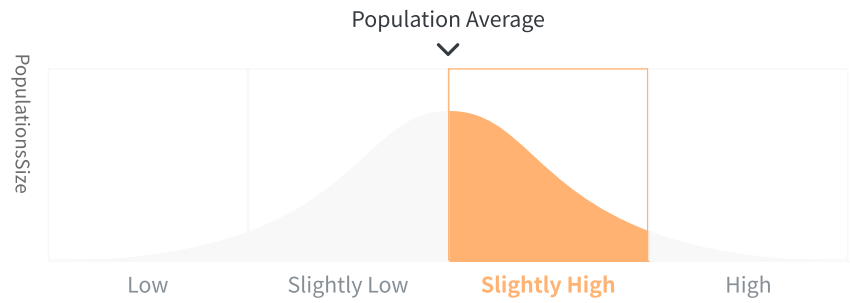
Symptoms of ADHD

Symptoms change with patients' age. Overactivity decreases at early adolescence, but some patients show persistent defects in impulsivity, emotional ups and downs, and concentration. Adults experience difficulties in initial concentration and maintaining it. In contrast, others may concentrate excessively. Amnesia and anxiety also become worse.

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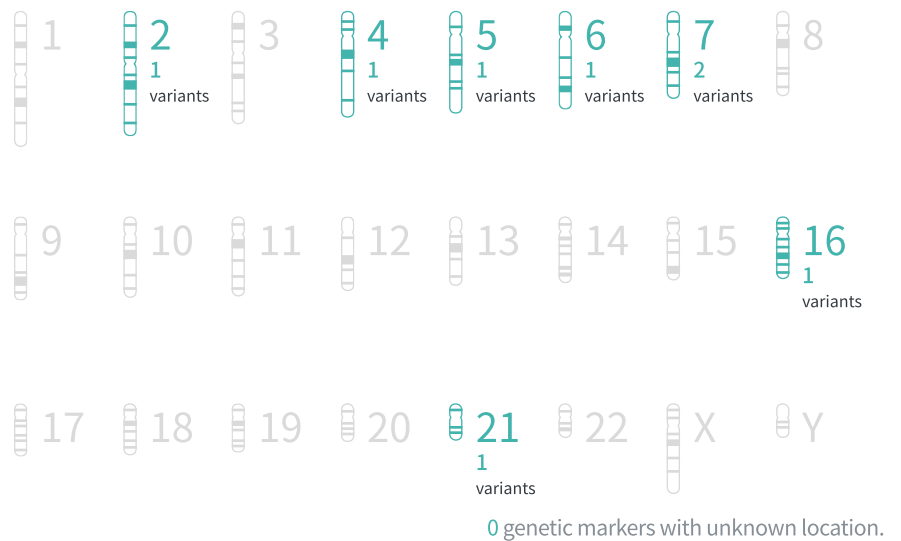
You fall under the group with a **slightly high likelihood** of developing ADHD.



Genetic information

From analyzed 11 genetic markers, we have found **8** effect allele.

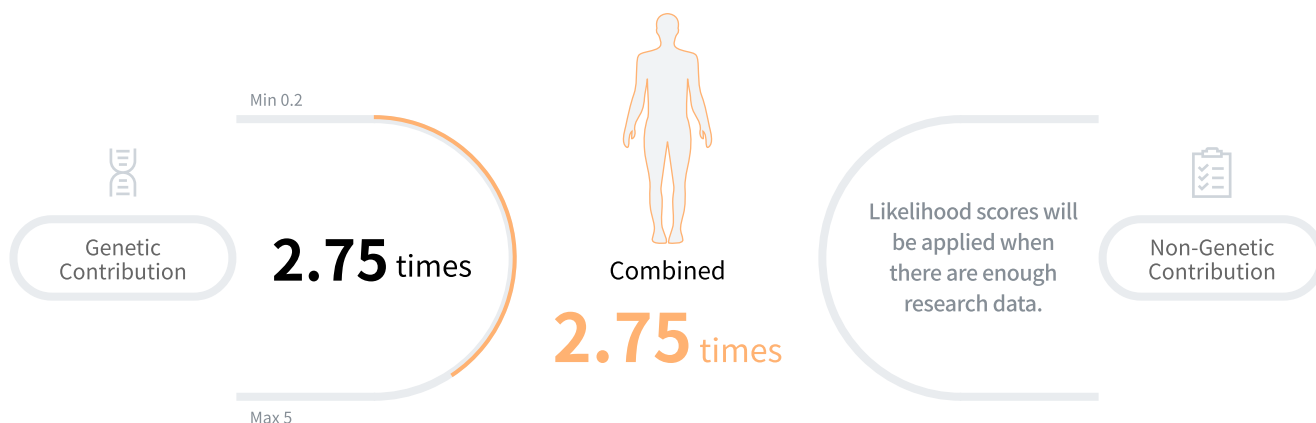
The credibility score is **55** points. because studies used for the analysis of this test item's genes are based on a small sample size.



Type 2 Diabetes

Our body requires insulin to use blood glucose. Type 2 diabetes is caused by insulin malfunction or lack of this hormone. Type 2 diabetes is considered a metabolic disease and causes hyperglycemia due to accumulation of blood glucose.

Likelihood of Development:



Based on above results, your likelihood of developing type 2 diabetes is **slightly high**.

Maintain a healthy weight through frequent exercise and avoiding foods with high sugar content.

Causes

Type 2 diabetes is strongly influenced by family history. In addition to genetic factors, environmental factors are also important. Obesity from westernized diets increases the incidence of type 2 diabetes. Other factors such as lack of exercise, age, long-term stress, and excessive use of steroids are also known to cause diabetes.

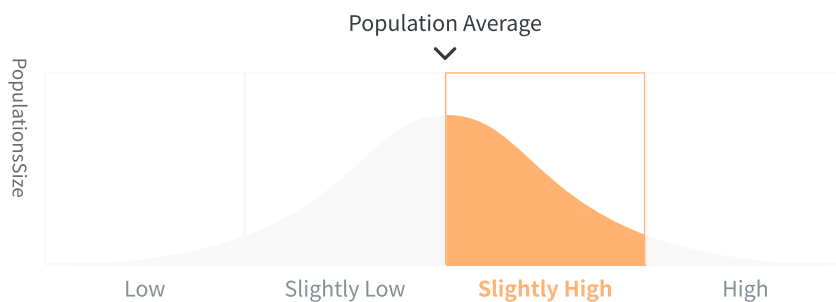
Diabetes management

Eat appropriate amounts of food at regular times every day. Avoid simple sugars such as honey. Simple sugar is a concentrated calorie source, and elevates blood sugar levels through quick absorption. Eat an appropriate amount of dietary fiber and fat to restrict cholesterol absorption. Reduce salt intake and avoid alcohol.

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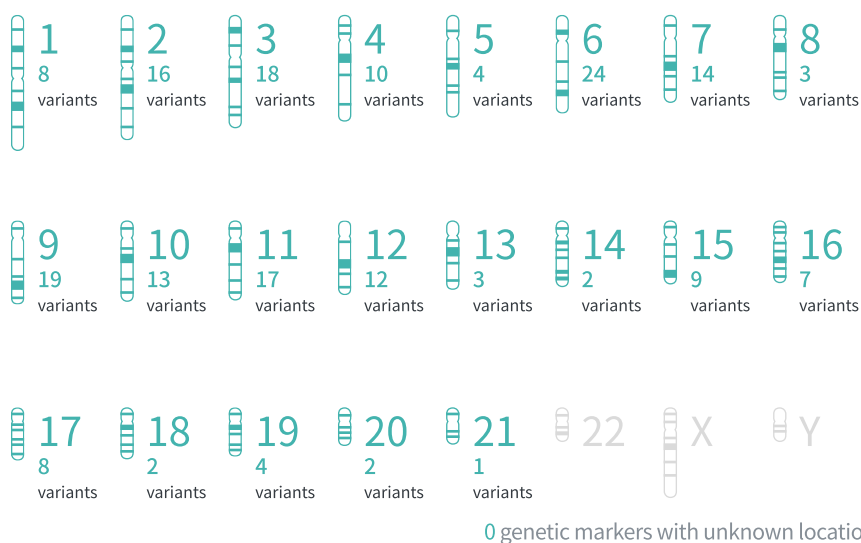
You fall under the group with a **slightly high likelihood** of developing type 2 diabetes.



Genetic information

From analyzed 295 genetic markers, we have found **196** effect allele.

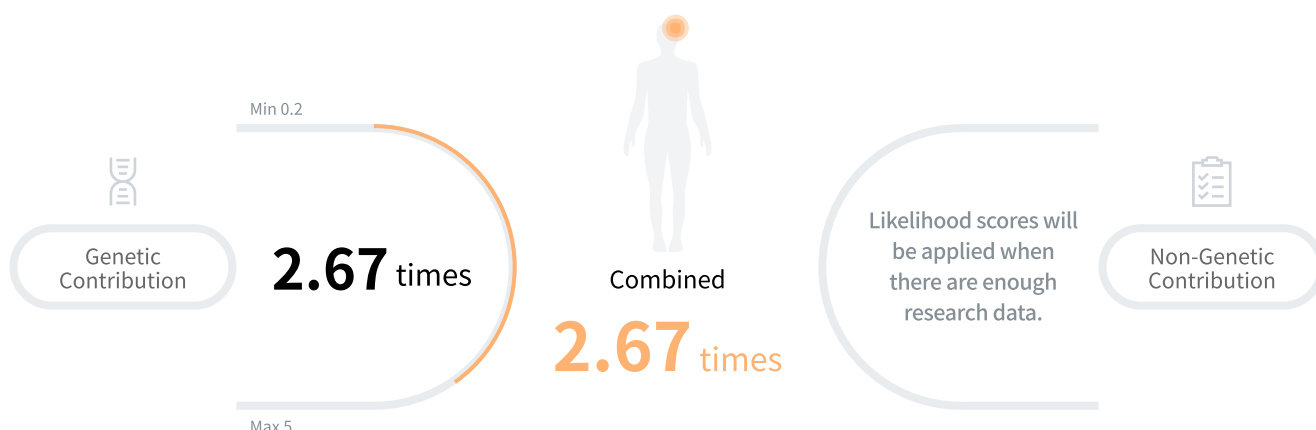
The credibility score is **86** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Birdshot Uveitis

Birdshot uveitis is a rare, potentially blinding type of uveitis, a disease characterized by the inflammation of the part of the eye that provides the retina with most of its blood supply.

Likelihood of Oval-shaped Spots in Retina:



Based on above results, your likelihood of developing birdshot uveitis is **slightly high**.

Exact cause of this condition is not yet known. Always be listening to your body for any signal of health issues.

What is birdshot uveitis?

Birdshot chorioretinopathy is a type of white dot syndrome that can occur after middle age. The exact cause is unknown. The name comes from the retina looking like it's been hit by a birdshot (gun ammo used to hunt small animals). Symptoms such as decreased visual acuity, asymmetry, cystic macular edema, and high intraocular pressure appear.

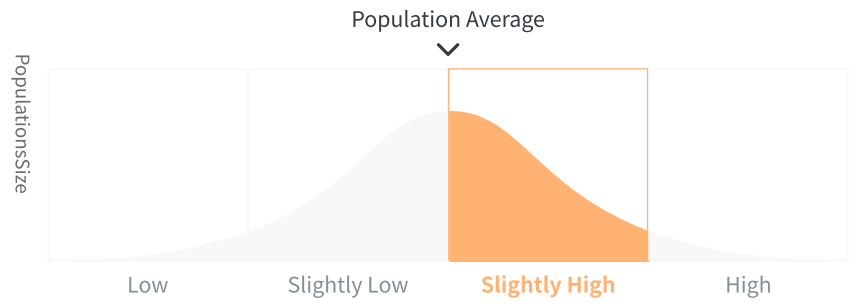
White dot syndrome

White dot syndrome is a disease when the inner and outer retina, retinal pigment epithelium, and choroid are affected with multiple non-infectious inflammatory white spots. Symptoms include anxiety, photophobia, visual disturbance, and visual impairment. It may improve without treatment.

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You fall under the group with a **slightly high likelihood** of developing birdshot uveitis.



Genetic information

From analyzed 2 genetic markers, we have found **1** effect allele.

The credibility score is **71** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

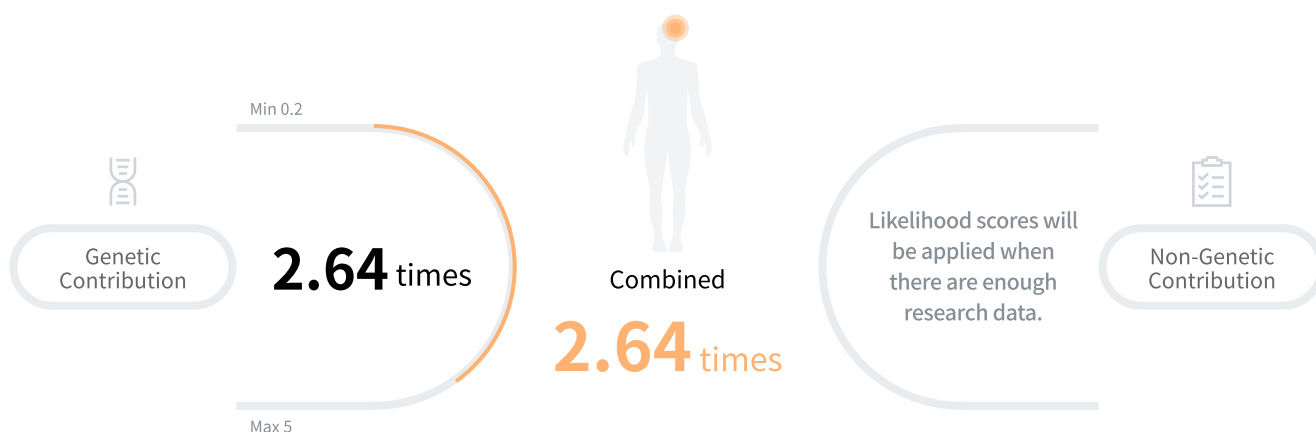


0 genetic markers with unknown location.

Frontotemporal Dementia

Frontotemporal dementia is a rare form of dementia that mainly affects the front (frontal) and sides (temporal) of the brain. It causes problems with behaviour and language.

Likelihood of Frontal and Temporal Brain Lobes Shrinking:



In accordance with above results, your likelihood of developing frontotemporal dementia is **slightly high**.

Be attentive to your brain health by supplementing with fish oil or by including fish in your diet.

Risk factors

Extensive damage to the cerebral nerve cells is the most common cause of dementia. Other causes include age, syphilis, epilepsy, and schizophrenia. Frontotemporal dementia begins with local lesions on frontal and temporal lobes, and spreads to cover larger areas with progression. Overall cortical damage occurs during late stages, affecting cognitive functions.

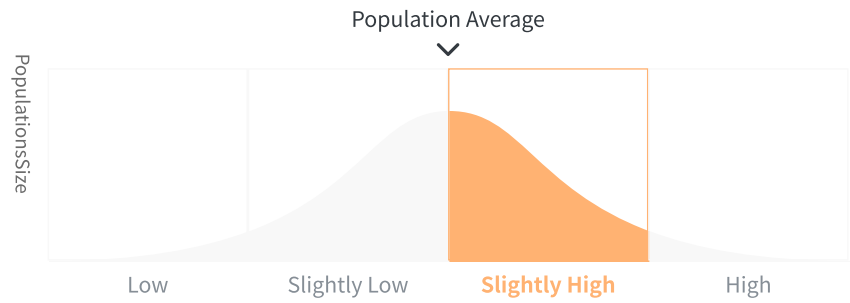
Treating dementia in daily life

Dementia patients need to simplify their life in order to reduce behavior issues. It is necessary to make a daily schedule according to the patient's abilities and live a regular/repetitive life. Adjusting the schedule based on the behavioral problems helps to maintain status quo. With severe symptoms, medication should be used.

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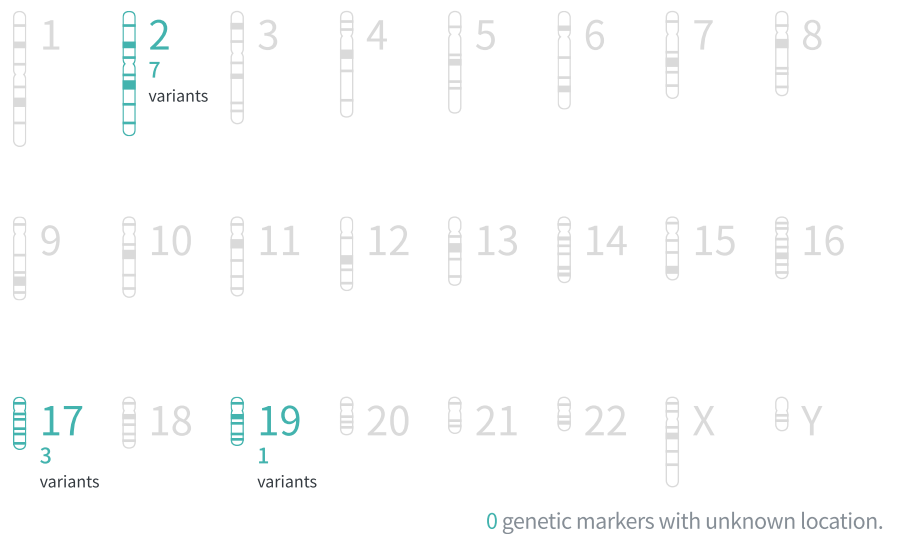
You fall under the group with a **slightly high likelihood** of developing frontotemporal dementia.



Genetic information

From analyzed 21 genetic markers, we have found **11** effect allele.

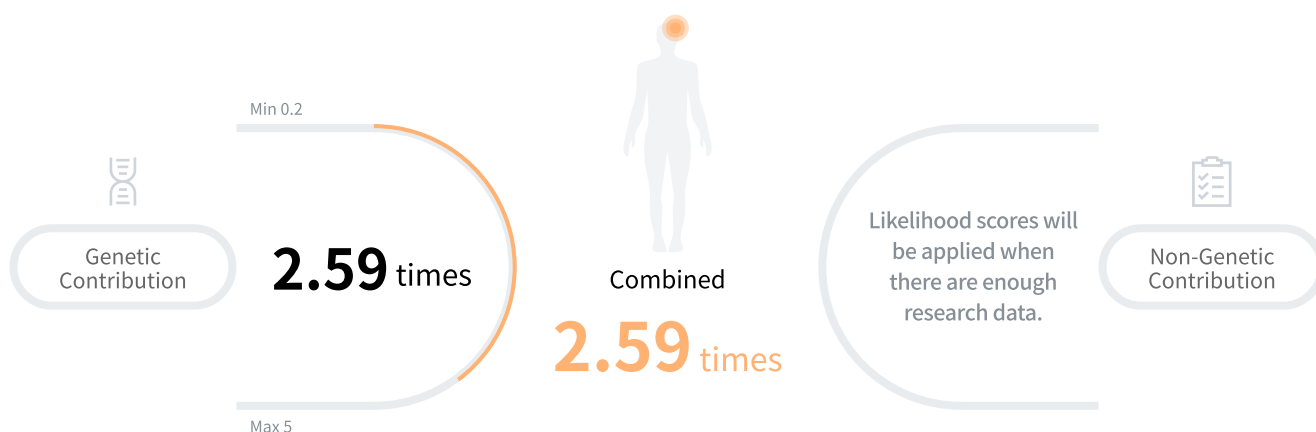
The credibility score is **64** points. because studies used for the analysis of this test item's genes are based on a small sample size.



Alzheimer's Disease

Alzheimer's disease is a progressive disorder in which brain cells die. It the most common cause of dementia, and memory loss is a key symptom of this disease.

Likelihood of Brain Cells Degenerating:



In accordance with above results, your likelihood of developing Alzheimer's disease is **slightly high**.

Be sure to have healthy sleep habits and get enough sleep every night. Also, high blood pressure and cholesterol are risk factors for this condition.

Management through diet

It is important to prevent Alzheimer's disease through a healthy diet. You should consume seafood, oily fish, nuts, and flaxseed oil that are rich in good fats (omega-3, DHA, EPA, linolenic acid). Also, consume 1 L of water and adequate vitamin/mineral supplements every day. Avoid overeating and antioxidant-rich foods such as blueberries are good.

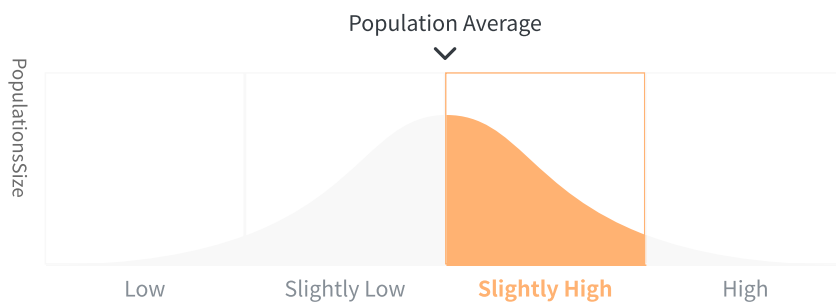
Management through exercise

Exercise adequately according to your fitness level to prevent Alzheimer's disease. Consistent physical activity is reported to be positive for cognitive health. Actively doing brain exercises enhances cognitive function. Brain activities such as diary writing, art, and reading prevent disease compared to passive activities such as watching television.

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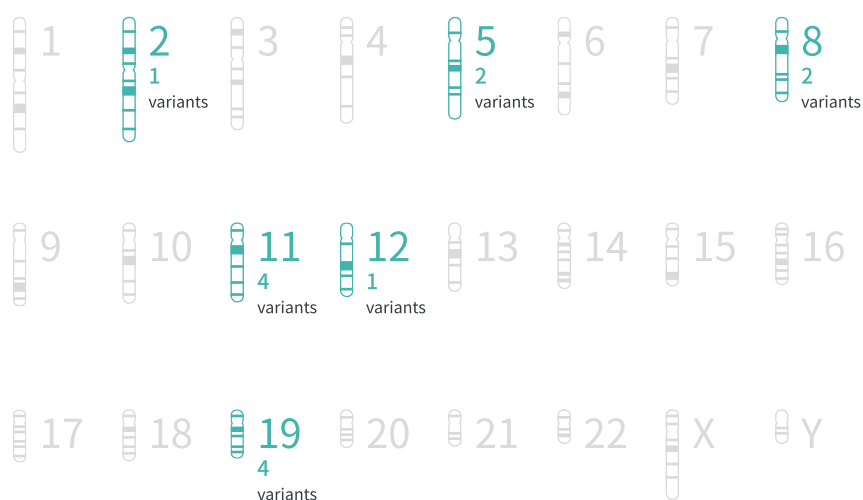
You fall under the group with a **slightly high likelihood** of developing Alzheimer's disease.



Genetic information

From analyzed 27 genetic markers, we have found **14** effect allele.

The credibility score is **72** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

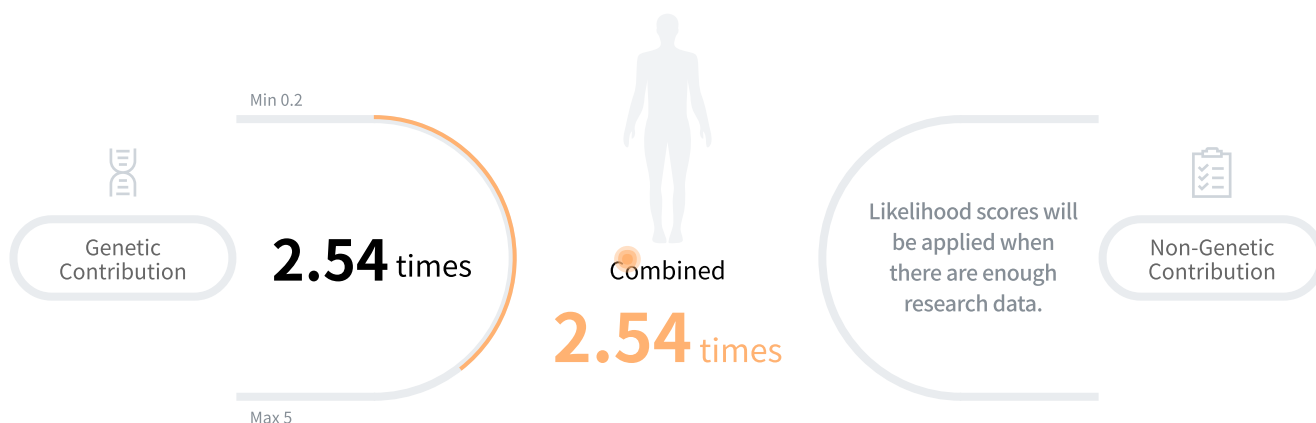


0 genetic markers with unknown location.

Restless Leg Syndrome

Restless leg syndrome is a condition that causes an uncontrollable urge to move your legs.

Likelihood of Development:



According to above results, your likelihood of developing RLS is **slightly high**.

Stretch before sleeping to relax your bodily muscles. Consuming foods rich in iron can also lower risk.

Dietary guide

Because irregular and excessive dieting can induce or worsen RLS symptoms, having a balanced diet is recommended. Consuming protein, which helps iron absorption, and foods high in vitamins are recommended. Iron-rich foods include liver, red meat, egg yolk, dried fruits (peach, prune, raisin, etc.), peanuts, and green vegetables are recommended.

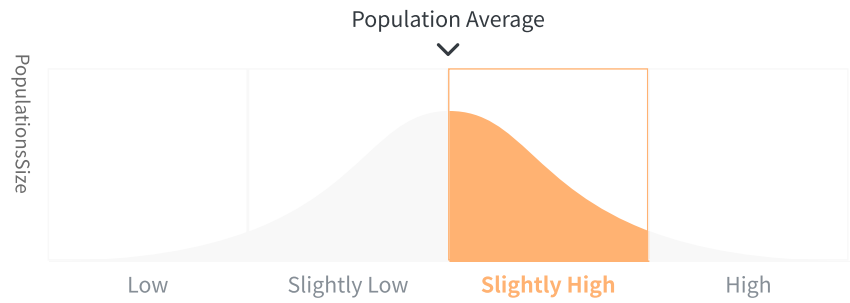
Lifestyle guide

Baths and warm massages help to improve RLS symptoms. Stress exacerbates symptoms, so relaxation therapy including yoga or meditation before sleeping is good. Adequate exercise helps to improve symptoms, and have regular sleep habits while avoiding caffeinated drinks. Refrain from alcohol and smoking, as they can worsen RLS symptoms.

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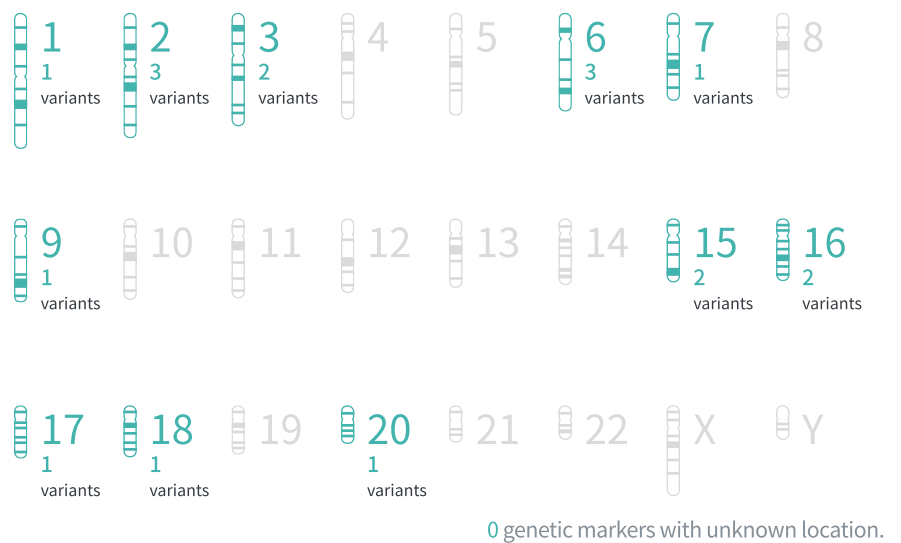
You fall under the group with a **slightly high likelihood** of developing RLS.



Genetic information

From analyzed 26 genetic markers, we have found **18** effect allele.

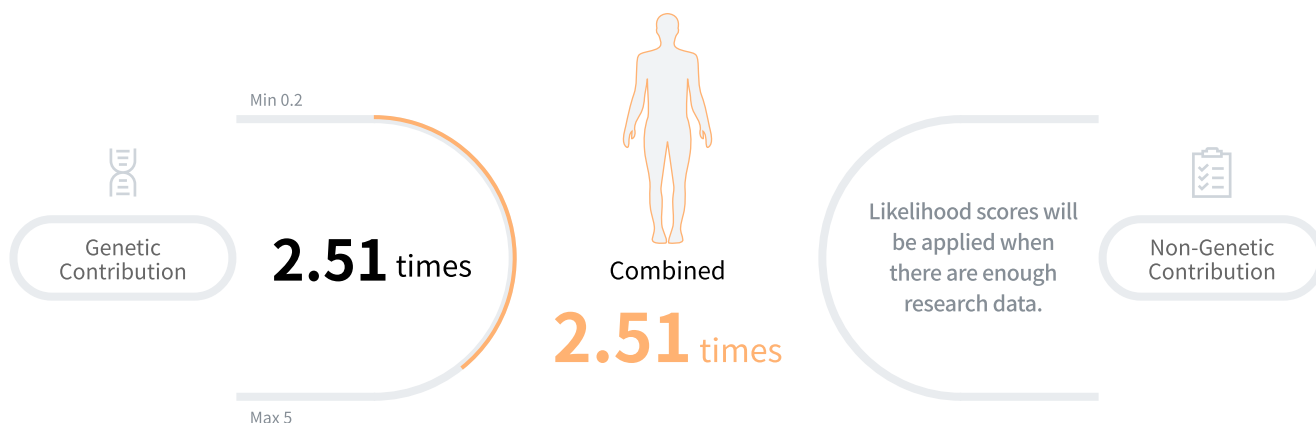
The credibility score is **86** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Egg Allergy

Egg allergy symptoms usually occur a few minutes to a few hours after ingestion. Signs and symptoms range from mild to severe and can include skin rashes, hives, nasal congestion, and vomiting or other digestive problems.

Likelihood of Development:



Based on above results, your likelihood of having allergic reaction to egg consumption is **slightly high**.

This result may differ from your actual reaction to eggs, so use it only as a reference.

What is egg allergy?

When eating eggs or egg-containing foods, it can cause symptoms such as rash, hives, vomiting, coughing, and shortness of breath within several minutes to several hours. Before eating food or taking medication, check and avoid components such as albumin, globulin, lecithin, ribetin, and lysozyme. Infants and toddlers are diagnosed more often than adults.

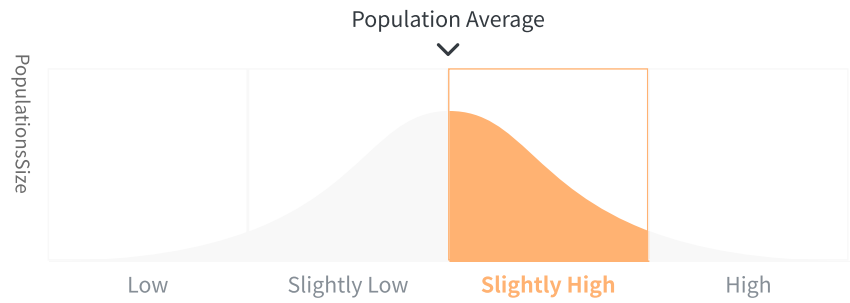
Natural loss of food allergy

Allergies at young age may improve or disappear altogether with development. Generally, restricting exposure to the allergen for 1~2 years after allergy onset is known to improve symptoms in 30% of patients. Particularly, egg and milk allergy often improve with age. Conditions caused by animal source are thought to improve quicker than plant source ones.

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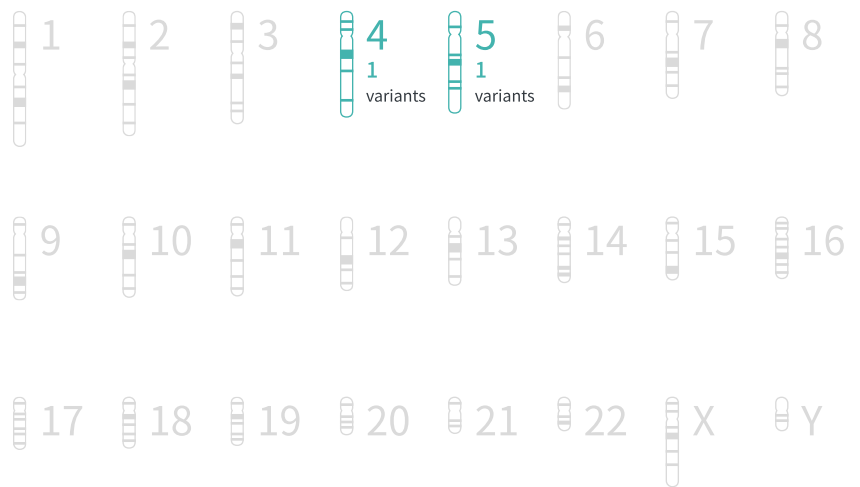
You fall under the group with a **slightly high likelihood** of having allergic reaction to eating eggs.



Genetic information

From analyzed 7 genetic markers, we have found **2** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

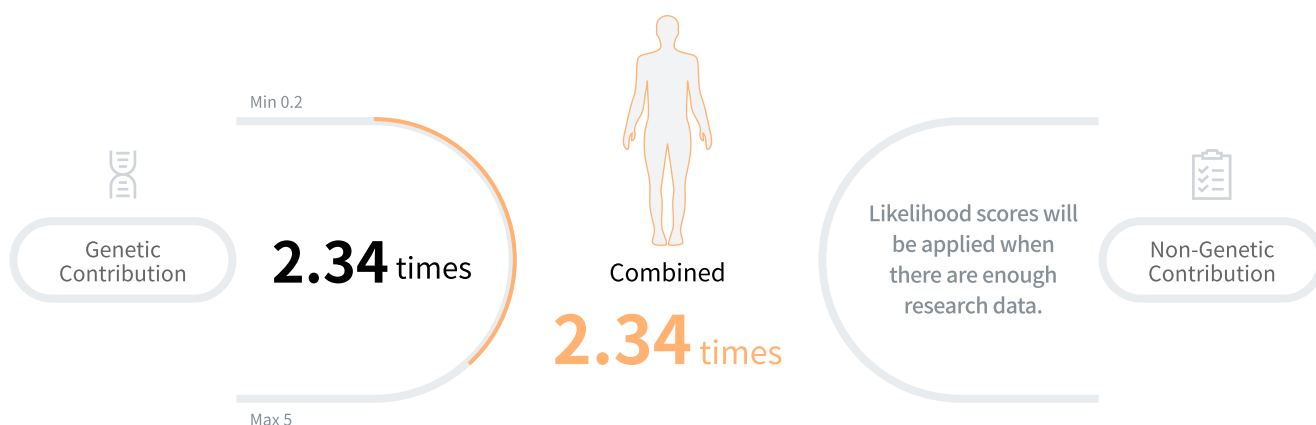


0 genetic markers with unknown location.

Scoliosis

Scoliosis occurs when spine twists and curves sideways. Symptoms of scoliosis include uneven shoulders, uneven waist, and asymmetrical ribcage.

Likelihood of Developing a Curved Spine:



According to above results, your likelihood of developing scoliosis is **slightly high**.

Cause of this condition is not yet clear, but avoid physical activity that overly burdens your spine.

Dietary guide

There is no food harmful or beneficial for scoliosis, but consuming foods good spinal diseases and bone health is helpful for preventing herniated disc and stenosis. Consume foods high in calcium, fibrin, phosphorus, vitamins, and minerals including beans, mushrooms, anchovies, whole wheat grains, and marine plants.

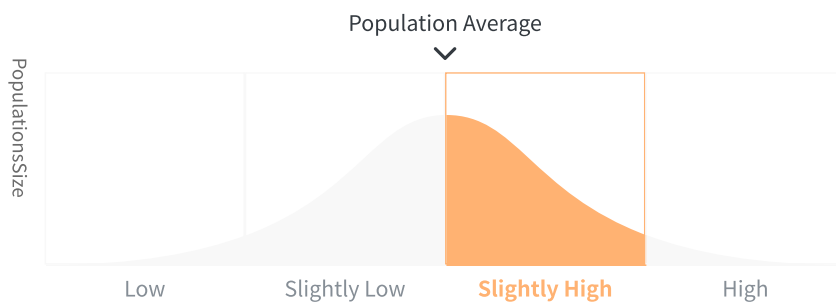
Good posture

Improving unhealthy habits and posture can help treat scoliosis. Standing: maintain a balanced posture between your head and spine, and shoulders and hips. Sitting: sit deep into the chair and upright. Lying sideways: keep a pillow between your legs with knees slightly bent. Avoid sleeping on your stomach, as it puts pressure on the spine.

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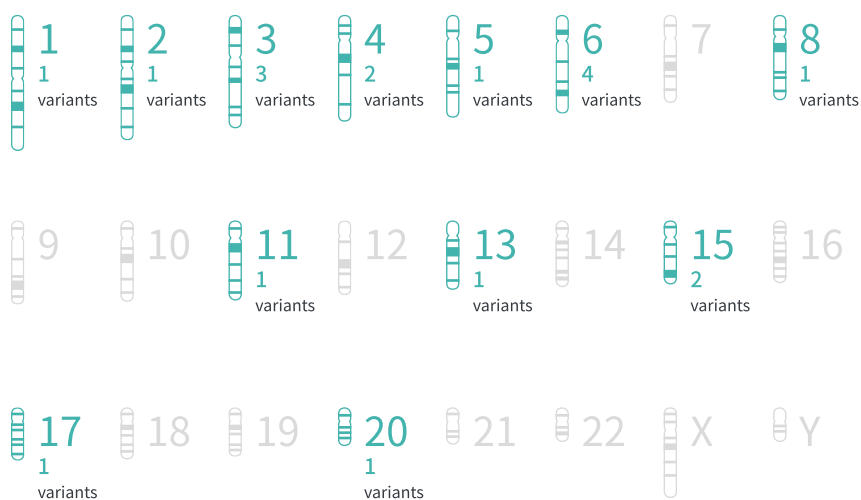
You fall under the group with a **slightly high likelihood** of developing scoliosis.



Genetic information

From analyzed 28 genetic markers, we have found **19** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

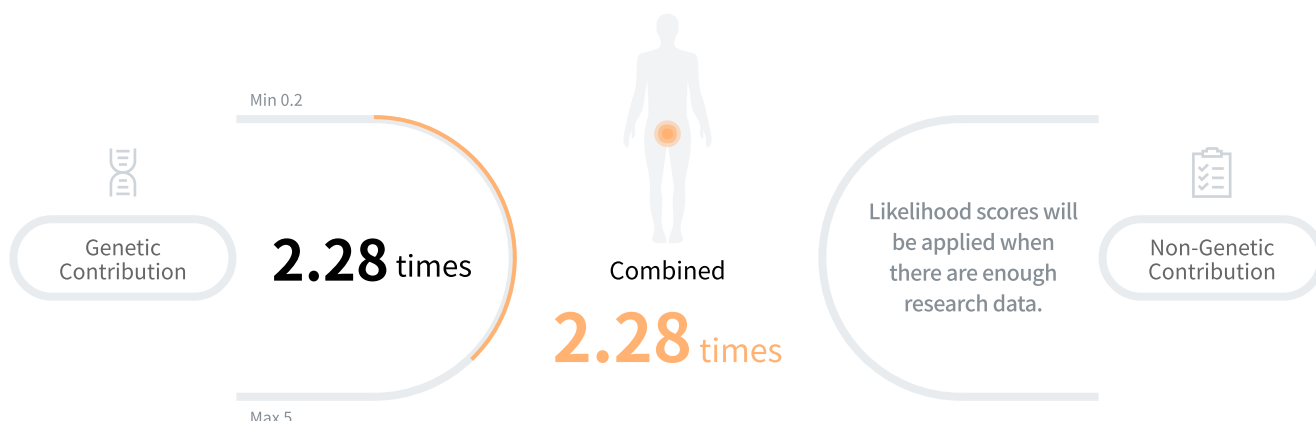


0 genetic markers with unknown location.

Azoospermia

Azoospermia is a condition where there are no sperm in the ejaculate. It is the leading cause of infertility.

Likelihood of Having Absence of Sperm:



Based on above results, your likelihood of developing azoospermia is **slightly high**.

Limit excessive alcohol intake and maintain a healthy weight. Smoking is also a risk factor, so it is important to avoid it.

What is azoospermia?

Absence of sperm in semen is called azoospermia. It affects 1% of males and 10~15% of infertile males. One type is obstructive azoospermia, caused by constriction of semen exit passage or lack of vas deferens, even with normal sperm production. Non-obstructive azoospermia results from defects in sperm production in the testes.

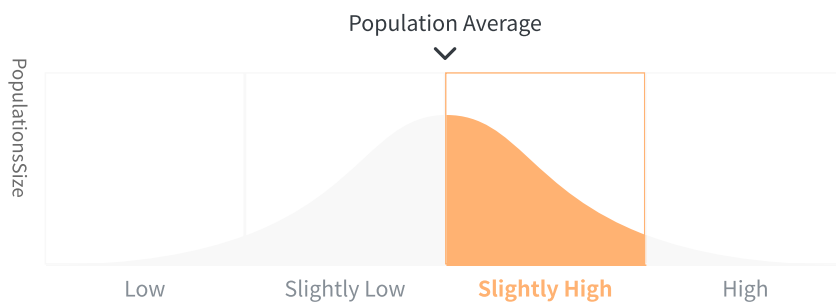
Causes

Less than 5% of male infertility is caused by a complete stop of sperm production in testes. Once cause is hypogonadism, which is a defect in the pituitary gland's ability to secrete hormones for testes stimulation. Primary testicular failure is when the testes is not responsive to the pituitary gland hormones, and can arise as a complication of mumps.

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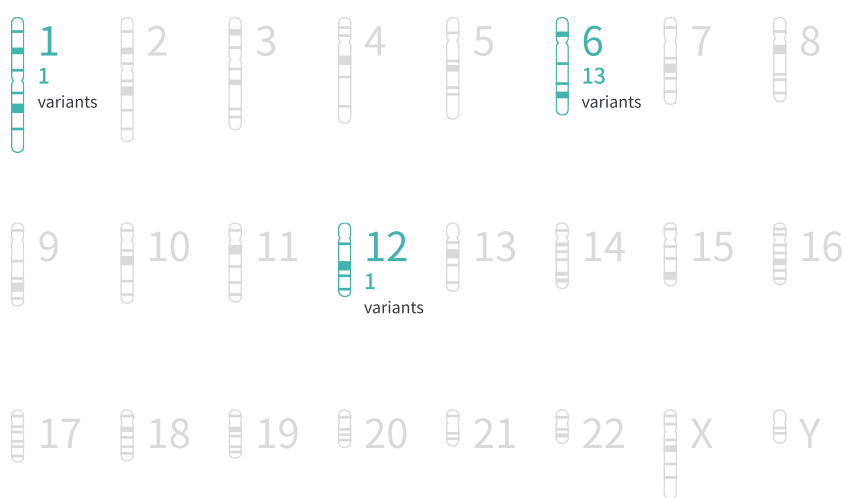
You fall under the group with a **slightly high likelihood** of developing azoospermia.



Genetic information

From analyzed 19 genetic markers, we have found **15** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

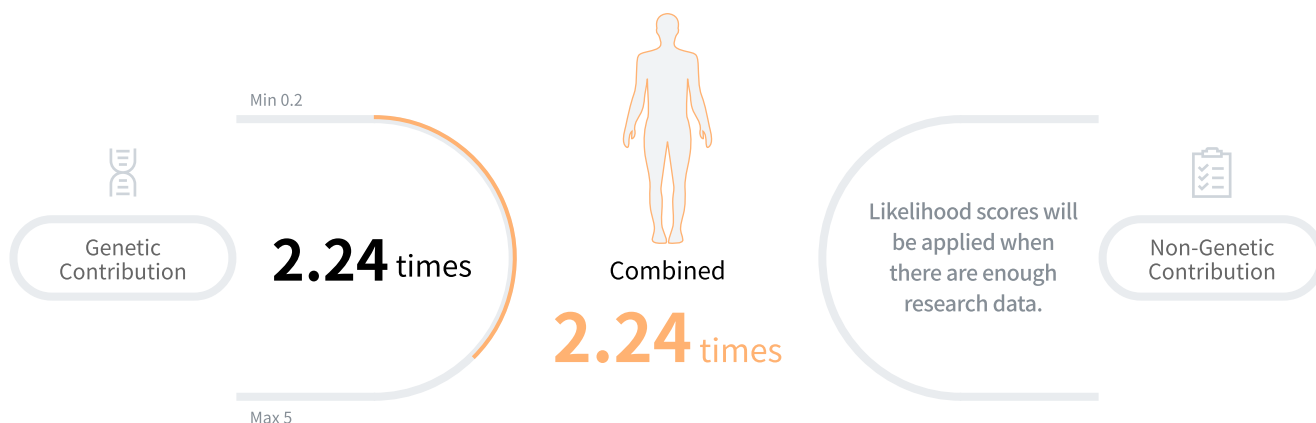


0 genetic markers with unknown location.

Obsessive-compulsive Disorder

Obsessive-Compulsive Disorder (OCD) is a type of anxiety disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and/or behaviors (compulsions) that he or she feels the urge to repeatedly carry out.

Likelihood of Repeating a Certain Behavior:



According to above results, your likelihood of developing OCD is **slightly high**.

If you experience a stressful or traumatic life event, be mindful of your body's signal for health issues and take some time to relieve stress.

What is OCD?

OCD is a type of anxiety disorder that involves obsessive thoughts and behaviors. Obsessive thinking induces suffering from uncontrolled and repetitive thinking of a thought. This leads to compulsive behavior to relieve the pain. These include repeatedly washing hands, not stepping on lines on the ground, and feelings of threat by another person.

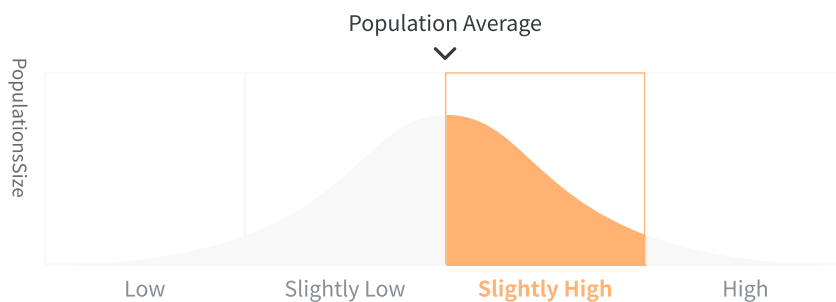
Treatment

OCD treatments are cognitive and behavioral therapy, and drugs. Antidepressants that inhibit serotonin reuptake may improve symptoms by 60%, or more. Cognitive behavioral therapy typically uses the “exposure and response prevention” technique. The most effective treatment for OCD is exposure to compulsive situations and then avoiding OCD behaviors.

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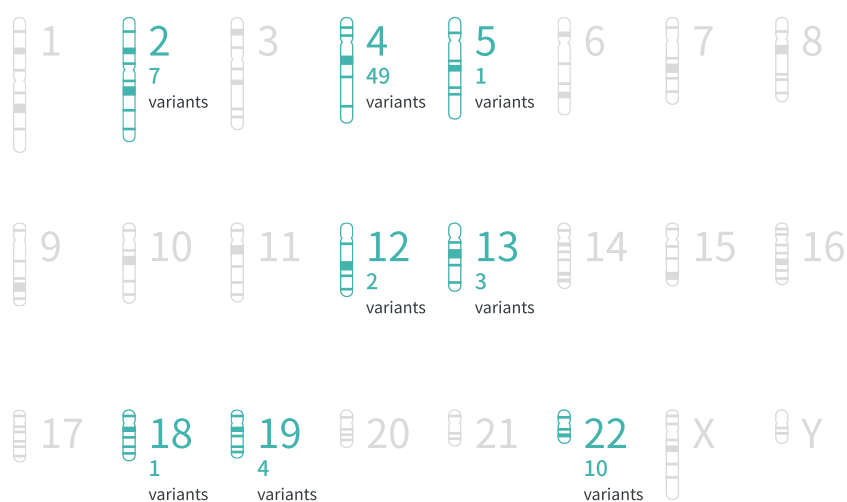
You fall under the group with a **slightly high likelihood** of developing OCD.



Genetic information

From analyzed 112 genetic markers, we have found **77** effect allele.

The credibility score is **72** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

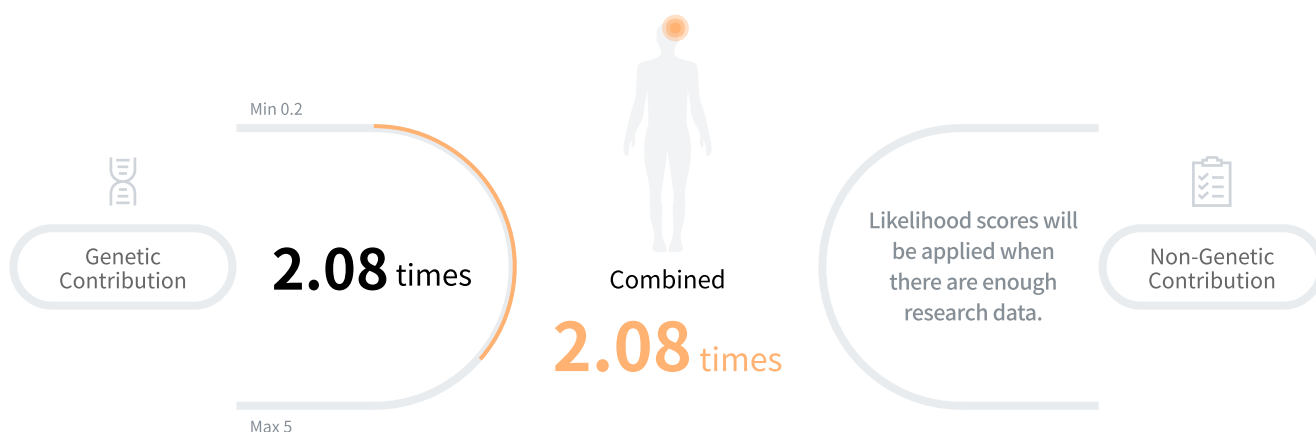


0 genetic markers with unknown location.

Hearing Loss

There are many causes of hearing loss, including age and genetics. Not all hearing loss require hearing aids, and it can be treated by surgical procedures or medications.

Likelihood of Development:



Your likelihood of developing hearing loss is **slightly high**.

Maintain your ear health by avoiding excessive volume when using earphones.

What is hearing loss?

Hearing loss is difficulty in listening to sounds. It can be divided into conductive and sensorineural hearing losses. Conductive type is a defect in the sound transfer from ear, through the auditory canal, through the ear drum and bones, and finally to cochlear duct. Sensorineural type is a defect in sensory neurons that transfer signal to the brain.

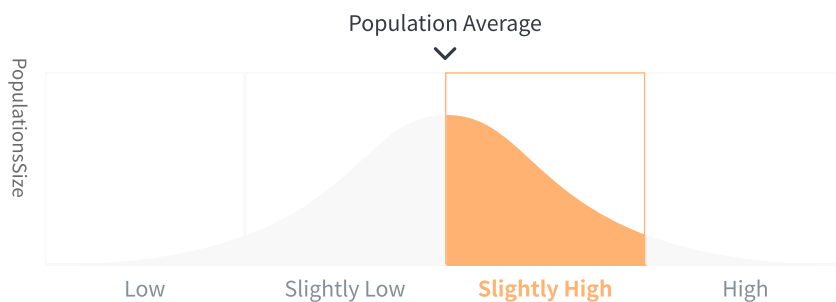
Prevention

Daily practice is important for prevention of hearing loss. Individuals with healthy hearing should avoid noisy environments, and should use ear plugs if they cannot avoid them. Listening to loud music using headphones may harm your hearing, so adjust the volume moderately. For presbycusis, hearing aid is recommended, under a doctor's prescription.

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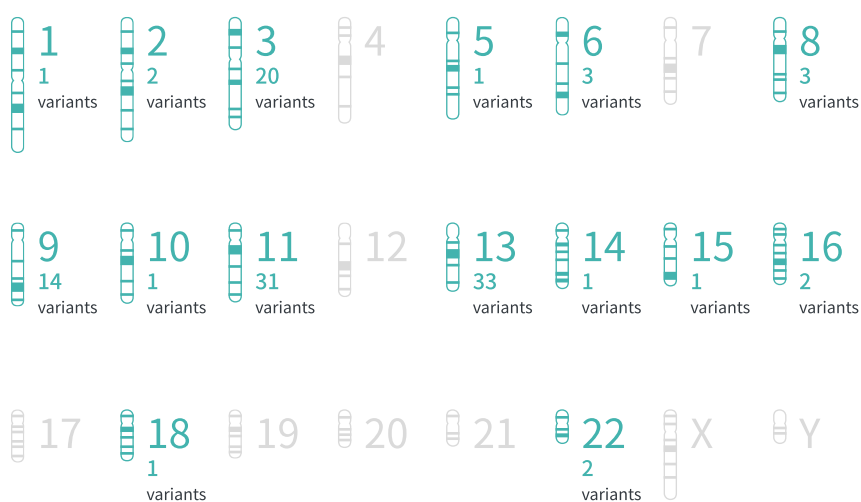
You fall under the group with a **slightly high likelihood** of developing hearing loss.



Genetic information

From analyzed 168 genetic markers, we have found **116** effect allele.

The credibility score is **69** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

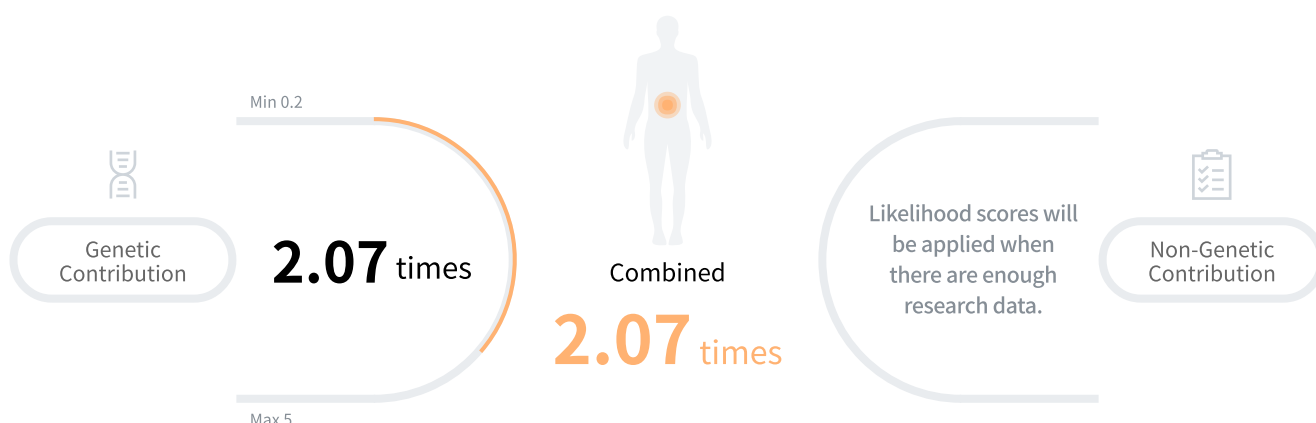


0 genetic markers with unknown location.

IgA Nephropathy

IgA nephropathy is a condition where unremoved or excess IgA accumulates in kidney tissues. It is the most common glomerular disease that shows hematuria. 25% of the cases develop into chronic kidney disease after 10 years.

Likelihood of IgA Antibody Accumulation in Kidney:



Based on above results, your likelihood of developing IgA nephropathy is **slightly high**.

Although exact cause is unclear, it is a good idea to maintain good immune system health through regular exercise and balanced diets.

What is IgA nephropathy?

It is the most common glomerular disease that causes hematuria (bloody urine), and 25% of cases develop into chronic kidney failure 10 years later. With no obvious cause, it is assumed that increased or not properly removed IgA accumulates in kidneys. It mainly affects individuals between 10s~30s, with hematuria and proteinuria being symptoms.

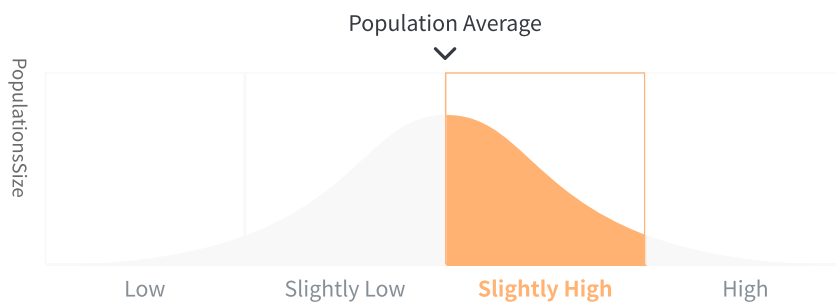
Chronic kidney failure

The kidney filters out blood waste products, drains them into the urine, controls blood electrolyte concentration and blood pressure, and has various other functions. Chronic kidney failure is a condition when the kidney is has functional deterioration, causing systemic issues. There are no symptoms even when kidney function is reduced by 35%~50%.

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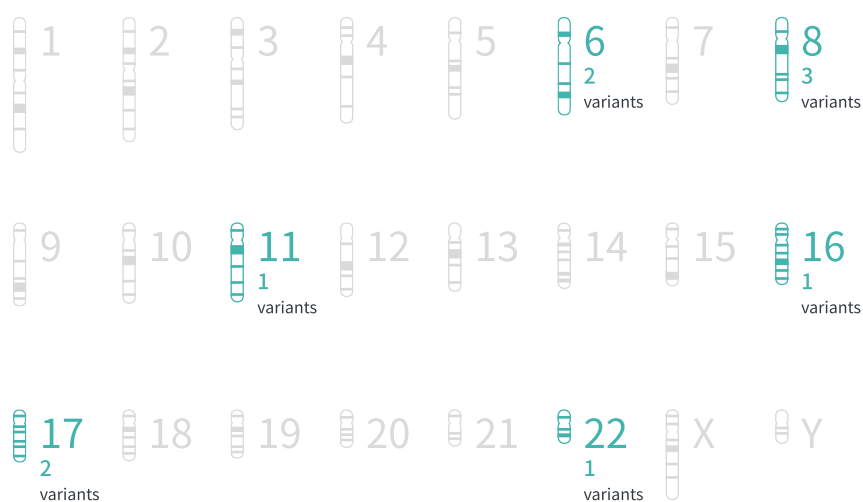
You fall under the group with a **slightly high likelihood** of developing IgA nephropathy.



Genetic information

From analyzed 15 genetic markers, we have found **10** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

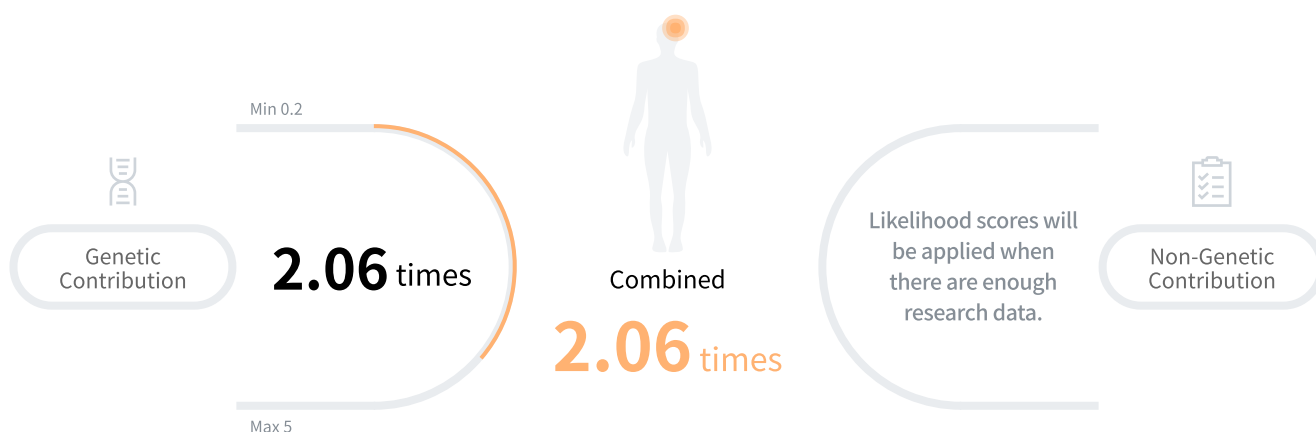


0 genetic markers with unknown location.

Lewy Body Dementia

Lewy body dementia (LBD) is the second most common type of progressive dementia after Alzheimer's disease. It is characterized by protein deposits (Lewy bodies) in the nerve cells in the brain.

Likelihood of Lewy Bodies Depositing in Brain:



Based on above results, your likelihood of developing Lewy body dementia is **slightly high**.

Look after your brain health by eating nuts and fish rich in good fats. Regular health screenings can help with early discovery.

What is LBD?

LBD is characterized by extensive production of eosinophilic cytoplasm (Lewy body) in the cerebrum. Along with Alzheimer's disease, it is a common cause of dementia, responsible for 10~25% of dementia cases. If dementia symptoms occur before Parkinson's disease symptoms, LBD is likely the cause.

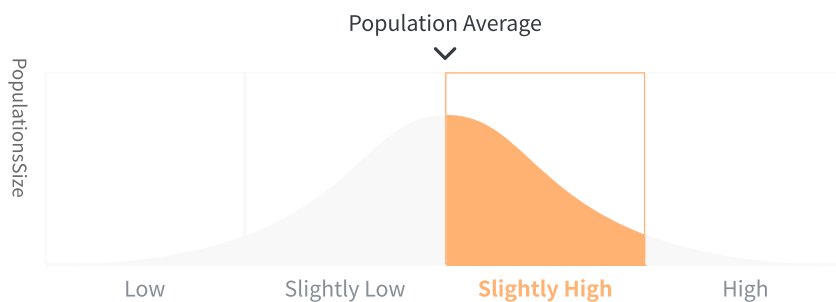
Risk factors

It is not clear why Lewy bodies accumulate. Although abnormal synuclein, a protein, leads to Lewy bodies, whether or not an abnormality occurs in Lewy body proteins is still under research. Lewy bodies accumulate in brain cortex to cause dementia-like symptoms, and also accumulate and kill dopamine-secreting cells, causing Parkinson's disease.

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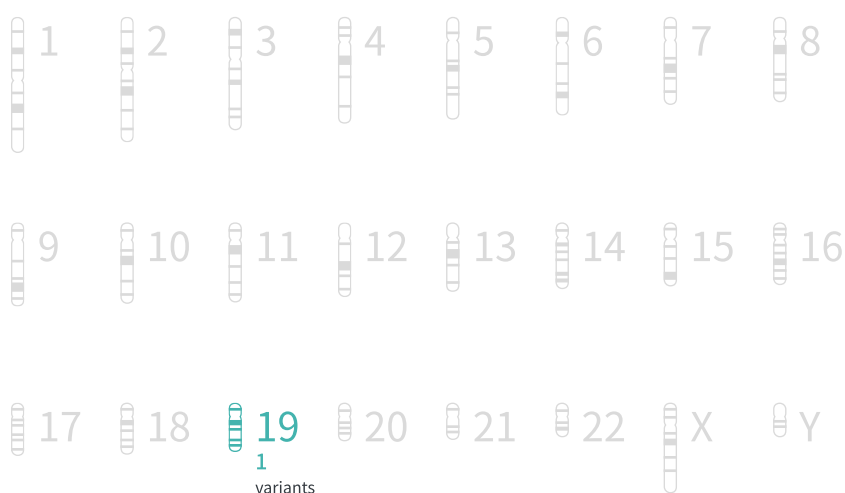
You fall under the group with a **slightly high likelihood** of developing Lewy body dementia.



Genetic information

From analyzed 2 genetic markers, we have found **1** effect allele.

The credibility score is **74** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

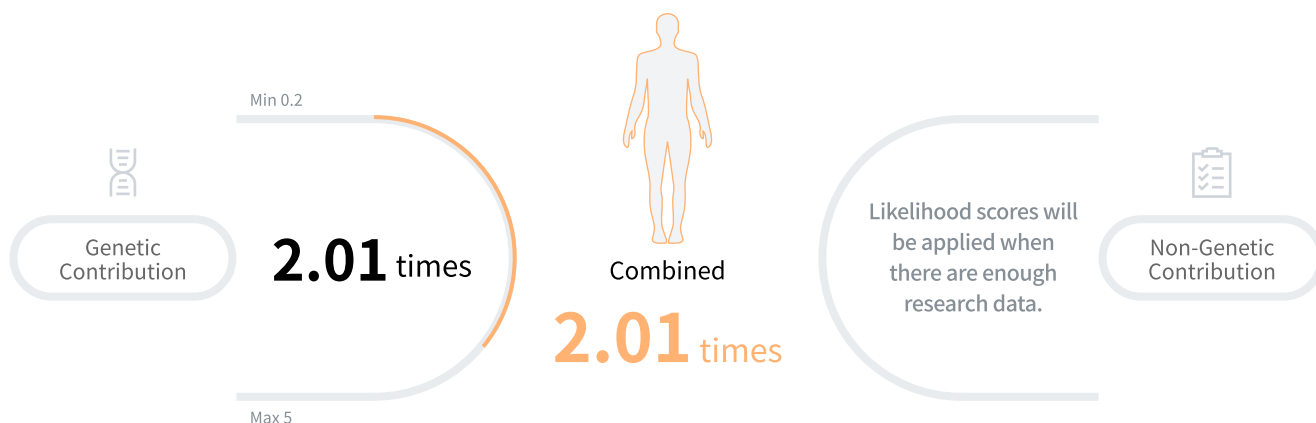


0 genetic markers with unknown location.

Peanut Allergy

An allergic response to peanuts usually occurs within minutes after exposure. Peanut allergy symptoms can be life-threatening (anaphylaxis).

Likelihood of Development:



According to above results, your likelihood of having allergic reaction to peanuts is **slightly high**.

This result may differ from your actual reaction to peanuts, so use it only as a reference.

What is peanut allergy?

Peanut allergy occurs when the body's immune system overreacts to peanuts. Most people with peanut allergy react after contact with small amounts (less than one) and some may even react to trace amounts. Physical symptoms can include hives, swelling, sneezing, abdominal pain, drop in blood pressure and diarrhea. Some reaction can be life-threatening (anaphylaxis).

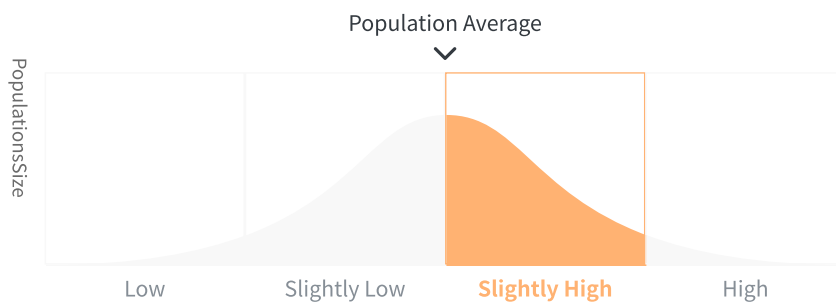
Anaphylaxis

A type of allergic response, anaphylaxis is the body's hypersensitive reaction towards certain allergens including peanuts, eggs, seafood, fruits, antibiotics, vaccine, and animals. Also called anaphylactic shock, it causes itchy rash, vomiting, coughing, and pain. Severe cases can cause breathing difficulties, low blood pressure, and loss of consciousness.

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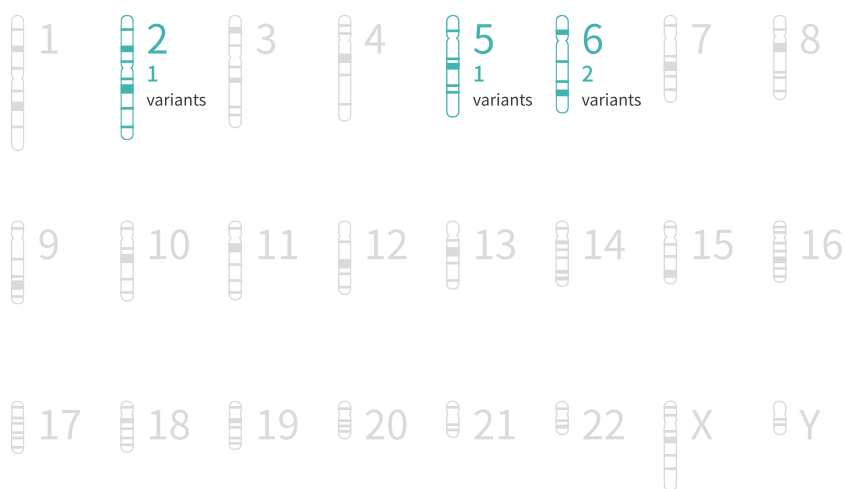
You fall under the group with a **somewhat high likelihood** of having allergic reaction to peanuts.



Genetic information

From analyzed 9 genetic markers, we have found **4** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

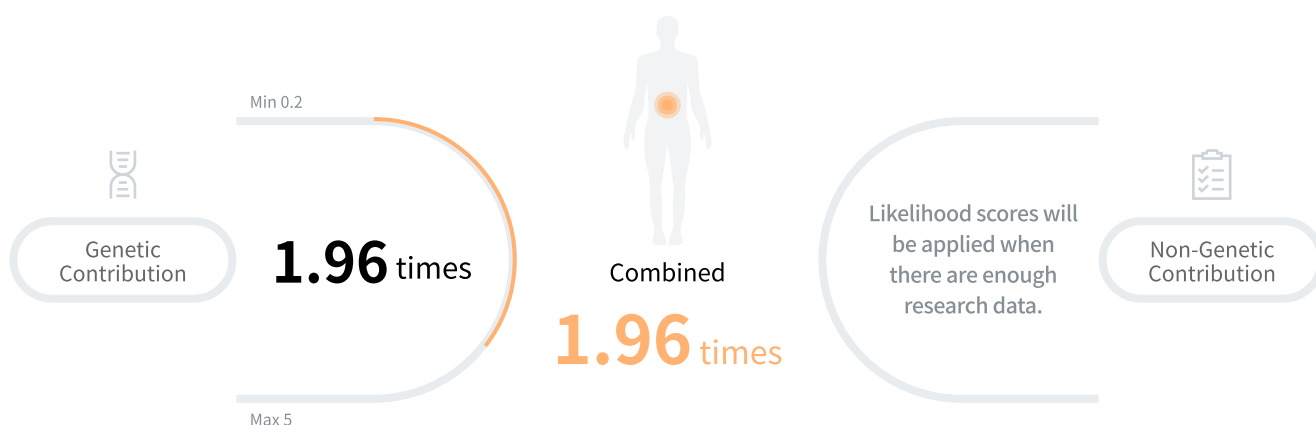


0 genetic markers with unknown location.

Celiac Disease

It is an autoimmune disease where the ingestion of gluten damages the small intestine, which may cause various health issues. The disease is known to be inherited and can develop at any age.

Likelihood of Developing Immune Response to Gluten Intake:



In accordance with above results, your likelihood of developing celiac disease is **slightly high**.

If you have celiac disease, pay attention to the ingredient list of the foods you are eating.

Causes

Celiac disease is an innate autoimmune disease caused by sensitivity to gluten. Gluten refers to proteins present in grains such as wheat and barley. Most people digest gluten without any issue. It is thought that disease occurs to people with genetic predisposition, triggered by surgery, pregnancy, childbirth, viral infections, and severe mental stress.

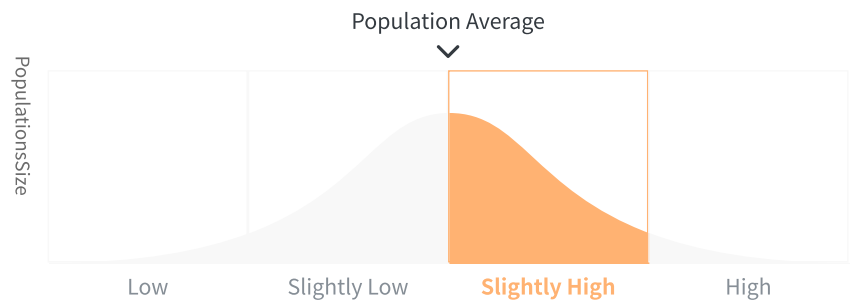
Eating gluten wisely

If you are diagnosed with celiac disease, limit flour-containing foods such as pizza, noodles, and bread, and practice a gluten-free diet. But simply limiting gluten is dangerous since you won't consume essential nutrients, and low dietary fiber intake may cause constipation. So balance your diet with vegetables and meat.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing celiac disease.



Genetic information

From analyzed 62 genetic markers, we have found **22** effect allele.

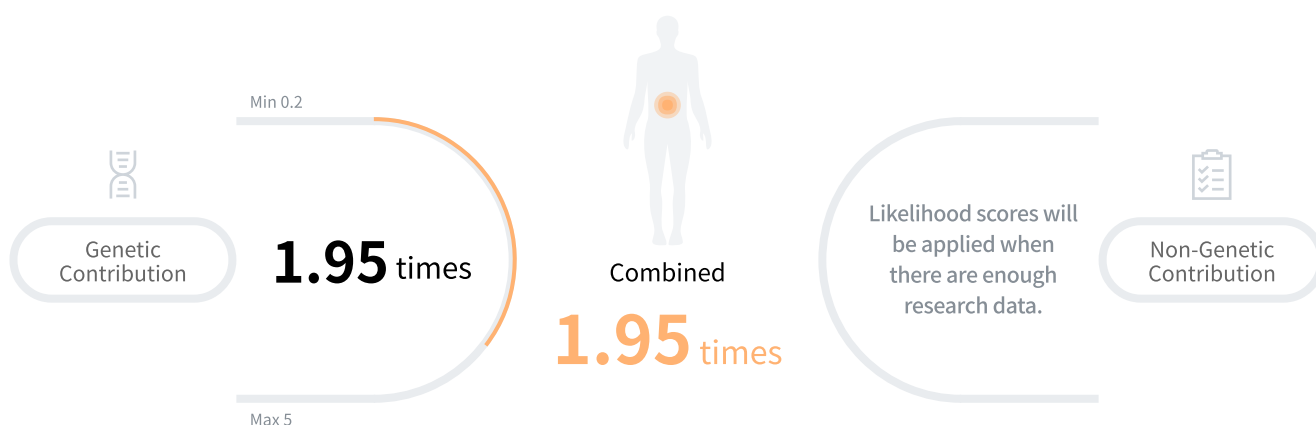
The credibility score is **79** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a long-term gastrointestinal disorder. It causes abdominal pain, bloating, mucous in stools, irregular bowel habits, and alternating diarrhea and constipation.

Likelihood of Development:



Based on above results, your likelihood of developing irritable bowel syndrome is **slightly high**.

Reduce your stress level through enough sleep and rest. Also, light strolls can help with bowel movements.

Dietary guide

Avoid foods that irritate your large intestine. Frequently consume brown rice, beans, broccoli, carrots, tomatoes, and other foods high in fiber. However, it is good to avoid fiber if you are gassy. Make sure to consume vegetables when eating meat, and avoid eating caffeinated foods, alcohol, flour-containing foods, oily foods, and high-fat foods.

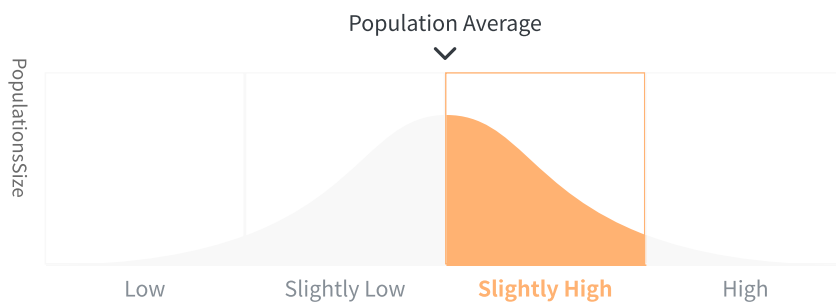
Lifestyle guide

Decreasing stress is a preventative method for IBS. First determine your source of stress and decrease stress by resting, exercising, and changing lifestyle patterns. Particularly, walking is effective for bowel movement. Walking and jogging are good for preventing IBS.

UP-To-Date, Cochrane Library

The Group That I Belong To

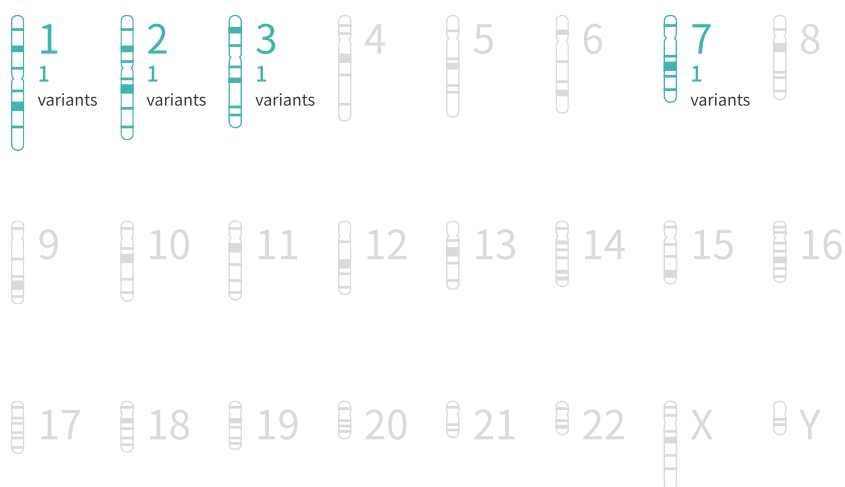
You fall under the group with a **slightly high likelihood** of developing irritable bowel syndrome.



Genetic information

From analyzed 8 genetic markers, we have found **4** effect allele.

The credibility score is **73** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

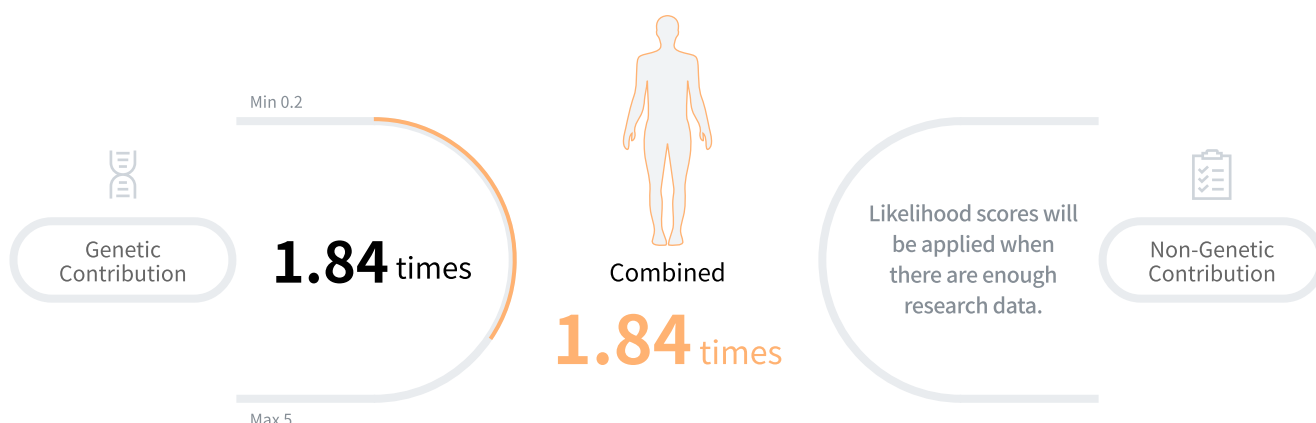


0 genetic markers with unknown location.

Bipolar Disorder

Bipolar disorder is a mental condition marked by alternating periods of elation and depression. It involves unusual shifts in mood, energy and activity levels.

Likelihood of Developing Extreme Mood Swings:



According to above results, your likelihood of developing bipolar disorder is **slightly high**.

Lower your risk by managing your stress level and limiting your alcohol intake.

What is bipolar disorder?

Bipolar disorder is a mental disorder with problems in controlling emotions. It is manifested as altering between a state of ecstatic mood (mania), causing problems in daily life, and a state of depression. It can also be periodic states of mania. Age of onset is about 30 years old, occurring early compared to depression.

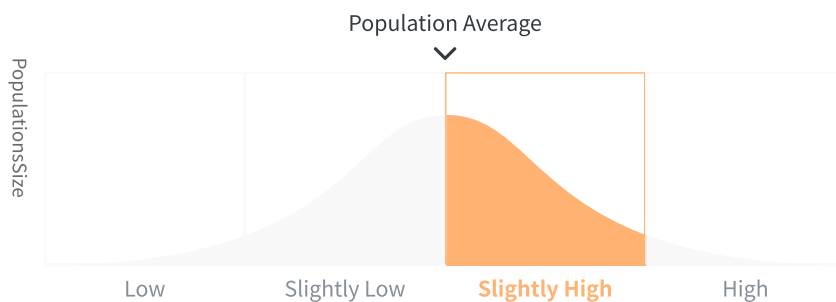
Symptoms

Bipolar disorder and depression are clinically distinguishable, but when a bipolar disorder patient enters depression phase, the symptoms resemble a general depression. Most bipolar patients have experienced despair along with extreme energy and mood swings. Characteristic symptoms are extreme mood swings, making normal life impossible.

UP-To-Date, Cochrane Library

The Group That I Belong To

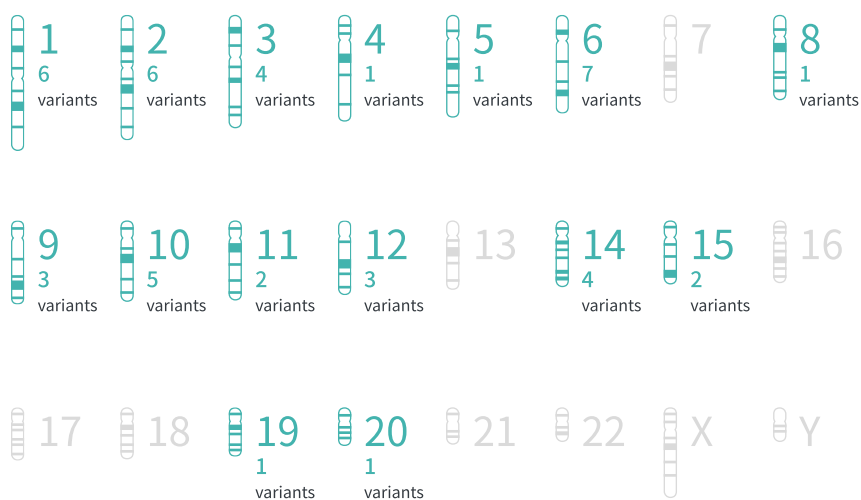
You fall under the group with a **slightly high likelihood** of developing bipolar disorder.



Genetic information

From analyzed 90 genetic markers, we have found **47** effect allele.

The credibility score is **75** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

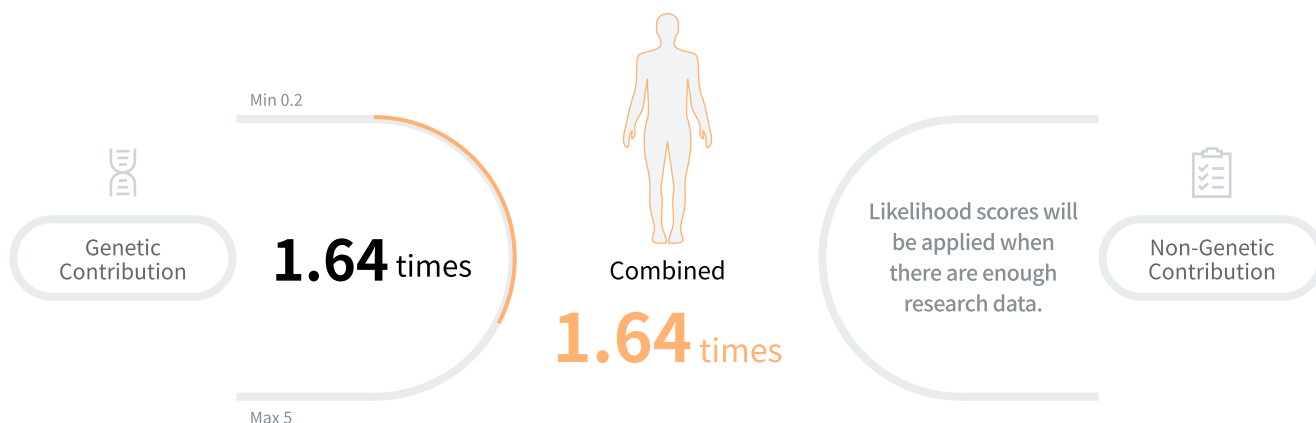


0 genetic markers with unknown location.

Sarcoidosis

Sarcoidosis is a rare condition that causes abnormal lumps or masses, called granulomas, to develop in the organs of the body. It usually affects the lungs and skin.

Likelihood of Inflammatory Cell Growth:



According to above results, your likelihood of developing sarcoidosis is **slightly high**.

Although cause of this condition is not yet known, look after your immune system by eating a good diet and exercising regularly.

What is sarcoidosis?

It's a disease that causes inflammation from invasion of granuloma in organs such as lung, liver, lymph node, kidney, skin, eyes, etc. It may improve without any significant treatment, and has a tendency to reoccur and improve chronically. Incidence is known to be higher in the western hemisphere compared to the east.

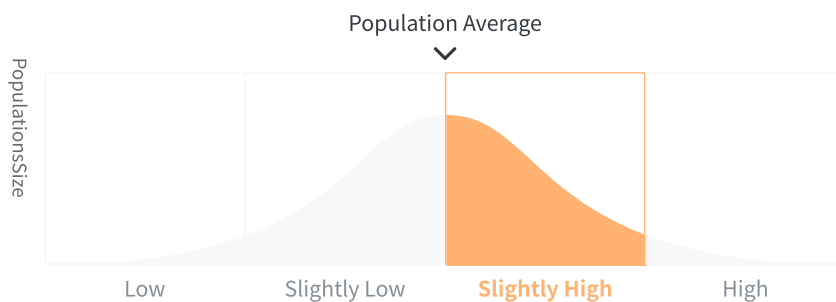
Causes

Causes are not precisely identified, but factors that increase risk of infection include germ influx into the body and immune problems. Reports state that sarcoidosis is influenced by hypersensitivity towards external antigens and autoimmune issues. Other research state that tuberculosis or other viral infection leads to sarcoidosis.

UP-To-Date, Cochrane Library

The Group That I Belong To

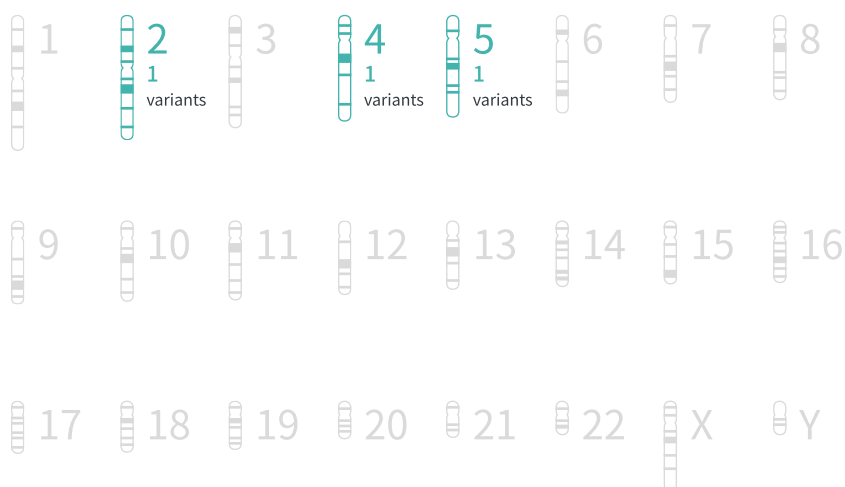
You fall under the group with a **slightly high likelihood** of developing sarcoidosis.



Genetic information

From analyzed 6 genetic markers, we have found **3** effect allele.

The credibility score is **78** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

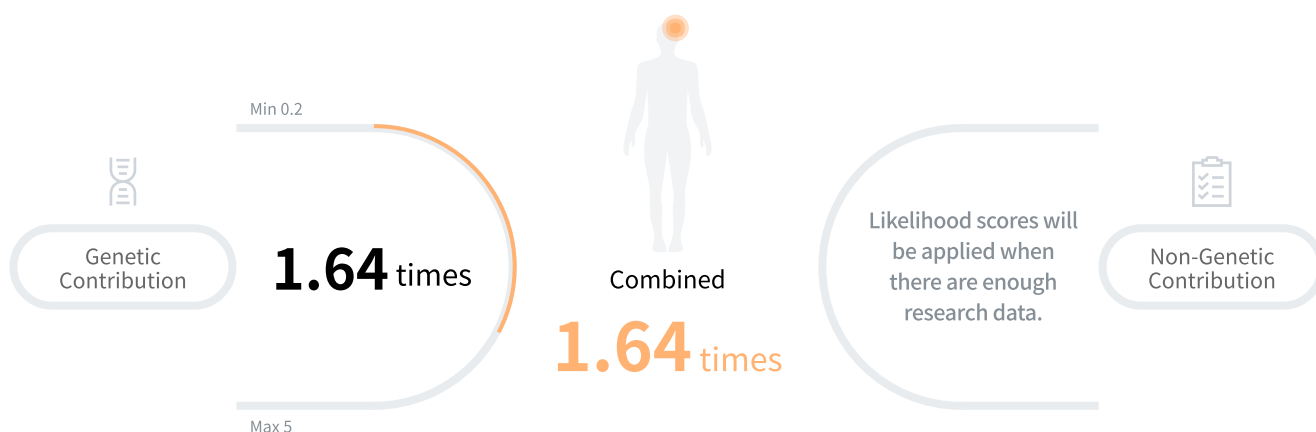


0 genetic markers with unknown location.

Open Angle Glaucoma

Open angle glaucoma (OAG) is an eye condition where the optic nerve becomes damaged, usually due to abnormal high pressure in the eye.

Likelihood of Glaucoma From High Eye Pressure:



According to above results, your likelihood of developing OAG is **slightly high**.

Lower your risk by maintaining a healthy weight, and avoiding active and passive smoking.

What is OAG?

OAG is the most common type of glaucoma that accounts for more than half of all glaucoma cases. It is called open-angle because the fluid outlet that maintains ocular pressure and supplies nutrition is open. High tension glaucoma occurs with increased intraocular pressure, and normal tension glaucoma occurs without changes to this pressure.

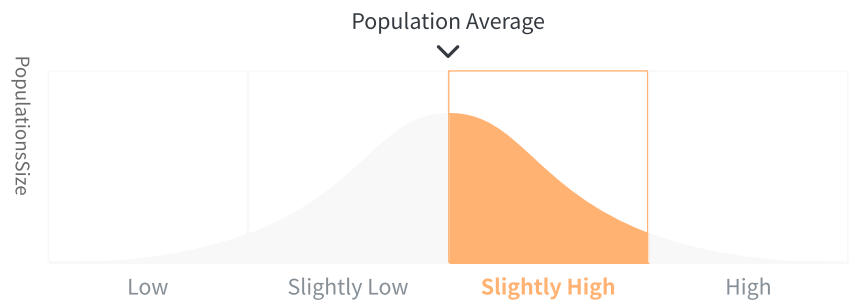
Symptoms

Most glaucoma cases exhibit slow damage to the optic nerve. Peripheral vision damage and field of view narrowing occur gradually, so early detection is difficult. If optic nerve damage is severe, vision becomes very narrow and it is easy to trip over objects. If intraocular pressure rises sharply, symptoms such as eye pain, headache, and nausea appear.

UP-To-Date, Cochrane Library

The Group That I Belong To

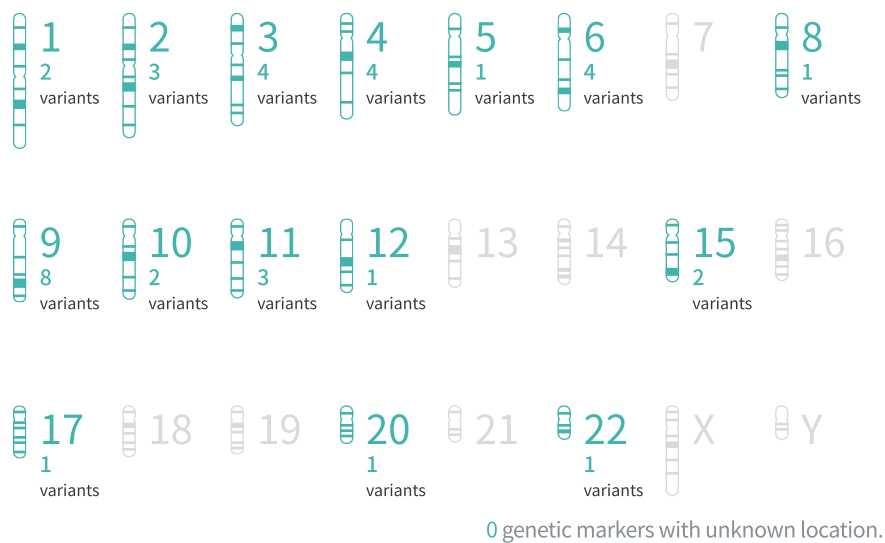
You fall under the group with a **slightly high likelihood** of developing OAG.



Genetic information

From analyzed 72 genetic markers, we have found **38** effect allele.

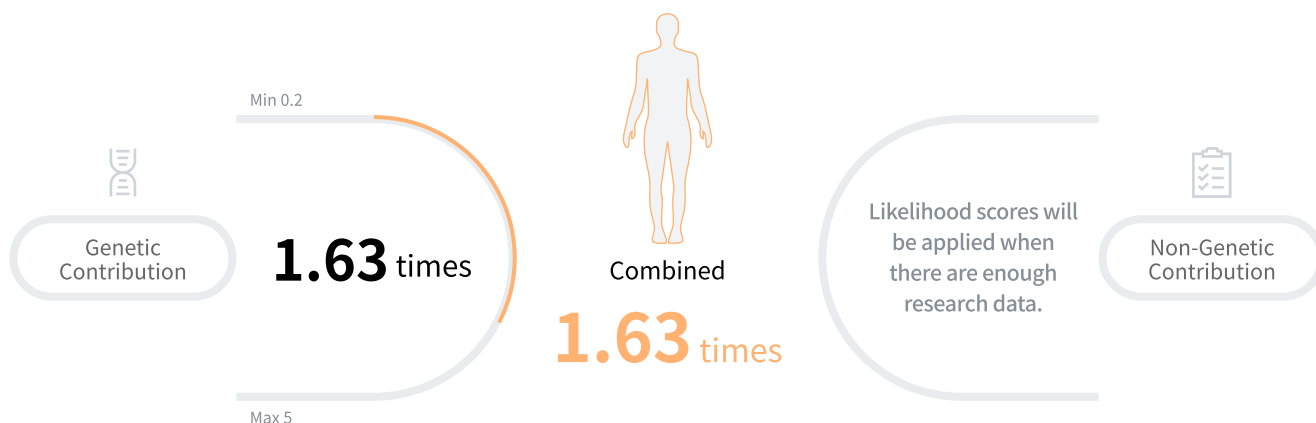
The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Obesity

Obesity occurs when our body accumulates excess body fat due to greater energy input than output. It is caused by various factors including genetic predisposition, and may lead to other diseases including high blood pressure and diabetes.

Likelihood of Becoming Obese:



Based on above results, your likelihood of developing obesity is **slightly high**.

Pay attention to your calorie intake and consume more vegetables. If you are too busy for exercise, start with light workouts.

Dietary guide

It is important to improve your eating habits and lifestyle. Reduce calorie consumption and processed foods high in sugar, like fast foods. Eating regularly and in a timely manner can prevent overeating and binge eating. Writing a food diary and eating fiber-rich and fresh vegetables can help to prevent obesity.

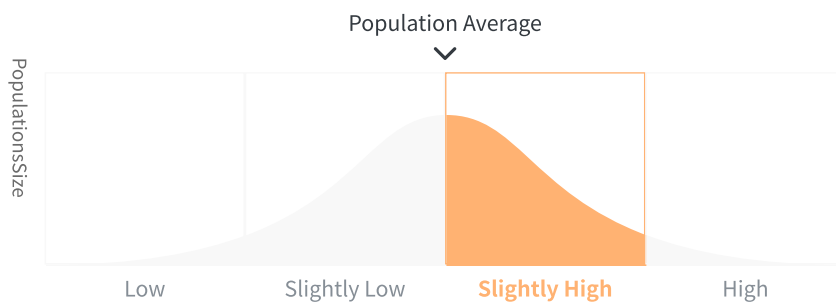
Lifestyle guide

Regularly exercising is as important as healthy eating habits, which helps to prevent obesity. Lack of exercise accumulates body fat and blocks secretion of hormones that function to break down fat. This leads to fast accumulation of fat. Exercise 5 days a week. Combining cardio and muscle strengthening workouts can improve basal metabolism.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing obesity.



Genetic information

From analyzed 24 genetic markers, we have found **15** effect allele.

The credibility score is **75** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

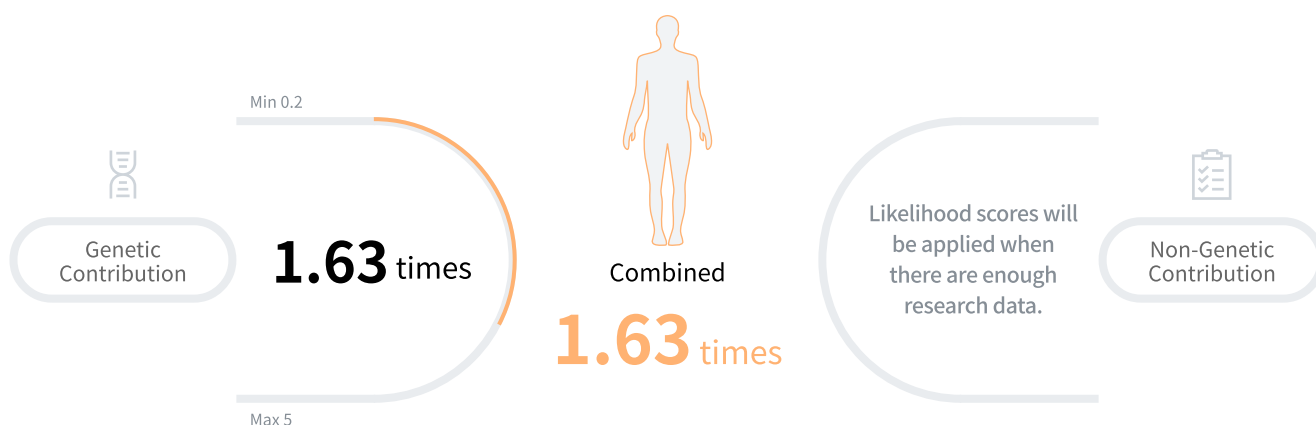


0 genetic markers with unknown location.

OPLL

Ossification of the posterior longitudinal ligament of the spine (OPLL) is a condition characterized by the calcification of the soft tissues that connect the bones of the spine, which may lead to compression of the spinal cord.

Likelihood of Development:



According to above results, your likelihood of developing OPLL is **slightly high**.

Avoid postures that put unnecessary pressure on your spine, including forward head posture.

What is OPLL?

The cervical spine, located in the neck, contains ligaments for support. This ligament is divided into anterior and posterior longitudinal ligament. Calcification and thickening of the posterior ligament results in compression of a spinal nerve. This is called ossification of posterior longitudinal ligament (OPLL). This disease is mainly found in Asians.

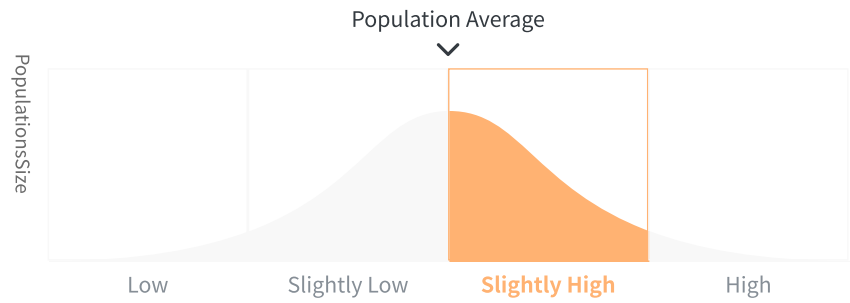
Symptoms

Early stages have no symptom or just pain/stiffness in the neck. With posterior longitudinal ligament becoming larger and harder, nerve compression leads to arm/hand numbness. When the pressure on the spinal cord gets worse, leg wobbling and unexpected knee collapse cause walking issues. Defecation problems may also occur.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing ossification of posterior longitudinal ligament.



Genetic information

From analyzed 6 genetic markers, we have found **3** effect allele.

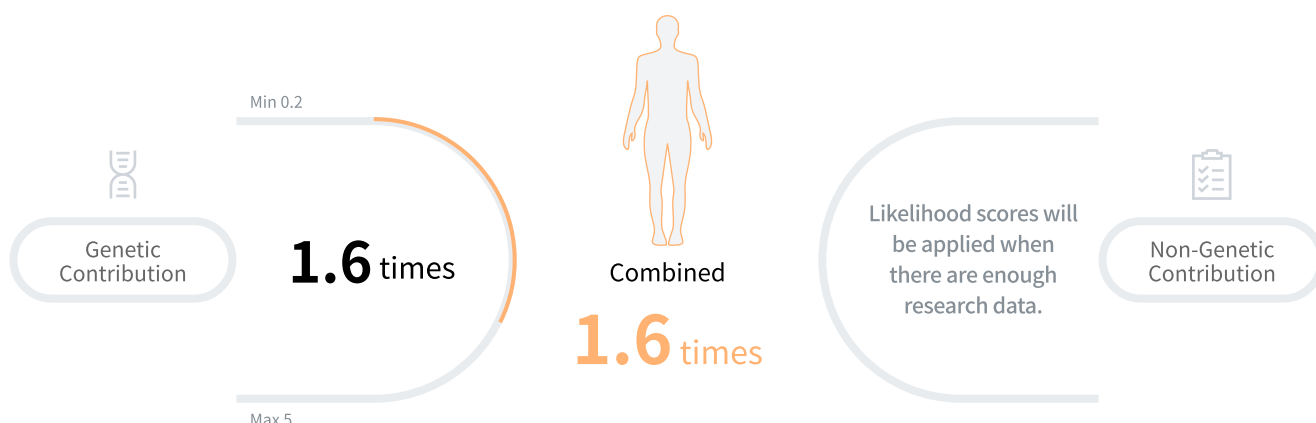
The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Hyperlipidemia

Hyperlipidemia is a condition in which your cholesterol level and neutral fat level in your blood are excessively high. Genetic predisposition, obesity, or drinking too much alcohol might cause hyperlipidemia.

Likelihood of Lipid and Cholesterol Accumulating in Blood Vessels:



Based on above results, your likelihood of developing hyperlipidemia is **slightly high**.

Avoid eating foods high in saturated and trans fats, and do regular cardio exercises. It is also important to quit smoking.

Dietary guide

Reduce eating fatty meats, palm/coconut oil or dairy products made from whole milk. Rather, consume vegetable or fish fats instead. Eating fresh vegetables/fruits, breads/cereals made from brown rice/grains, and low-fat dairy products is recommended. Excessive carbohydrate intake can increase neutral fat level.

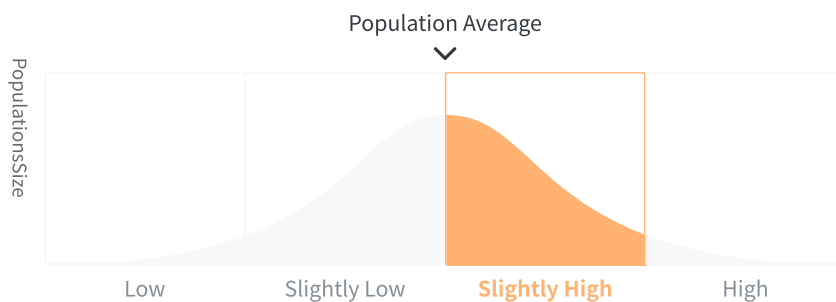
Lifestyle guide

Regular exercise enables maintenance of healthy weight. Obesity can be prevented via aerobic exercises such as speed walking or running. Regular exercise helps to reduce cholesterol levels and improve HDL (good cholesterol) levels. Drinking and smoking increase neutral fat and cholesterol levels, respectively.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing hyperlipidemia.



Genetic information

From analyzed 8 genetic markers, we have found 5 effect allele.

The credibility score is 66 points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

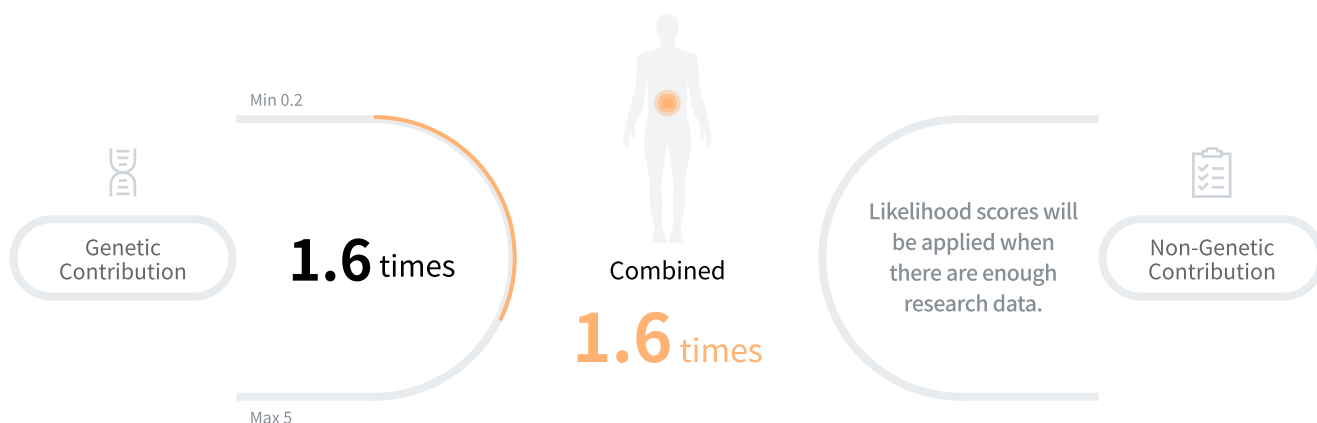


0 genetic markers with unknown location.

Indigestion

Indigestion, also called dyspepsia or an upset stomach, is a general term that describes discomfort in your upper abdomen associated with difficulty in digesting food.

Tendency to Feel Full or Bloating:



According to above results, your likely tendency to have indigestion symptoms is **slightly high**.

Avoid stomach irritants such as smoking, alcohol, and caffeinated drinks. It is also best to limit overeating and eating late at night.

What is indigestion?

It includes all digestive symptoms related to stomach and small intestine. Organic indigestion is caused by ulcer or stomach cancer, while functional indigestion has no abnormality seen in endoscopy/ultrasonography. In general, indigestion is functional, characterized by pain or discomfort from fullness, bloating, nausea, burping, etc.

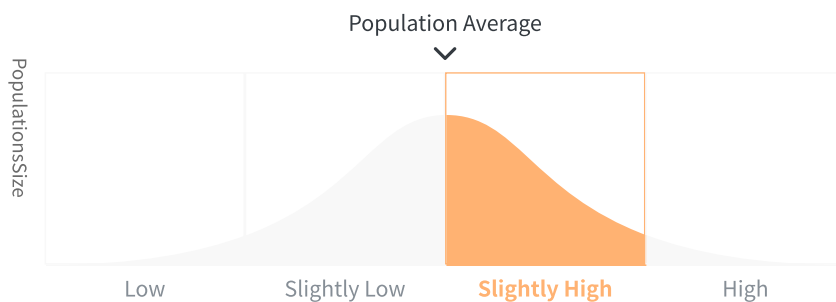
Symptoms

Symptoms of indigestion include heartburn, discomfort as if food is stuck in the stomach, and feeling full as soon as you start eating and unable to eat anymore. Other symptoms include nausea, acid reflux, frequent burping, and abdominal pain. These symptoms can last for a long time and often improve on their own.

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The Group That I Belong To

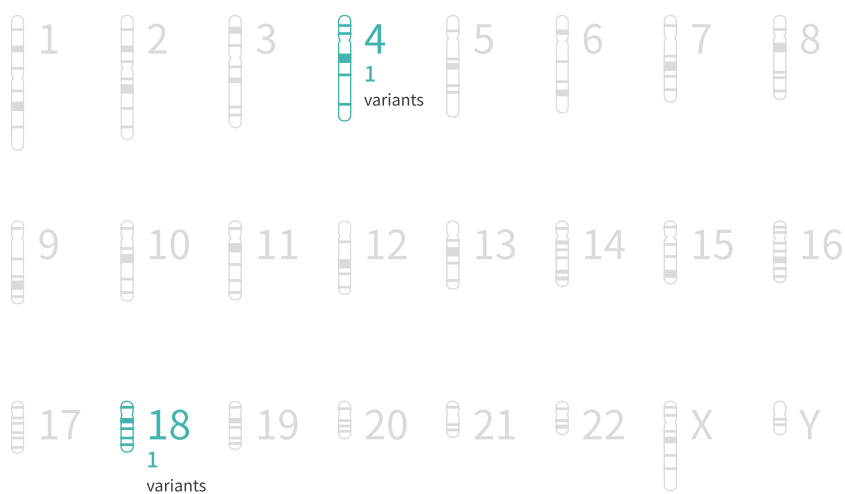
You fall under the group with a **slightly high** tendency to have indigestion.



Genetic information

From analyzed 6 genetic markers, we have found **2** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

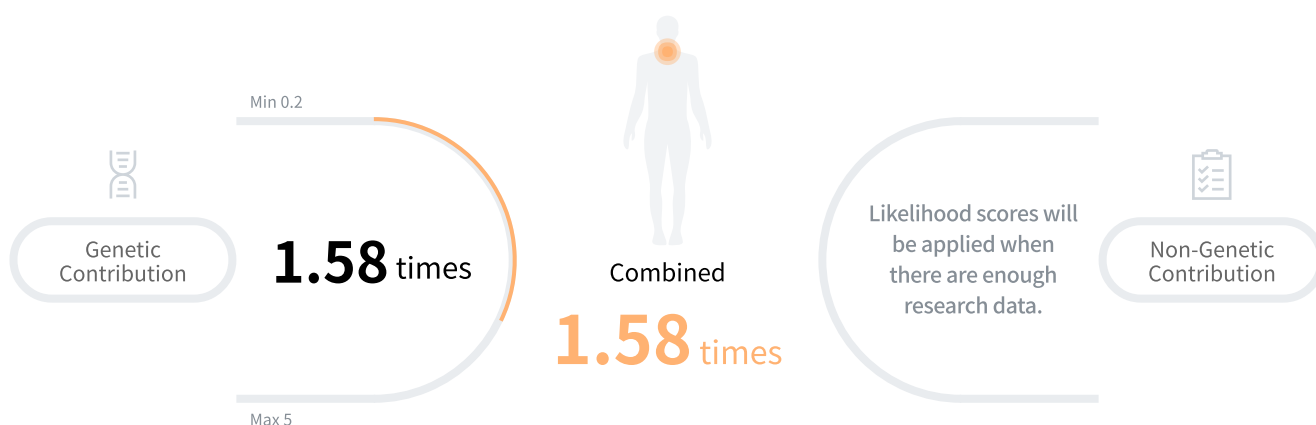


0 genetic markers with unknown location.

Hypothyroidism

Thyroid produces hormones that regulate energy metabolism in our body. Hypothyroidism refers to reduced hormone production. It reduces metabolic functions and lowers the body temperature, leading to weight gains even with decreased appetite.

Likelihood of Developing an Underactive Thyroid:



Based on above results, your likelihood of developing hypothyroidism is **slightly high**.

Be attentive to your thyroid health by listening to your body and receiving regular health screening.



Thyroid function deterioration

Lack of thyroid hormones leads to reduced metabolic functions. Symptoms include cold sensitivity, less sweating, pale/yellowish skin, easy fatiguing, decreased concentration and memorization ability. Even with decreased appetite, swelling and weight gain occur. GI motility will be degraded, leading to indigestion and even constipation.



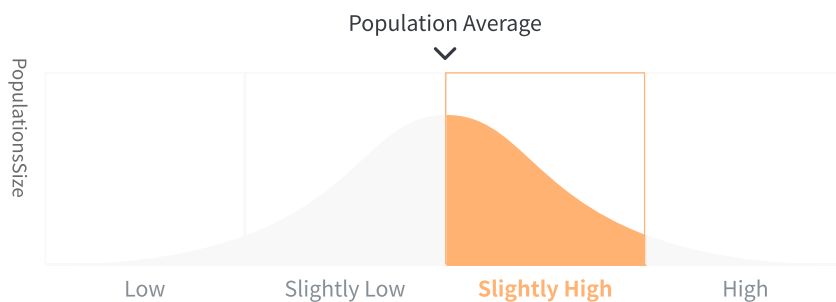
Causes

Hypothyroidism is caused by reduced production of thyroid hormones due to any thyroid or brain-related issues. It can also occur due to thyroid surgery, inflammatory disease, or viral infection affecting the thyroid. In case of the brain, tumor or cancer metastasis on the hypothalamus or pituitary gland may also be the cause.

UP-To-Date, Cochrane Library

The Group That I Belong To

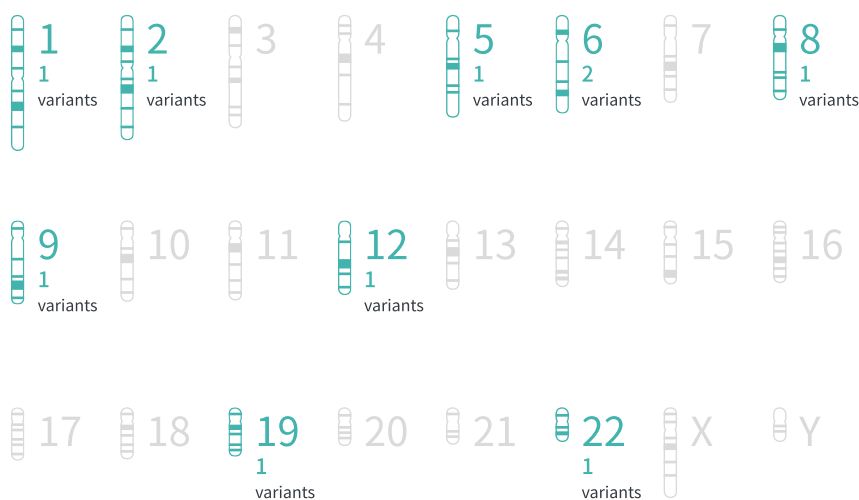
You fall under the group with a **slightly high likelihood** of developing hypothyroidism.



Genetic information

From analyzed 19 genetic markers, we have found **10** effect allele.

The credibility score is **82** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

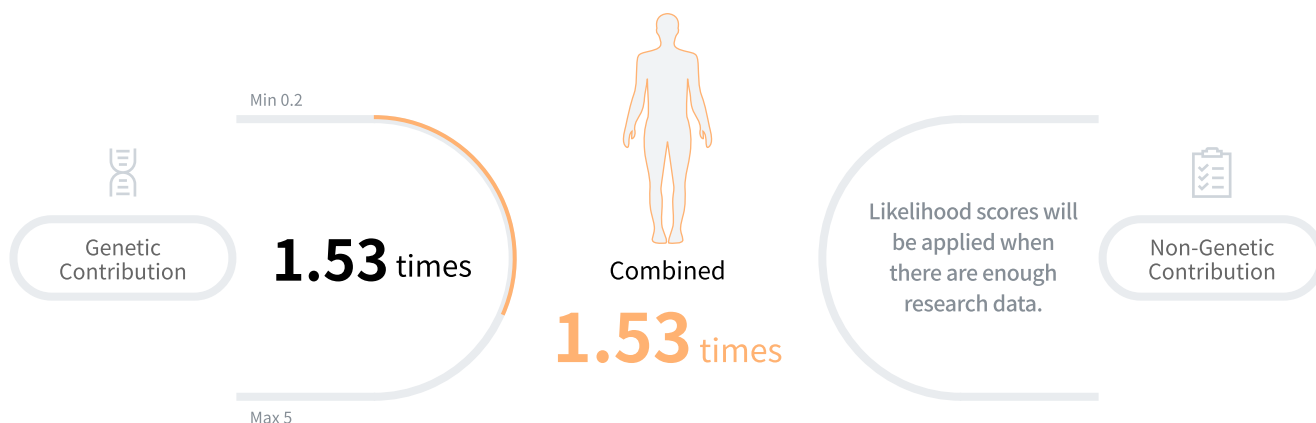


0 genetic markers with unknown location.

Drug-resistant High BP

Drug-resistant high blood pressure refers to a condition where blood pressure is over 140/90 mmHg regardless of diuretic medicine administration.

Likelihood of Developing Resistance to High Blood Pressure Drugs:



Based on above results, your likelihood of developing resistance to high blood pressure drugs with administration is **slightly high**.

Prevent high blood pressure by not smoking and keeping a healthy weight. If you have high blood pressure, follow your doctor's directions for taking your medication.

What is drug-resistant high BP?

Drug-resistance high BP is a subset of the condition, in which BP does not fall below 140/90 mmHg, even with three or more hypertension medication being taken. Risk for this condition increases with older age, very high baseline BP, obesity, excessive salt intake, chronic kidney disease, and diabetes.

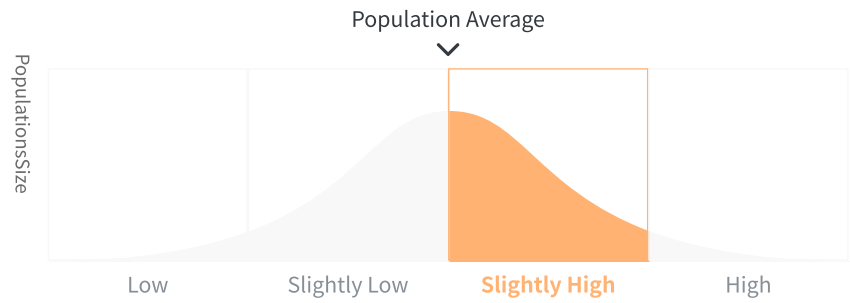
Improving lifestyle

If you have this condition, lifestyle improvement should precede medication. Avoid excessive drinking and smoking, reduce your weight through increased physical activity, and limit salt intake. If you are at high risk of developing drug-resistant high BP, it is helpful to maintain a healthy lifestyle before onset.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing high blood pressure drug resistance with administration.



Genetic information

From analyzed 12 genetic markers, we have found **10** effect allele.

The credibility score is **70** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

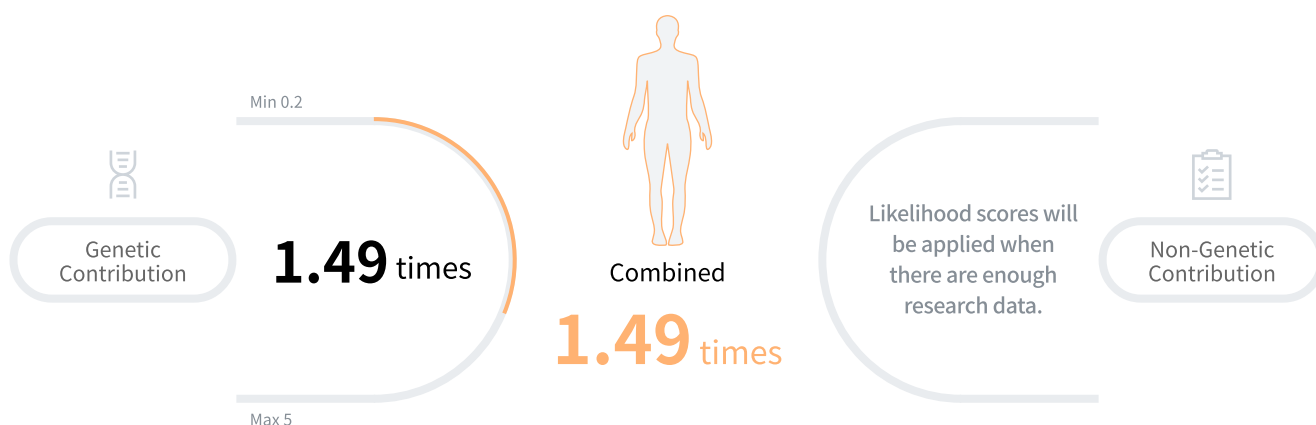


0 genetic markers with unknown location.

Peach Allergy

Allergic reaction to peaches can occur only with peach fuzz coming in contact with skin, or with ingestion. Be mindful of your sensitivity to peaches and take precaution accordingly.

Likelihood of Development:



According to above results, your likelihood of having allergic reaction to peach consumption is **slightly high**.

This result may differ from your actual reaction to peaches, so use it only as a reference.

What is peach allergy?

Peach allergies are known to be caused just from contact with peach's skin. So it is thought to be caused by the external fur, but it can also be caused by ingesting the fruit's pulp. Symptoms range from swelling and itchiness around the mouth, to extreme ones such as breathing difficulty and seizure.

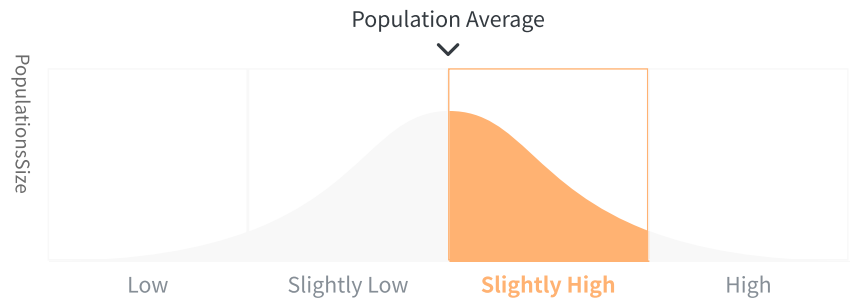
Food combinations with peach

Peach is rich in vitamins and amino acids, helping to increase immunity; however, how you consume this fruit alters its effectiveness. Eating it with an apple, high in pectin, is good for improving constipation and fatigue. In contrast, eating a peach after oily eel can inhibit digestion and cause diarrhea.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly high likelihood** of having allergic reaction to eating peaches.



Genetic information

From analyzed 196 genetic markers, we have found **6** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

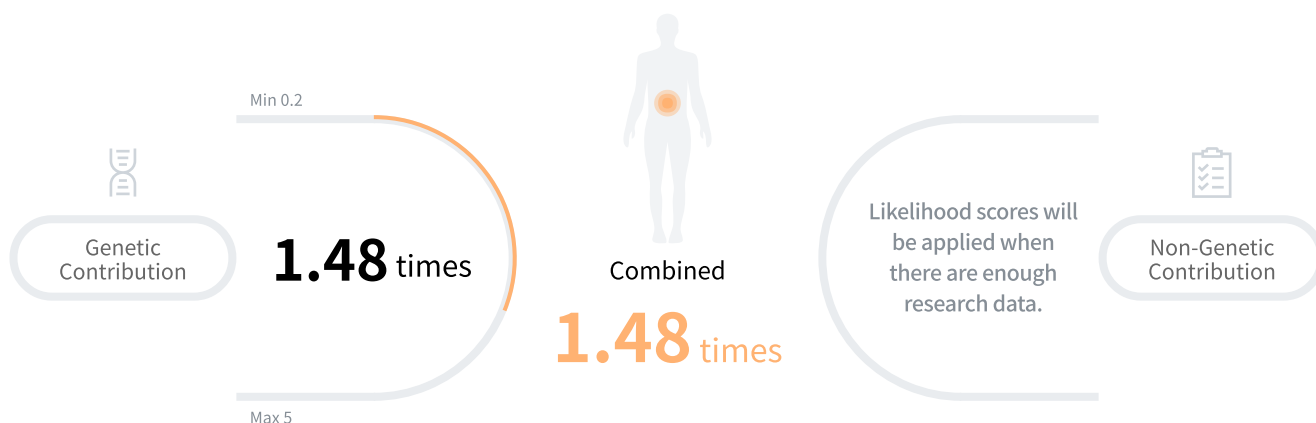


0 genetic markers with unknown location.

Duodenal Ulcer

Duodenal ulcer is an open sore formed on the upper portion of small intestine (duodenum). Smoking, stress, drugs, or bacteria such as helicobacter pylori damages the mucous layer of duodenum, causing the sore to spread deeper into the tissue.

Likelihood of Developing Ulcer in Small Intestine:



According to above results, your likelihood of developing duodenal ulcer is **slightly high**.

Limiting your alcohol intake and smoking can reduce risk. Also, use caution when taking pain relievers if you have a history of duodenal ulcer.

Dietary guide

Quitting smoking is critical. If you take pain reliever medication for arthritis or other pain, also consume medication for protecting stomach mucous. Avoid alcohol because it directly damages the duodenum's mucous layer and any non-necessary drugs. Be careful of foods that cause discomfort to you, and milk can also increase stomach acid secretion.

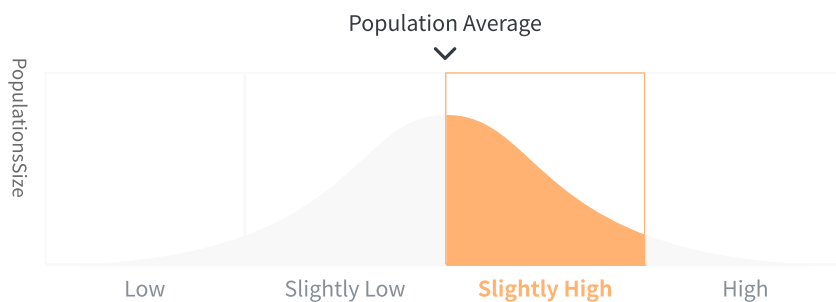
Stress management

Stress increases stomach acid secretion and worsens duodenal ulcer symptoms. Having a calm mindset and stable lifestyle are good preventative methods. Planning and executing rest are also helpful. Also, avoid late night eating because it stresses the stomach, and quit smoking because it induces stomach acid secretion and delays wound healing.

UP-To-Date, Cochrane Library

The Group That I Belong To

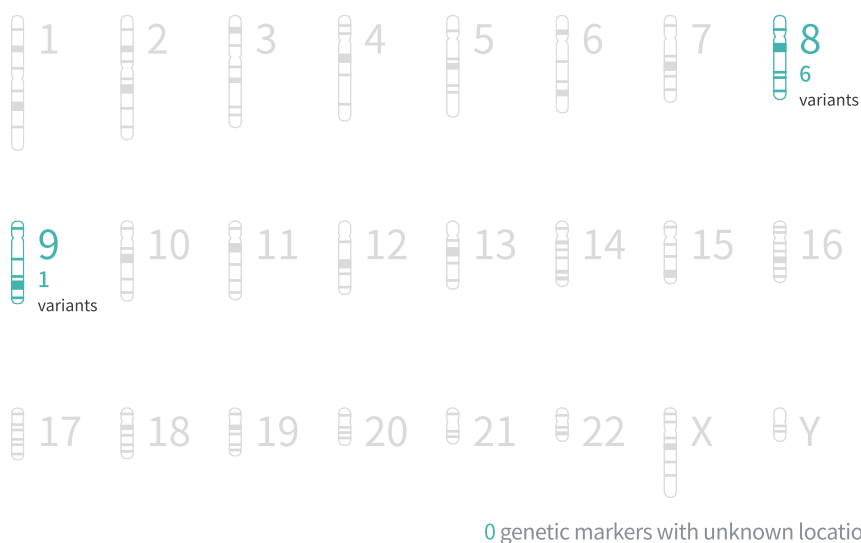
You fall under the group with a **slightly high likelihood** of developing duodenal ulcer.



Genetic information

From analyzed 7 genetic markers, we have found **7** effect allele.

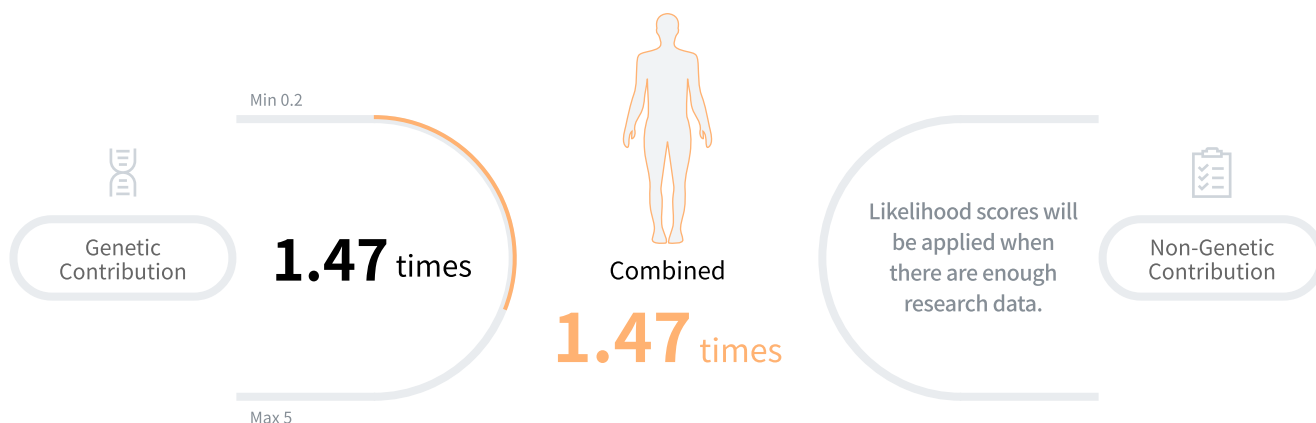
The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Atopic Dermatitis

Atopic dermatitis is a chronic skin condition characterized by dry, itchy, and inflamed skin. It usually occurs during childhood years and can naturally clear away. Atopic comorbidities include allergic rhinitis and asthma.

Likelihood of Development:



According to above results, your likelihood of developing atopic dermatitis is **slightly high**.

Maintain a balanced immune system by eating a balanced diet and exercising regularly. Moisturing your skin during dry seasons can also help with sensitive skin.

What is atopic dermatitis?

Atopic dermatitis is a chronic inflammatory skin disease that starts during infancy or childhood, with itching as the main symptom. During infancy, eczema starts on the face and limbs. In adults, skin-fold become thicker and eczema occurs on the face. Atopic dermatitis is an increasing worldwide trend, with a prevalence of 20% in the population.

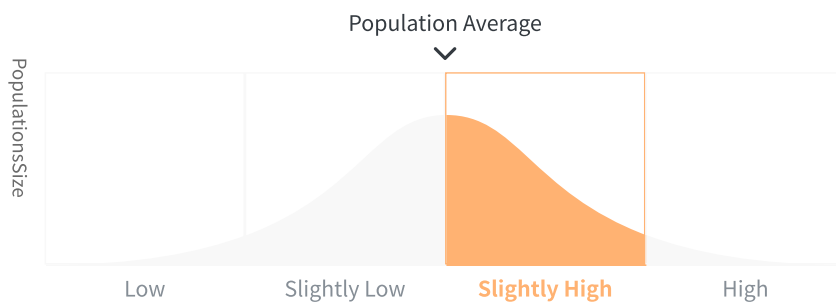
Causes

The exact cause is unknown, but environmental and genetic factors, immune responses, and skin barrier defects are considered to be major causes. Environmental factors include increased pollution from industrialization, food additives, and dust mites from high indoor temperatures. It is presumed from family history that atopic dermatitis has a genetic factor.

UP-To-Date, Cochrane Library

The Group That I Belong To

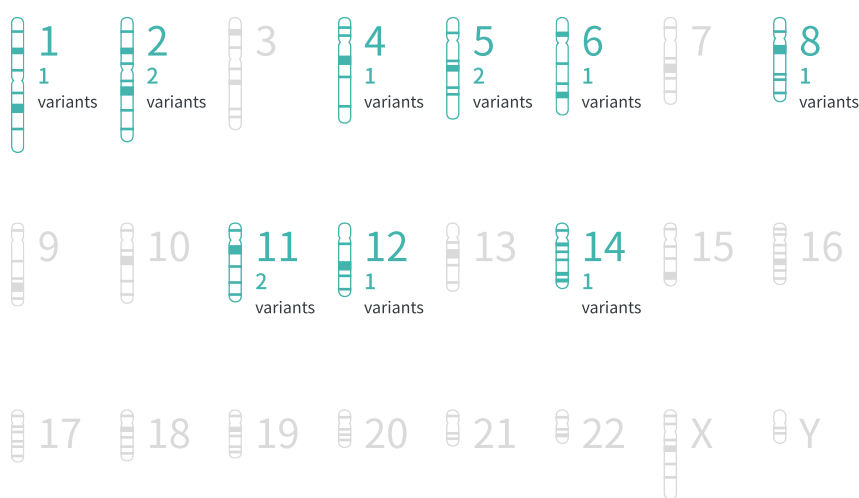
You fall under the group with a **slightly high likelihood** of developing atopic dermatitis.



Genetic information

From analyzed 17 genetic markers, we have found **12** effect allele.

The credibility score is **79** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

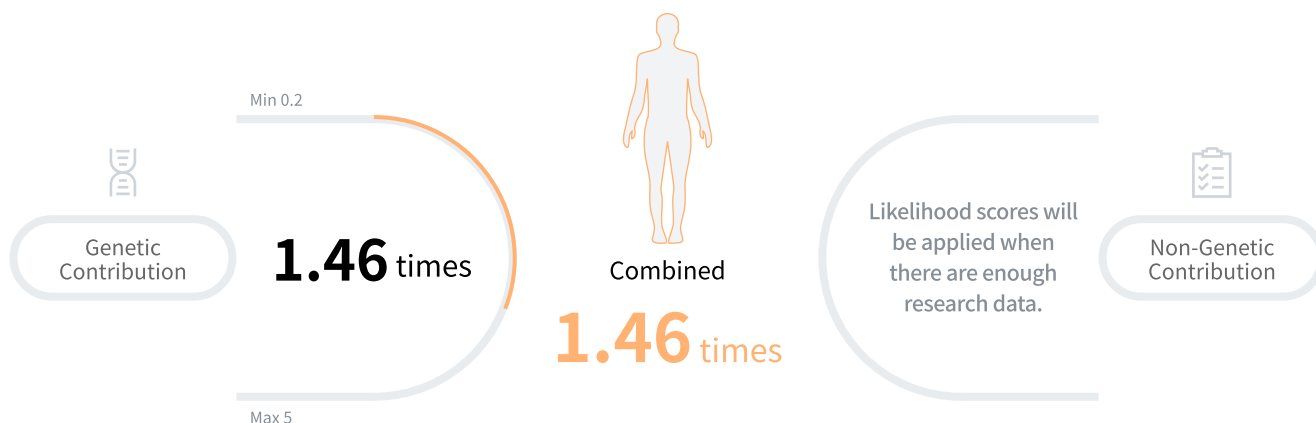


0 genetic markers with unknown location.

Venous Thromboembolism

Venous thromboembolism (VTE) is a condition in which a blood clot forms most often in the deep veins of the leg, groin or arm and travels in the circulation, lodging in the lungs.

Likelihood of Developing Blood Clot in Deep Vein:



Based on above results, your likelihood of developing VTE is **slightly high**.

Avoid sitting down for extended periods of time and walking around every 2-3 hours.

What is VTE?

VTE is a common name for both deep vein thrombosis and pulmonary embolism. It can be caused by various surgeries or a malignant tumor. Deep vein thrombosis is deep blood vessel blockage, causing leg pain and edema. Blockage of pulmonary artery leads to pulmonary embolism, causing chest pain, coughing, low blood pressure, etc.

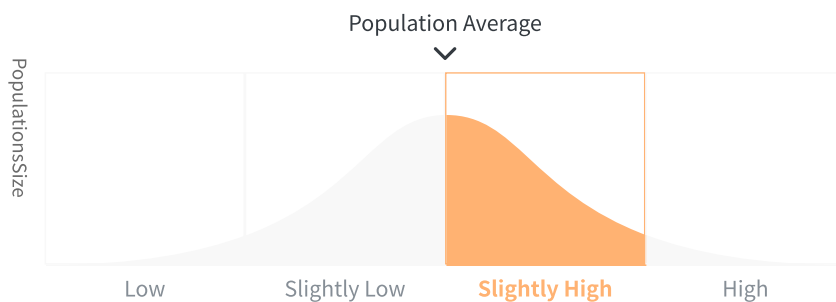
VTE prevention

Decreasing time spent laying down, frequent stretching and exercise are methods to prevent VTE. Wearing compression stockings to promote blood circulation is also helpful. If you have a high risk or have a history of thromboembolism, you can consult a medical specialist and take anticoagulants to dissolve blood clots and prevent complications.

UP-To-Date, Cochrane Library

The Group That I Belong To

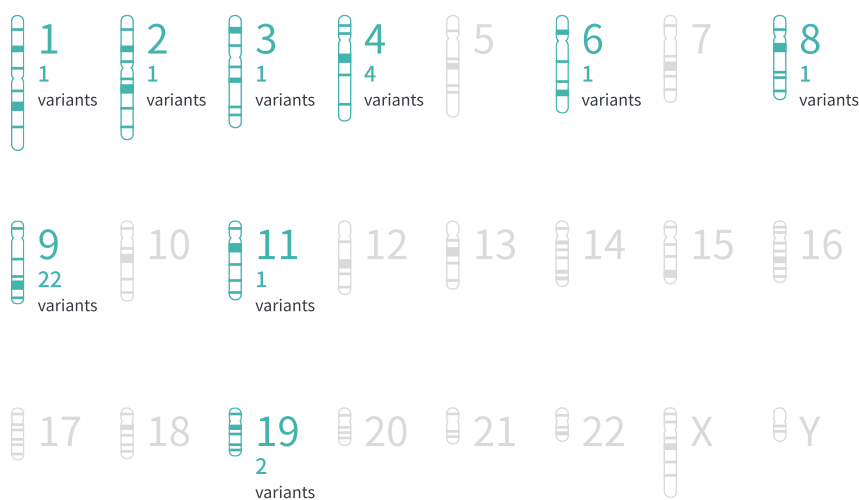
You fall under the group with a **slightly high likelihood** of developing VTE.



Genetic information

From analyzed 94 genetic markers, we have found **34** effect allele.

The credibility score is **72** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

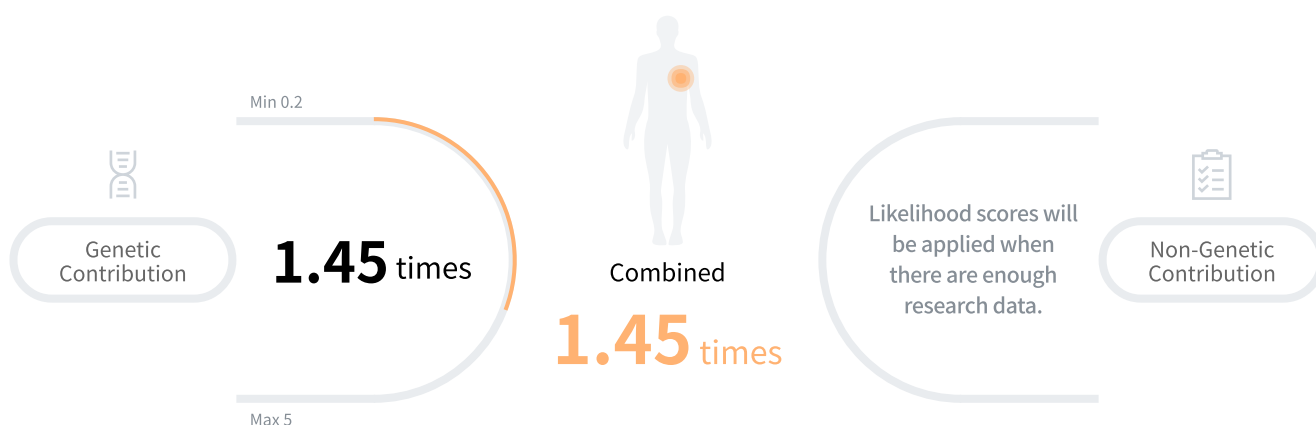


0 genetic markers with unknown location.

Myocardial Infarction

Myocardial infarction (aka heart attack) is a condition where the arteries that supply oxygen and nutrients to the heart are blocked, causing damage to the heart muscles.

Likelihood of Heart Attack Occurring:



According to above results, your likelihood of myocardial infarction occurring is **slightly high**.

Limit your consumption of foods with high fat and cholesterol content. Instead, try eating foods high in dietary fibers such as vegetables.

Dietary guide

To prevent heart disease, avoid cholesterol and salty foods. Salty foods increase blood pressure and promote arteriosclerosis, which can increase incidence rate of myocardial infarction. Metabolic diseases like obesity and hyperlipidemia also can cause heart disease. Eating low-fat foods, fresh vegetables, and fresh fruits is recommended.

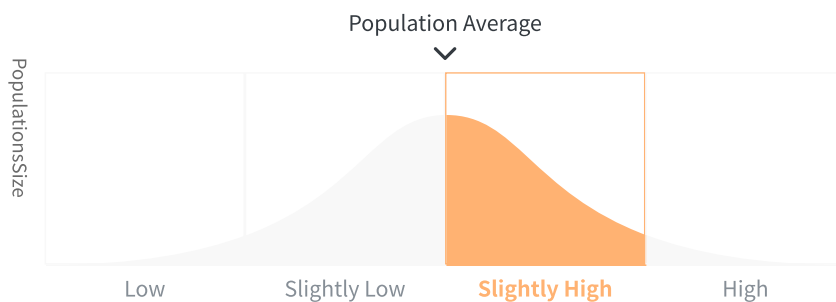
Lifestyle guide

Preventing hyperlipidemia and obesity can reduce the incidence of heart disease, so it is best to exercise 30 to 40 minutes daily. Light aerobic exercise like jogging, swimming, and cycling are recommended. Studies show that smoking doubles the incident rate of cardiovascular disease. Hence quitting smoking is vital!

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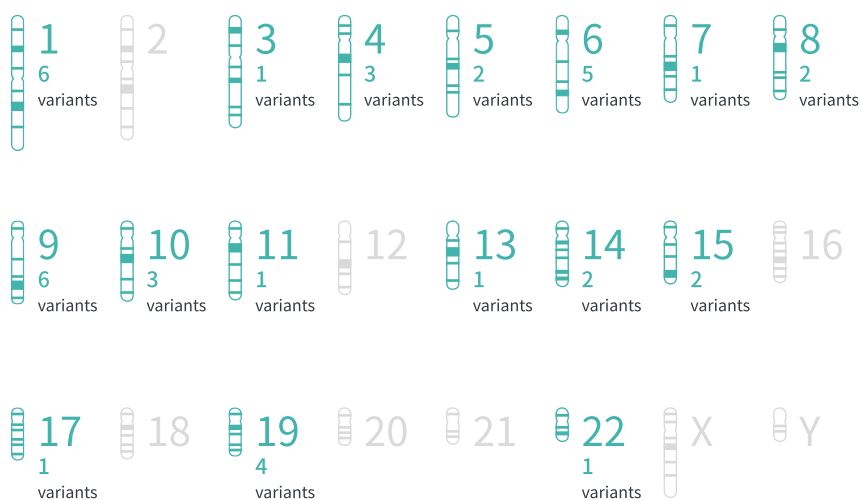
You fall under the group with a **slightly high likelihood** of myocardial infarction occurring.



Genetic information

From analyzed 65 genetic markers, we have found **41** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

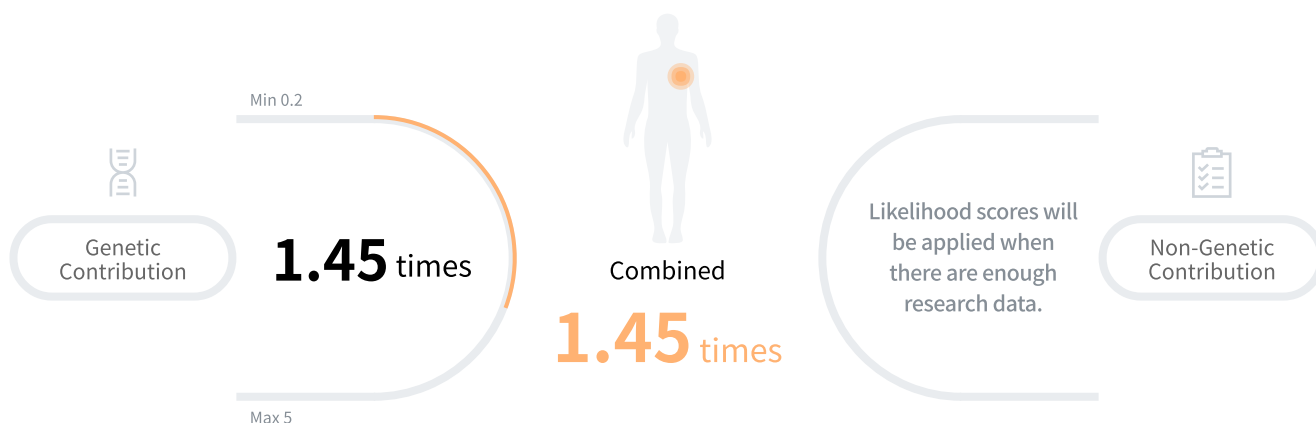


0 genetic markers with unknown location.

Heart Failure

Heart failure means that your heart is not pumping blood as well as it should. With heart failure, the weakened heart can't supply the cells with enough blood. This results in fatigue and shortness of breath.

Likelihood of Occurring:



Based on above results, you have a **slightly high** likelihood of heart failure occurring.

Limit your alcohol intake and quit smoking if you are a smoker. Also, avoid overworking and get plenty of rest.

Dietary guide

High level of salt leads to high water consumption and retention, and this causes heart to overwork and increase its blood pumping. Do not eat large quantities of salty soup, foods, or excessive amount of water. Smoking interferes with blood circulation in coronary arteries, and can cause angina pectoris and myocardial infarction (heart attack).

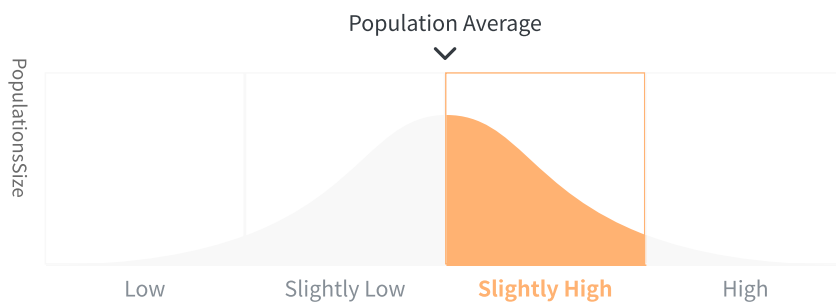
Lifestyle guide

Excessive stress or anger can stimulate sympathetic nervous system of the body, which can lead to secretion of substances that exacerbate cardiac function. Manage your stress by taking adequate rest. 20~30 minute a day, 3 to 5 times a week of walking, cycling, and other aerobic exercise is recommended. However, avoid excessively exercising.

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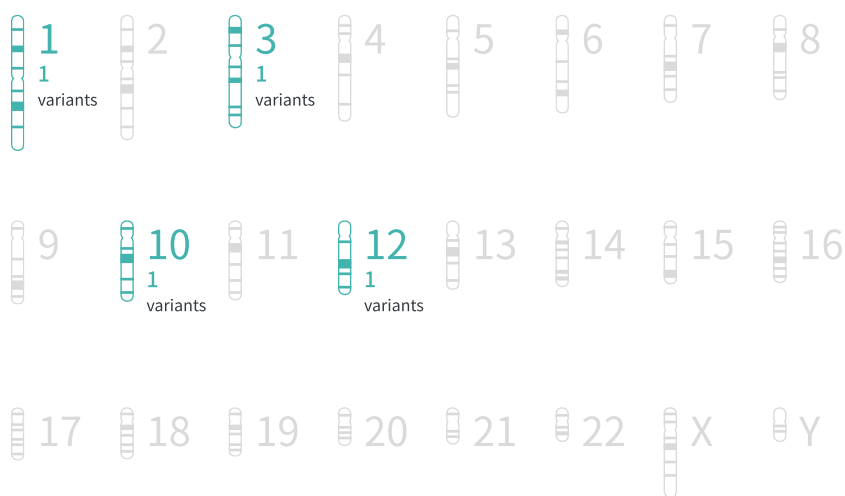
You fall under the group with a **slightly high likelihood** of heart failure occurring.



Genetic information

From analyzed 8 genetic markers, we have found **4** effect allele.

The credibility score is **76** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

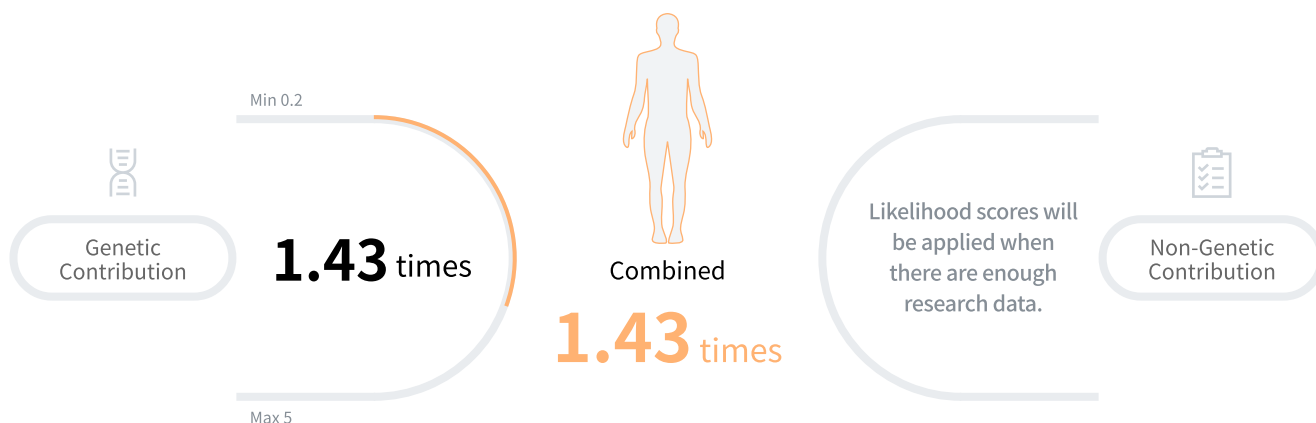


0 genetic markers with unknown location.

Abdominal Aortic Aneurysm

Abdominal aortic aneurysm (AAA) is a blood-filled bulge in a part of your aorta that runs through your abdomen. Over time, this bulge in your aorta can become weak and rupture, leading to severe pain and massive internal bleeding.

Likelihood of Abdominal Aorta Enlarging:



According to above results, your likelihood of developing abdominal aortic aneurysm is **slightly high**.

Limiting your consumption of dietary cholesterol and exercising regularly can reduce risk. If you are smoker, make sure you attempt to quit.

Dietary guide

A healthy and balanced diet, with fresh vegetables and seasonal fruits is good. Avoid foods high in cholesterol and fats, because high blood pressure, hyperlipidemia, and obesity can cause abdominal aneurysm. Foods high in salt increases blood pressure and promote arteriosclerosis, increasing the onset probability of abdominal aneurysm.

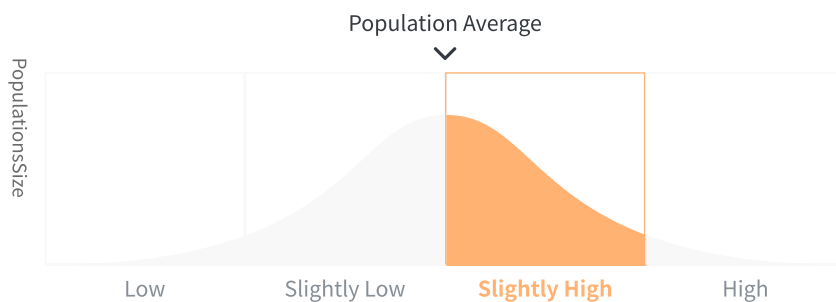
Maintaining vascular health

Preventing arteriosclerosis, which is a cause of abdominal aneurysm, is important. Restrain alcohol consumption, exercise regularly, and maintain a healthy weight and blood pressure. Smoking cigarettes decreases LDL (good) cholesterol, increases blood pressure, and decrease exercise ability. So quitting is a must if you are a smoker.

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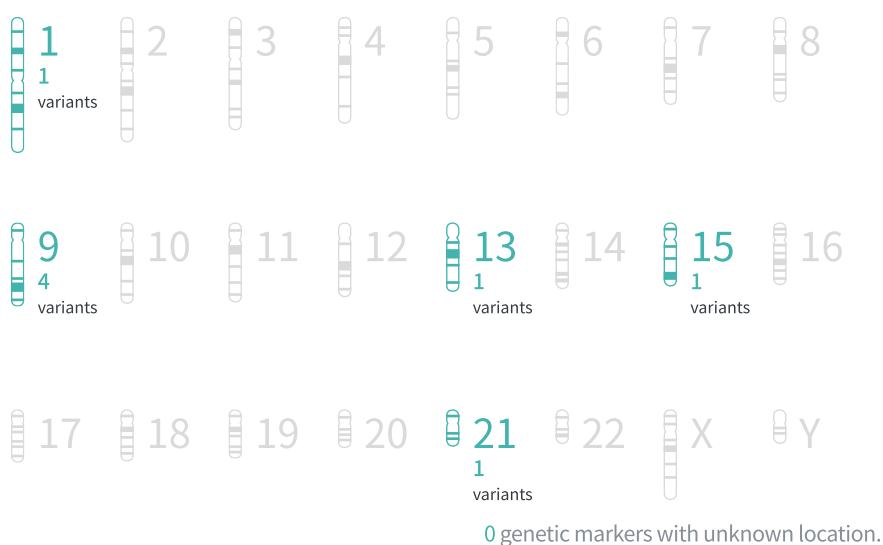
You fall under the group with a **slightly high likelihood** of developing abdominal aortic aneurysm.



Genetic information

From analyzed 17 genetic markers, we have found **8** effect allele.

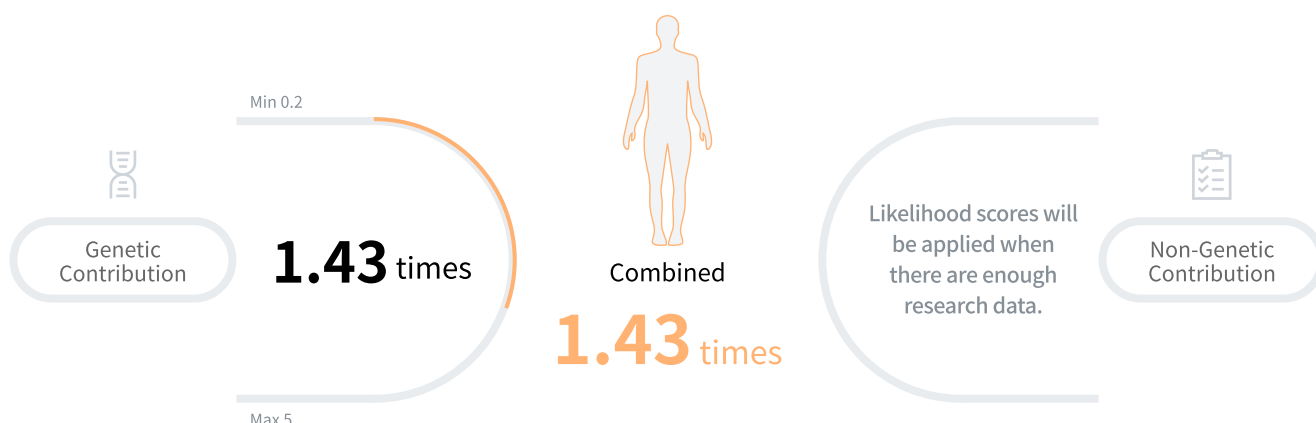
The credibility score is **82** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Panic Disorder

Panic disorder is a type of anxiety disorder characterized by sudden panic attacks (feelings of terror when there is no real danger).

Likelihood of Having Panic Attacks:



Based on above results, your likelihood of developing panic disorder is **slightly high**.

If you experience a traumatic event in life, make sure to listen to your body for unhealthy signals. Limiting caffeine intake can also lower risk.

What is panic disorder?

It is a type of anxiety disorder with sudden experiences of extreme anxiety and fear without reason. Patients experience chest pounding, difficulty breathing, chest pain/pressure, dizziness, and fear of death. With diagnosis and appropriate treatment, symptom control is relatively easy. Therefore, knowing symptoms, diagnosis, and treatment are important.

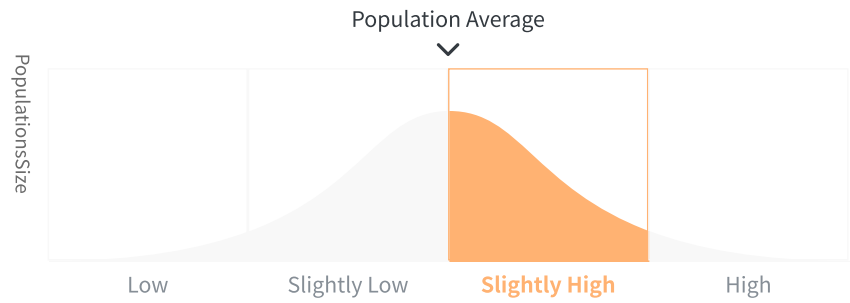
Symptoms

Panic attacks occur repeatedly. They are usually short-lived, with severe anxiety and fear. Panic attacks are accompanied by a variety of physical symptoms such as chest pounding or dizziness, despite no external threats. However, these panic attacks tend to recur within a few days or months.

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The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing panic disorder.



Genetic information

From analyzed 3 genetic markers, we have found **2** effect allele.

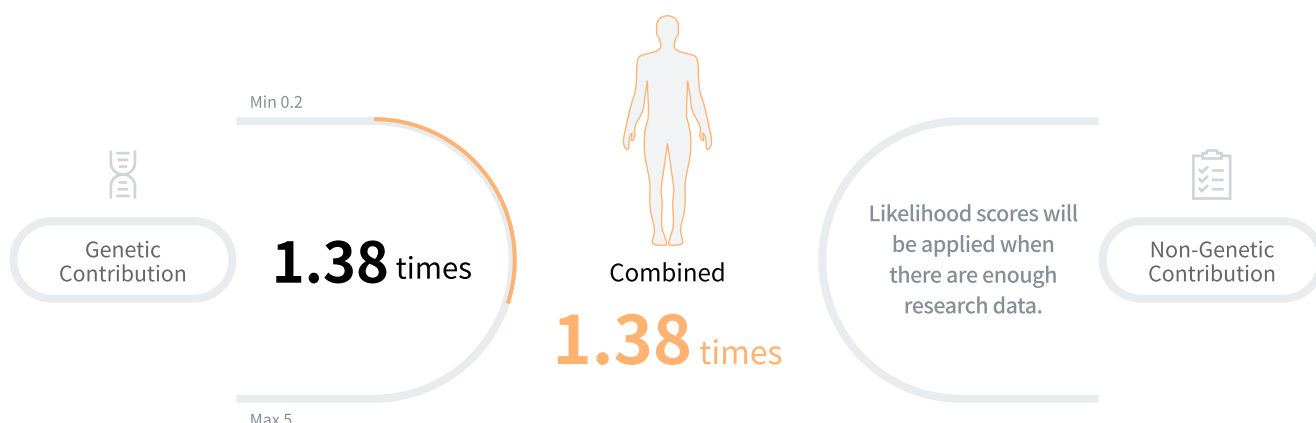
The credibility score is **92** points. because studies used for the analysis of this test item's genes are based on a big sample size.



GPA

Granulomatosis with polyangiitis (GPA) is an uncommon disorder that causes inflammation of the blood vessels in your nose, sinuses, throat, lungs and kidneys.

Likelihood of Developing Granulomatosis with Polyangiitis:



Based on above results, your likelihood of developing GPA is **slightly high**.

Although cause of this condition is not yet known, maintain your immunity to prevent blood vessel inflammation.

What is GPA?

It is a systemic vasculitis that results in nerve damage from inflammation of veins and arteries, causing tissue damage. It affects veins and small arteries of the whole body, and is characteristic of glomerulonephritis of the kidney. This disorder is extremely rare in Asian countries and is reported to affect about 1 out of every 30,000-50,000 people.

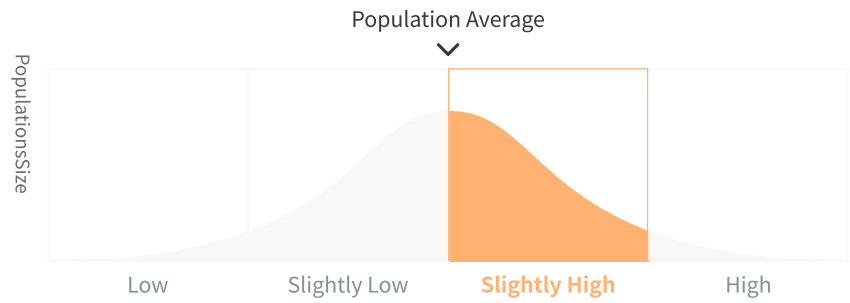
Symptoms

The most typical symptoms appear in the nose, upper airway, lung, and kidneys. The upper airway symptom is a cold-like runny nose, which worsens to pus exiting the nose. Infiltration into bronchus and lungs can cause breathing difficulties, bloodshot, pleurisy, etc. 75% of patients have kidney defects and experience protein and blood in urine.

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The Group That I Belong To

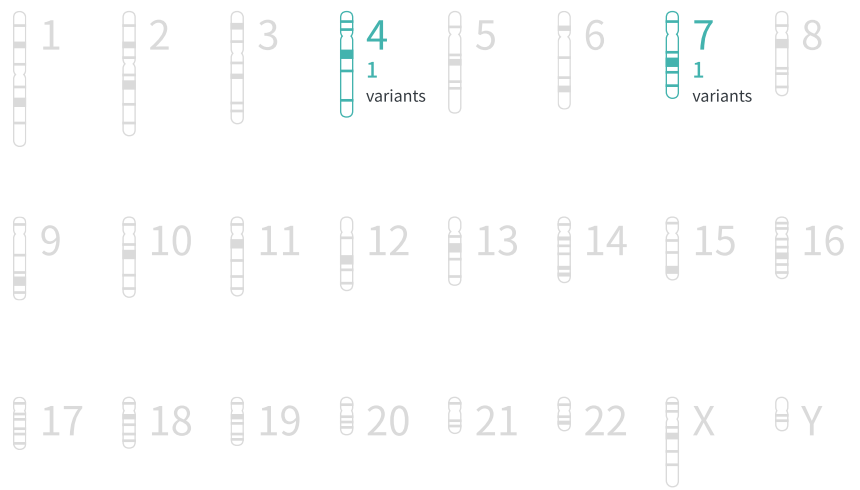
You fall under the group with a **slightly high likelihood** of developing GPA.



Genetic information

From analyzed 3 genetic markers, we have found **2** effect allele.

The credibility score is **69** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

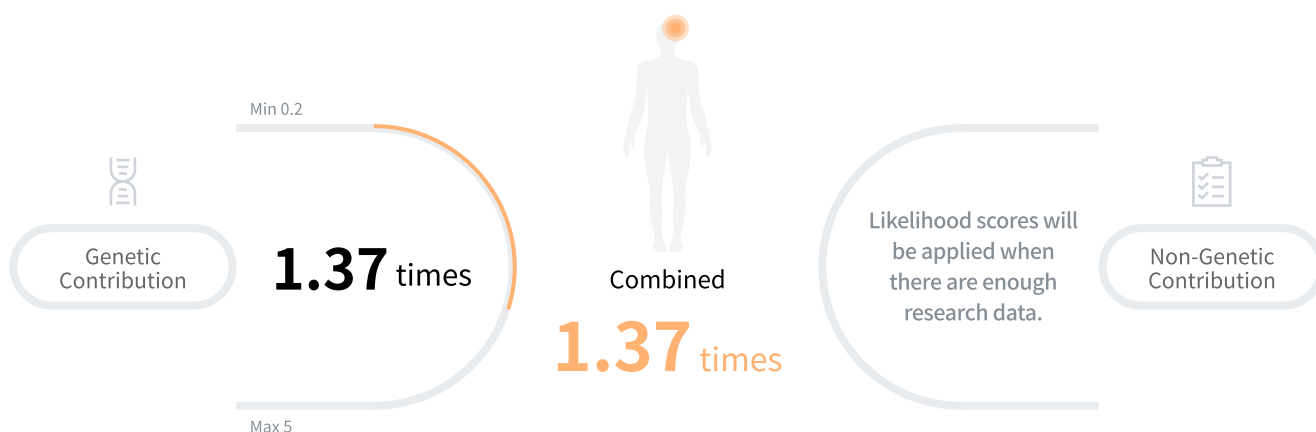


0 genetic markers with unknown location.

Cataract

Cataracts is condition in which the lens of the eye becomes progressively opaque, resulting in blurred vision.

Likelihood of Developing Clouded Vision:



According to above results, your likelihood of developing cataract is **slightly high**.

Protect your eyes from UV radiation by wearing sunglasses outside. Also, make sure to maintain a healthy weight.

Dietary guide

Old-age cataract does not have any particular prevention because it is a natural process from aging. Eye injury should be cautioned to prevent traumatic cataract. Also, vitamin A deficiency can result in night blindness. So it is recommended to consume carrots and spinach, which are rich in vitamin A.

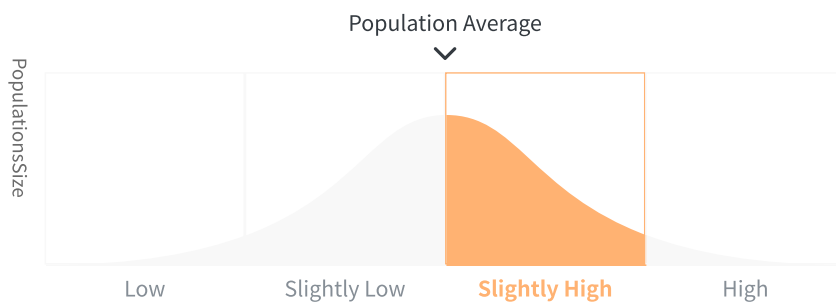
Lifestyle guide

Generally, cataract from aging cannot be prevented. However, individuals with diabetes should manage blood glucose levels to prevent cataract as a diabetes complication. If diagnosed with cataract at early stage, visit the eye doctor periodically to track the progress of the disorder and determine the best time for surgery.

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The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing cataract.



Genetic information

From analyzed 3 genetic markers, we have found **1** effect allele.

The credibility score is **72** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

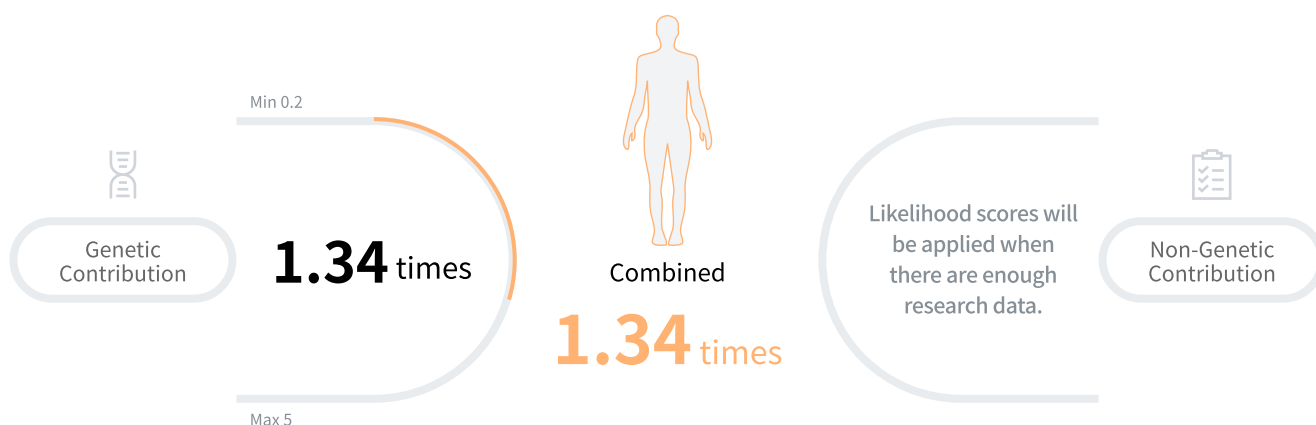


0 genetic markers with unknown location.

Ankylosing Spondylitis

Ankylosing spondylitis is a form of arthritis of the spine. The condition is characterized by back pain and stiffness. Over time, back movement gradually becomes limited as the bones of the spine fuse together.

Likelihood of Spine Becoming Stiff Due to Inflammation:



Based on above results, your likelihood of developing ankylosing spondylitis is **slightly high**.

Exact cause of this condition is not yet known, but it is always a good idea to maintain good postures and exercise regularly.

Good posture

Regular stretching and exercise are necessary for spine joint flexibility. Strengthening neck and lower back can decrease stiffness. Using a low pillow during sleep, straightening your body on a hard floor, and sleeping on your stomach can help for lower back relief. Using assistance devices for posture correction is good, but avoid fixators and corsets.

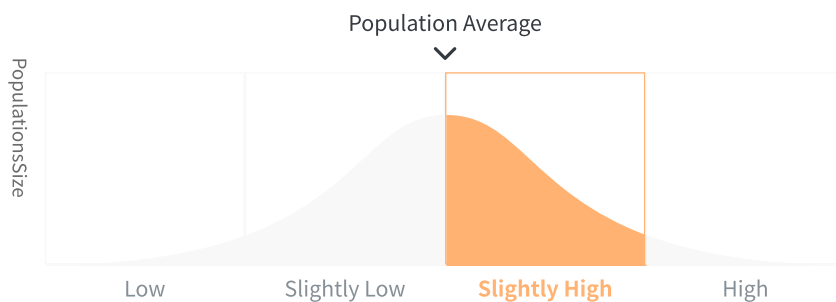
Lifestyle guide

Ankylosing spondylitis onset cannot be prevented, but maintaining good posture and exercise therapy can alleviate spine stiffness and deformation. Cardiovascular exercises maintain chest flexibility and should be done regularly. Exercises with excessive contact should be avoided if possible. Also, do not smoke as lung function can deteriorate.

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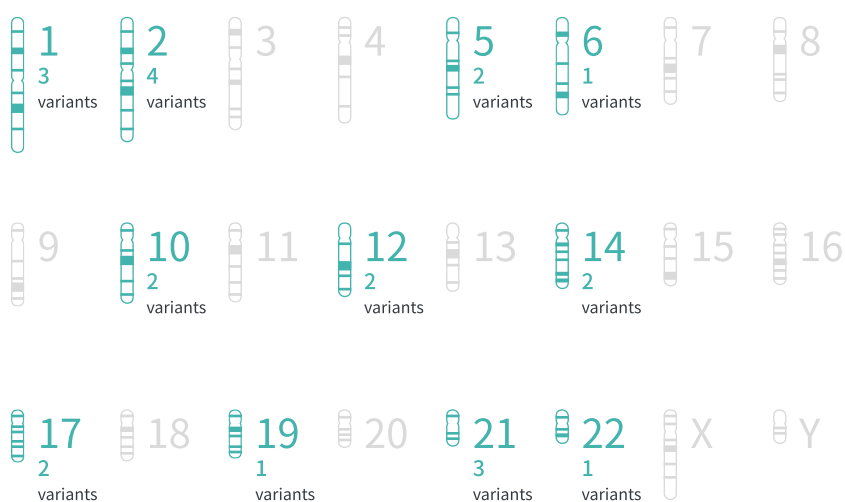
You fall under the group with a **slightly high likelihood** of developing ankylosing spondylitis.



Genetic information

From analyzed 32 genetic markers, we have found **23** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

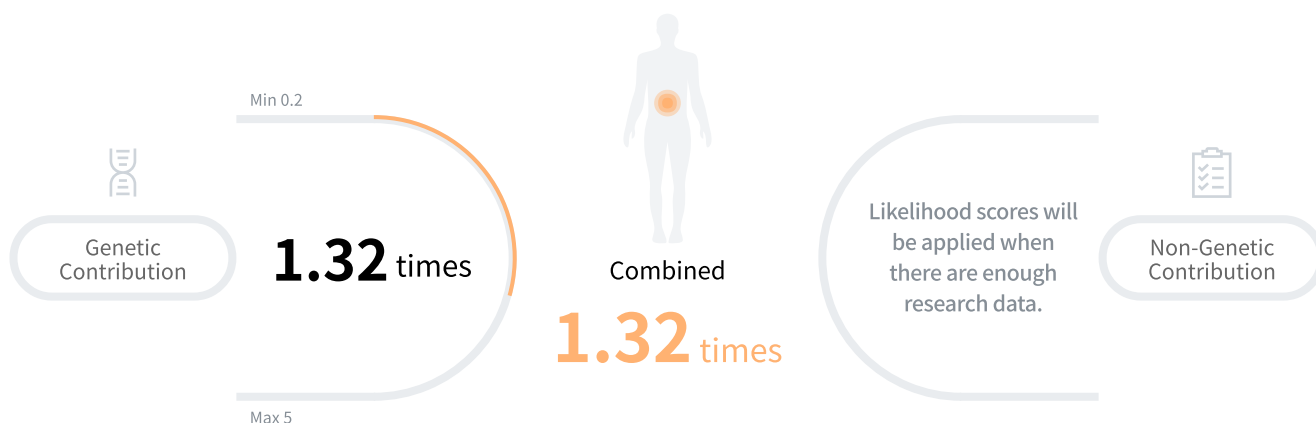


0 genetic markers with unknown location.

Gallstones

Gallbladder secretes bile, helping in lipid digestion and cholesterol metabolism. Components of bile are cholesterol, fatty acid, and bile salt. Gallstones are small stones made of cholesterol that forms in the gallbladder.

Likelihood of Developing Hard Deposits in Gallbladder:



Based on above results, your likelihood of developing gallstones in gallbladder is slightly high.

Limit your intake of foods high in fats and cholesterol. Supplementing with fiber-rich foods can lower risk.

Causes

Gallstones are formed from high biliary cholesterol and gradual crystallization. Gallstones fail to escape through the bile duct into the intestine when gallbladder does not contract well. Cholesterol gallstones occur more commonly in women with multiparity or obesity, and in their 40s. Pigmented gallstones commonly affect people with germs such as liver fluke.

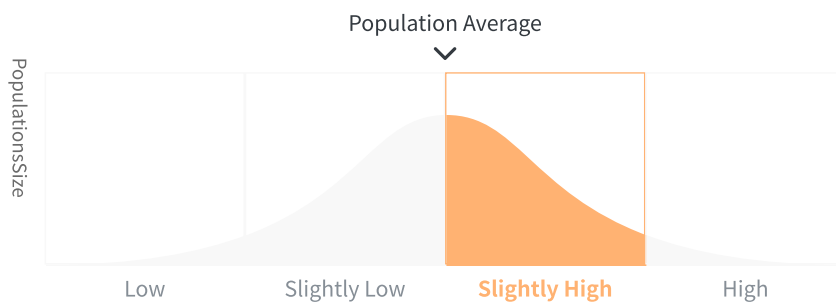
Management

Cholesterol in high-fat foods not only cause a variety of adult diseases, but it is also a risk factor for gallstones. It is better to consume fiber-rich and low-calorie vegetables than oily or high calorie foods. For adequate vitamin and mineral intake, have regular eating habits and be careful not to become overweight.

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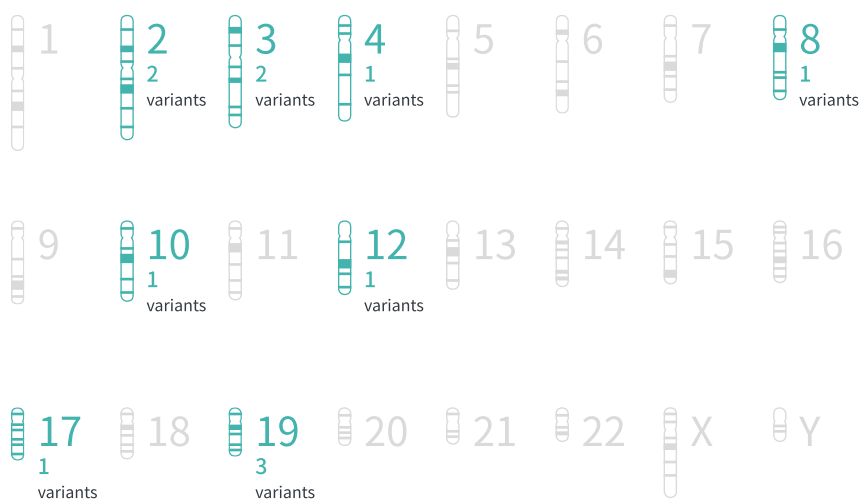
You fall under the group with a **slightly high likelihood** of developing gallstones.



Genetic information

From analyzed 24 genetic markers, we have found **12** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

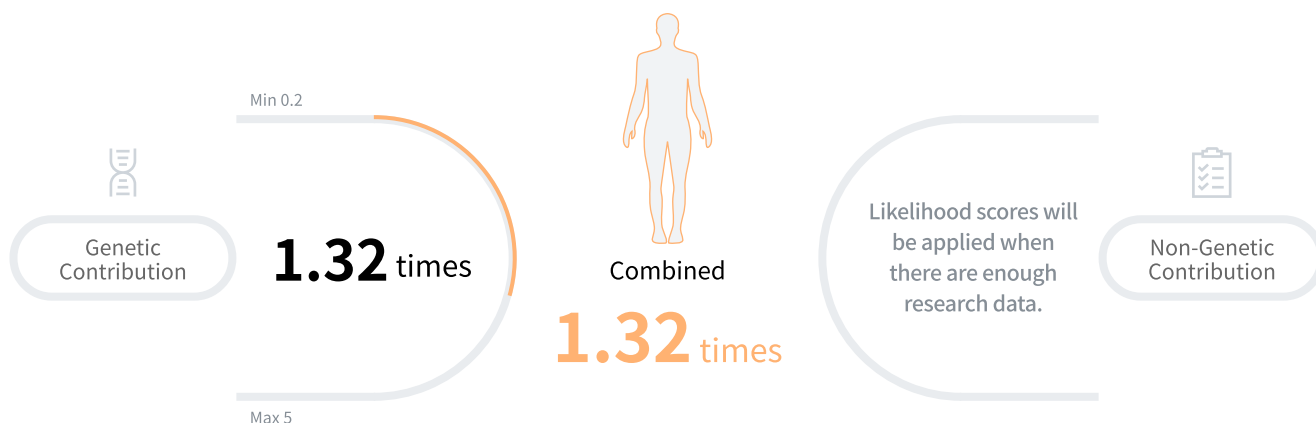


0 genetic markers with unknown location.

Tremor

Tremor is an involuntary, rhythmic muscle contraction in one or more parts of the body. It may be intermittent or constant. Most have no known cause, but some appear to be inherited and run in families.

Likelihood of Body Parts Moving Uncontrollably:



According to above results, your likelihood of developing tremor is **slightly high**.

Environmental risk factor of tremor is yet unknown, but try relieving stress and calming your body through meditation.

What is tremor?

Tremor is a common movement disorder with vibrational symptoms. Some or all muscles contract simultaneously or alternatively with a constant frequency. It normally affects the hands and is also called delirium tremens. In addition, head, neck, chin, tongue, voice, and rarely the feet may shake. Severity may worsen with anxiety and physical fatigue.

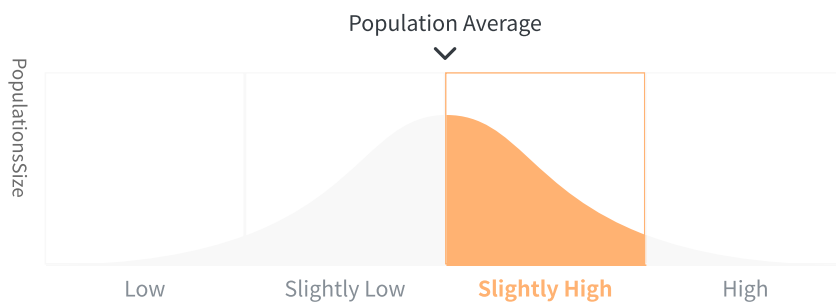
Lifestyle guide

Improving lifestyle may ease symptoms. Caffeine and other stimulants can increase tremor, so reduce caffeine intake. Stress and tension also exacerbate tremors. So relieving tension through relaxation such as massage or meditation can help alleviate symptoms. Make changes in habits such as using the hand with less tremor more frequently.

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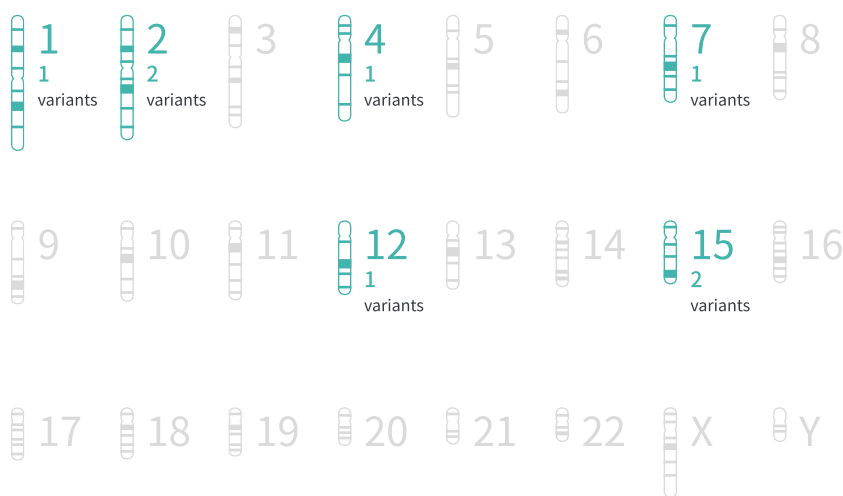
You fall under the group with a **slightly high likelihood** of developing tremor.



Genetic information

From analyzed 13 genetic markers, we have found **8** effect allele.

The credibility score is **74** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

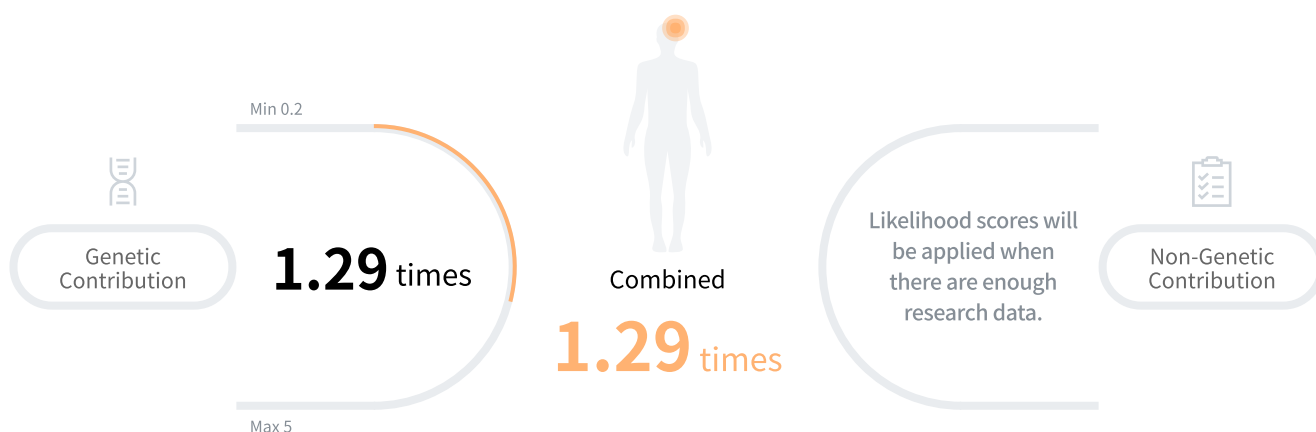


0 genetic markers with unknown location.

Cerebral Aneurysm

Cerebral aneurysm refers to a bulge on arterial wall in the brain. It results in abnormal widening of blood vessel, making it easier for arteries to burst.

Likelihood of Brain Blood Vessel Ballooning:



According to above results, your likelihood of developing cerebral aneurysm is **slightly high**.

If you have high blood pressure, give an effort to lower it. Deavy alcohol intake and smoking are other risk factors.

What is cerebral aneurysm?

Cerebral aneurysm refers to development of microfractures in cerebral blood vessel walls, leading to abnormal swelling. These create space in new blood vessels. Most are less than 10 mm, but occasionally large (>25 mm) aneurysms can develop, called giant aneurysms. Depending on morphology, types are cystic, pseudo-, and dissociated aneurysm.

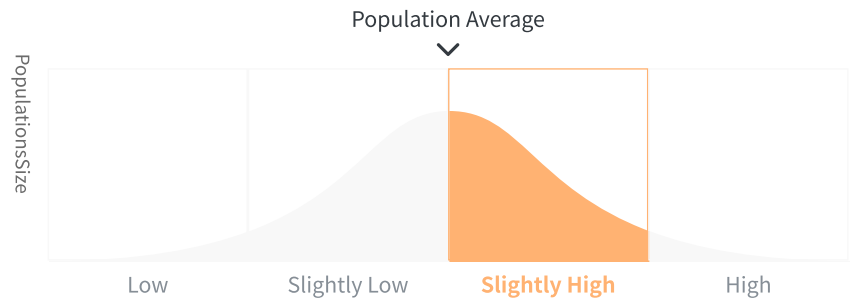
Diagnosis and treatment

Testing is done through brain CT, MRI, and cerebral angiography. If an abnormal structure is bulging out from a cerebral artery, cerebral aneurysm is diagnosed. If hemorrhage is present, hematoma may block visualization of an aneurysm. In these cases, test is repeated after 2 weeks. Treatments are craniotomy, aneurysm clipping, and endovascular coiling.

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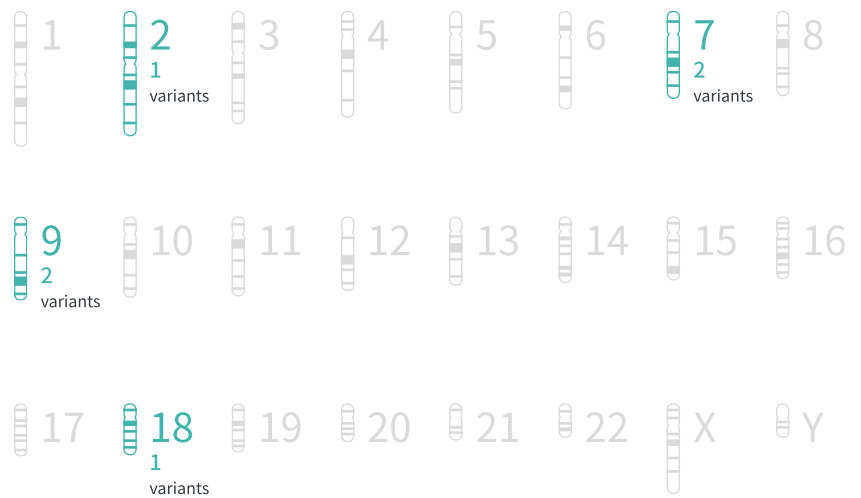
You fall under the group with a **slightly high likelihood** of developing cerebral aneurysm.



Genetic information

From analyzed 11 genetic markers, we have found **6** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

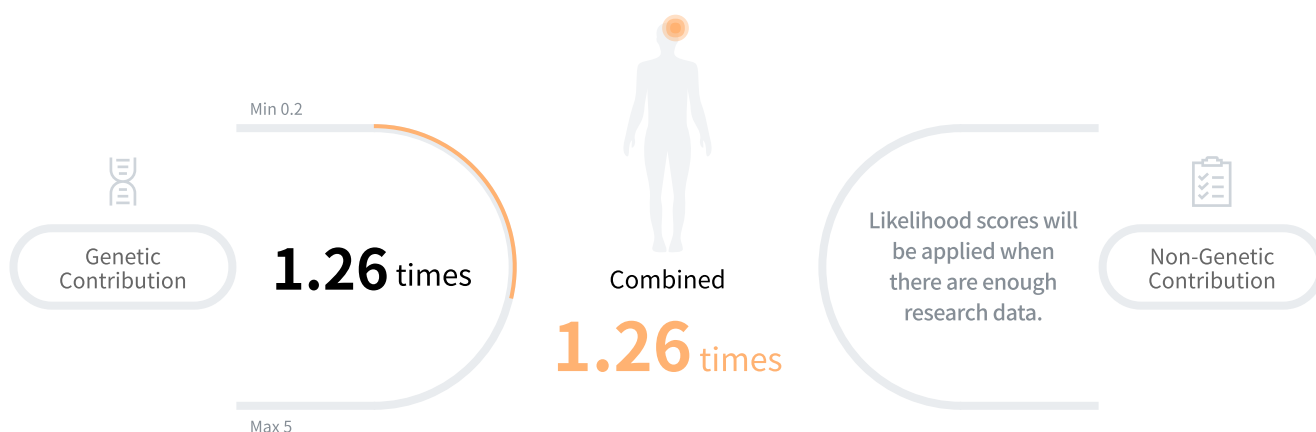


0 genetic markers with unknown location.

Angle-closure Glaucoma

It is caused by blocked drainage canals in the eye, resulting in a sudden rise in intraocular pressure. This is a much more rare form of glaucoma, which develops very quickly and demands immediate medical attention.

Likelihood of Glaucoma From Eye Fluid Blockage:



Based on above results, your likelihood of developing angle-closure glaucoma is **slightly high**.

Avoid looking at a computer or phone screen for extended periods in a dark setting.

What is closed-angle glaucoma?

Angle-closure glaucoma, unlike open-angle glaucoma, is caused by a sudden increase in intraocular pressure (IOP) due to blockage of fluid outlet. Symptoms are eye pain, headache, nausea, corneal swelling, blurred vision, and vision loss. It is important to quickly drop intraocular pressure with first aid. Drug or laser treatment are used regulate IOP.

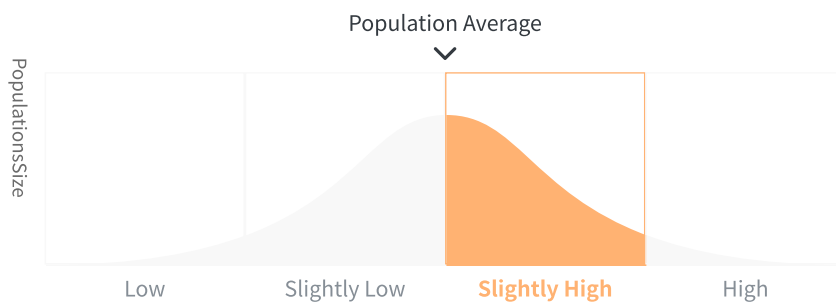
Risk factors

Race, nearsightedness, blood pressure, family history, or genetic defects may cause glaucoma. East Asian races are more likely to develop angle-closure glaucoma due to the shallow depth of their eyes, and the risk of POAG increases by 2~4 times in the presence of family history. Severe nearsightedness can often cause intraocular pressure glaucoma.

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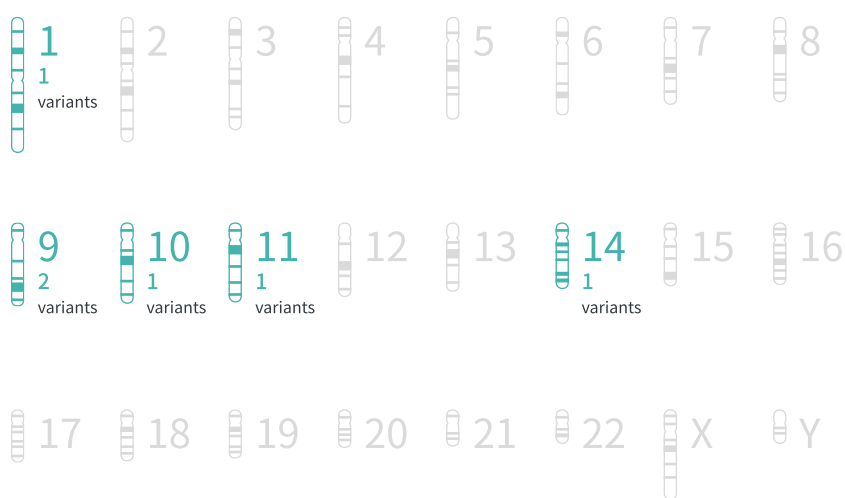
You fall under the group with a **slightly high likelihood** of developing angle-closure glaucoma.



Genetic information

From analyzed 8 genetic markers, we have found 6 effect allele.

The credibility score is 95 points.
because studies used for the analysis of this test item's genes are based on a big sample size.

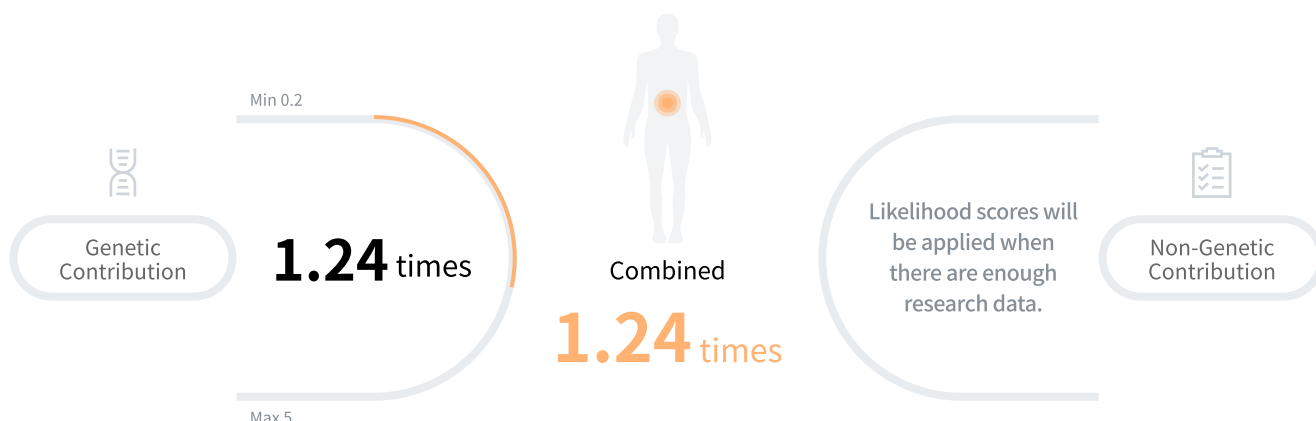


0 genetic markers with unknown location.

Gastritis

Gastritis is an inflammation of the lining of the stomach. It is often the result of infection with the same bacterium that causes most stomach ulcers. Drinking too much alcohol also can contribute to gastritis.

Likelihood of Stomach Lining Inflammation:



Based on above results, your likelihood of developing gastritis is **slightly high**.

Avoid stomach irritants such as smoking, alcohol, and caffeinated drinks. It is also best to limit overeating and eating late at night.

Dietary guide

Alcohol, caffeinated drinks, highly-acidic juices, and spicy foods worsen gastritis symptoms. So it is best to avoid them. Avoid grilled meats, stale foods, and foods that have been pickled in salt for a long time, as they can increase risk for stomach cancer. Instead, consume fresh vegetables, fish cooked in water, and other fresh foods.

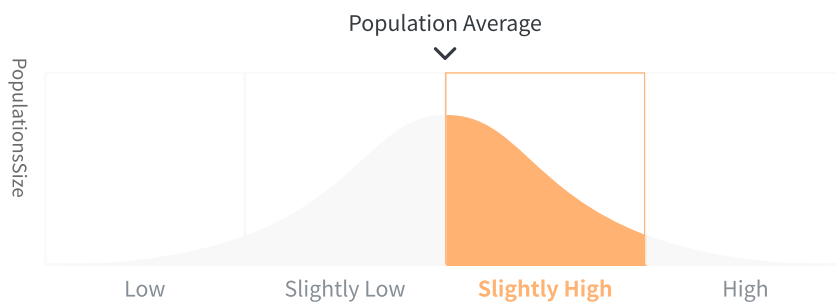
Maintaining stomach health

Avoid eating stimulating foods, caffeine, alcohol, and smoking as they worsen gastritis symptoms. Habit of excessively consuming pain reliever and anti-inflammatory drugs should be fixed. If you are taking aspirin to prevent complications of high blood pressure or diabetes, consult a physician to change the drug. Regular screening for gastritis is also important.

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You fall under the group with a **slightly high likelihood** of developing gastritis.



Genetic information

From analyzed 7 genetic markers, we have found **5** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Barrett's Esophagus

Barrett's esophagus is a condition in which tissue that is similar to the lining of your intestine replaces the tissue lining your esophagus. It is often linked to chronic acid reflux.

Likelihood of Development:



In accordance with above results, your likelihood of developing Barrett's esophagus is **slightly high**.

Avoid irritating your esophagus' mucous layer by limiting alcohol, smoking, caffeinated drinks, and oily foods. Also, it is best to avoid binge and late-night eating.

Dietary guide

Frequent consumption oily foods, alcohol, coffee, chocolate, mints, orange juice, and smoking can increase stomach acid reflux. Avoid frequent consumption of hot tea because this can stimulate the esophagus. Also, eating fatty foods, overeating, and obesity increase abdominal pressure and induce acid reflux, so avoid these if possible.

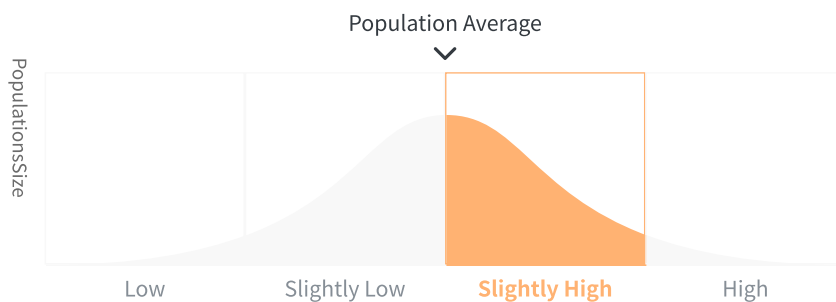
Lifestyle guide

To prevent gastric acid reflux into the esophagus, sleep on a pillow 10~15 cm thick. Avoid eating food too quickly and do not lay down within 3 hours after eating. Maintain a healthy body weight and do not let your body mass index exceed 25 kg/m². Do moderate exercise such as running every day for at least 30 minutes.

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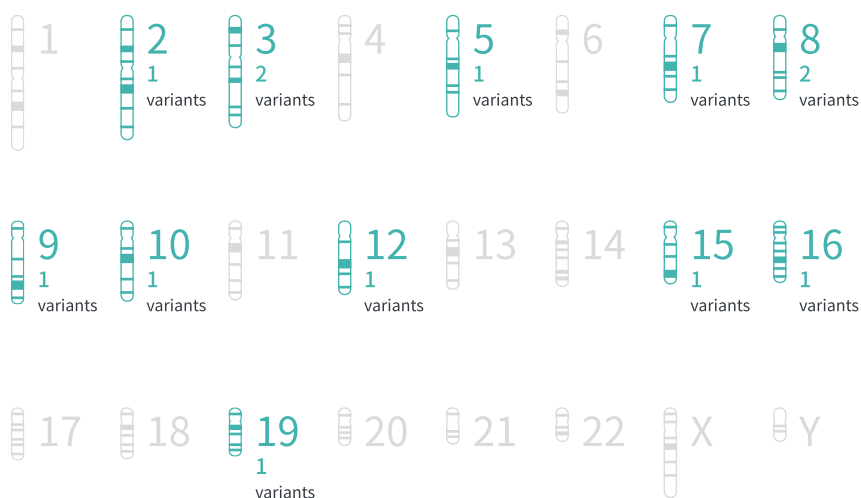
You fall under the group with a **slightly high likelihood** of developing Barrett's esophagus.



Genetic information

From analyzed 18 genetic markers, we have found **13** effect allele.

The credibility score is **75** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

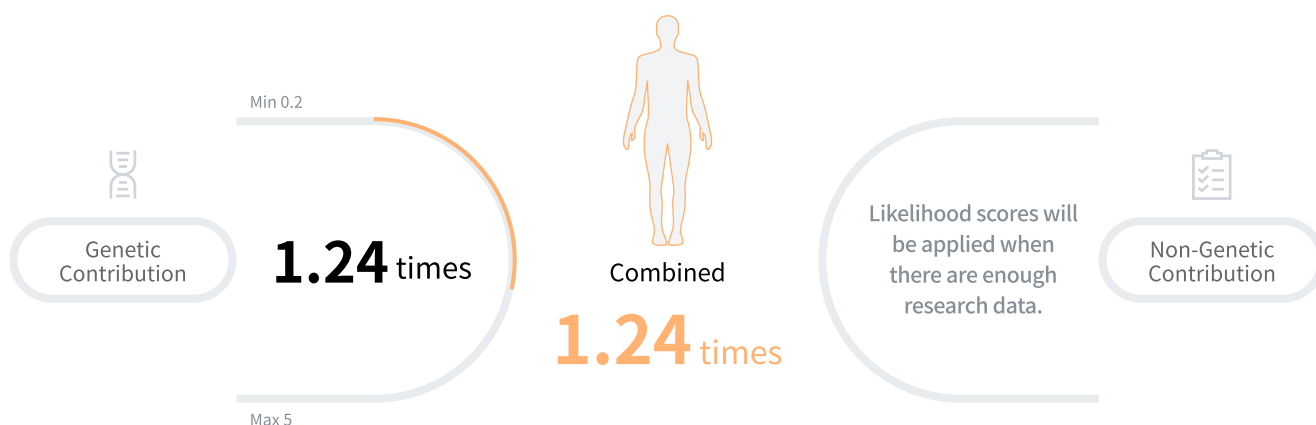


0 genetic markers with unknown location.

Systemic Sclerosis

Systemic sclerosis results from excessive accumulation of collagen in parts of the skin, causing skin to become hardened and white or brown in color. Location and size of affected area vary, and this condition can heal without intervention.

Likelihood of Developing Hardened Skin:



According to above results, your likelihood of developing systemic sclerosis is **slightly high**.

Although exact cause of this condition is not yet known, early detection is important to prevent serious complications.

What is systemic sclerosis?

It is a chronic connective tissue disease without known cause, accompanied by excessive accumulation of collagen. This leads to certain skin parts hardening and becoming brown or white in color. It occurs more in females than males, and more in individuals between 20~50 years of age. Affected area and size vary, and can improve without special treatment.

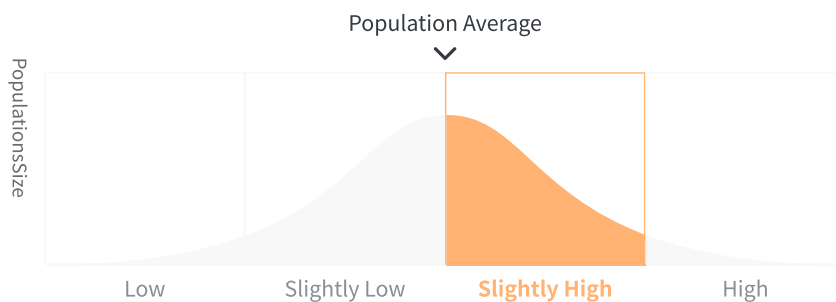
Raynaud's phenomenon

Systemic sclerosis symptoms include fatigue and Raynaud's syndrome, which causes peripheral blood vessel contraction of fingers, toes, nose, and ears, and blood circulation disorder. For Raynaud's syndrome, wear warm clothes, gloves, and socks to keep your body warm. Particularly, avoid cool interiors when the weather is hot.

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The Group That I Belong To

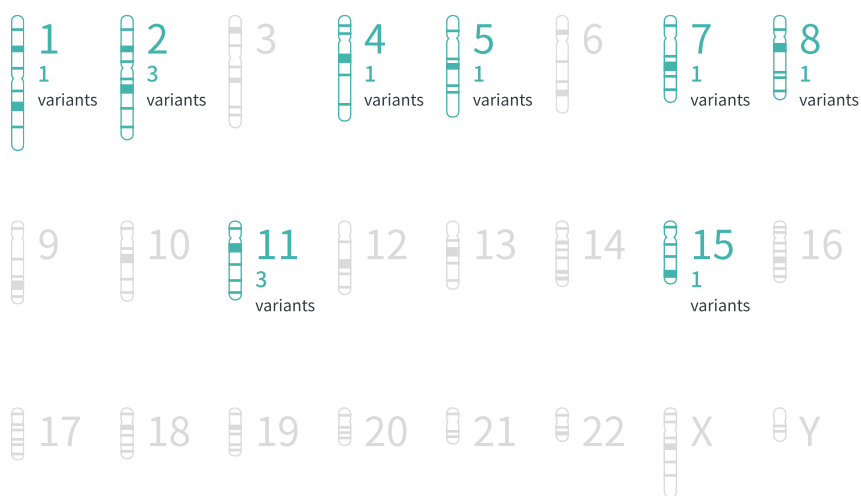
You fall under the group with a **slightly high likelihood** of developing systemic sclerosis.



Genetic information

From analyzed 27 genetic markers, we have found **12** effect allele.

The credibility score is **75** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Graves' Disease

Graves' disease refers to an autoimmune disease in which our body produces antibodies that stimulate thyroid hormones. This disease is more common in women than in men and can cause complications if not treated early.

Likelihood of Developing Overactive Thyroid:



Based on above results, your likelihood of developing Graves' disease is **slightly high**.

Maintain your health through a regular sleeping pattern and exercise, and balanced diet. Also, it is a good idea to always listen to your body's signals.

What is Graves' disease?

Graves' disease is an immune disease characterized by presence of an autoantibody that stimulates thyroid hormones. It is more common in women than men and if not treated early, symptoms may worsen and lead to various complications. With increased thyroid hormone and metabolism, symptoms such as anxiety, nervousness, and feeling hot may appear.

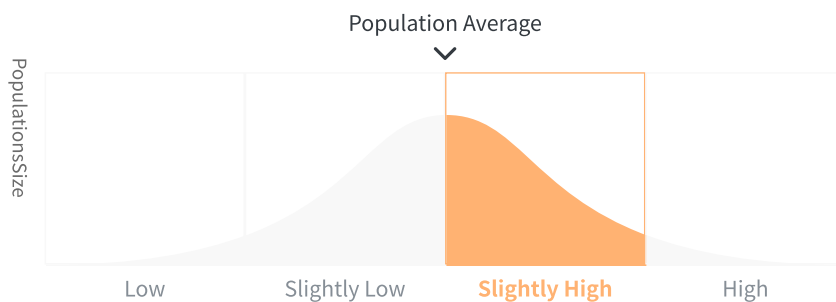
Characteristics

Serum TPO is a marker of autoimmune thyroid disease and is detected with Graves' disease. Symptoms include weight loss despite good appetite, increased perspiration and heart beat, and hand tremor. Some may experience increased neuroticism and sensitivity. Eyes may protrude in some patients, resulting in the face looking surprised.

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The Group That I Belong To

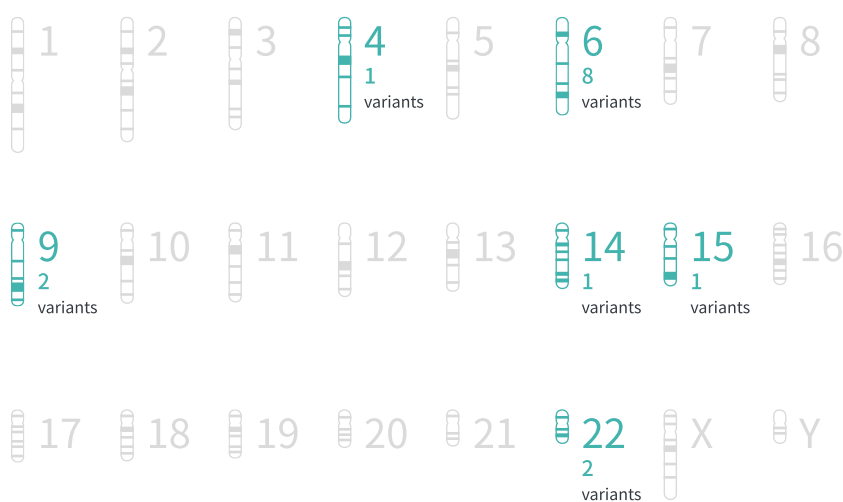
You fall under the group with a **slightly high likelihood** of developing Graves' disease.



Genetic information

From analyzed 24 genetic markers, we have found **15** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Allergic Rhinitis

Allergic rhinitis is a type of inflammation in the nose which occurs when the immune system overreacts to allergens in the air.

Likelihood of Development:



According to above results, your likelihood of developing allergic rhinitis is **slightly high**.

Make it a habit to keep your personal environments clean, especially during allergy season.

What is allergic rhinitis?

Allergic rhinitis is a disorder where the nasal mucosa is hypersensitive to certain substances. After the mucosa is exposed to allergens, various inflammatory cells localize to the irritation site and secrete inflammatory chemicals. Depending on the length of symptoms it is categorized as either intermittent or persistent. The latter lasts longer than one month.

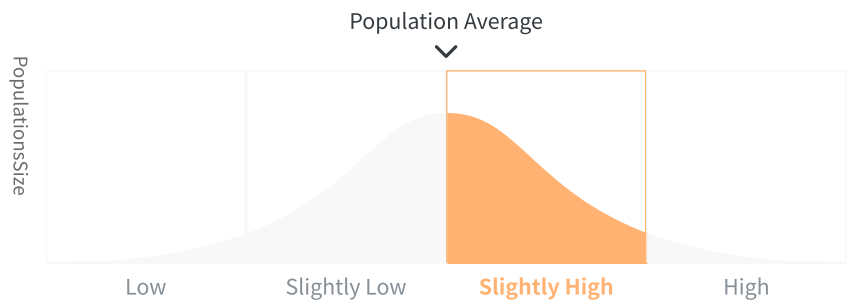
Lifestyle guide

A sudden exposure to cold air can worsen allergic rhinitis. When going outside during winter, wear a mask or scarf. During summertime, adjust indoor temperature so it does not drastically differ from outside temperature. For bedding that easily becomes dusty, use pillow and comforter covers that can be easily removed and washed.

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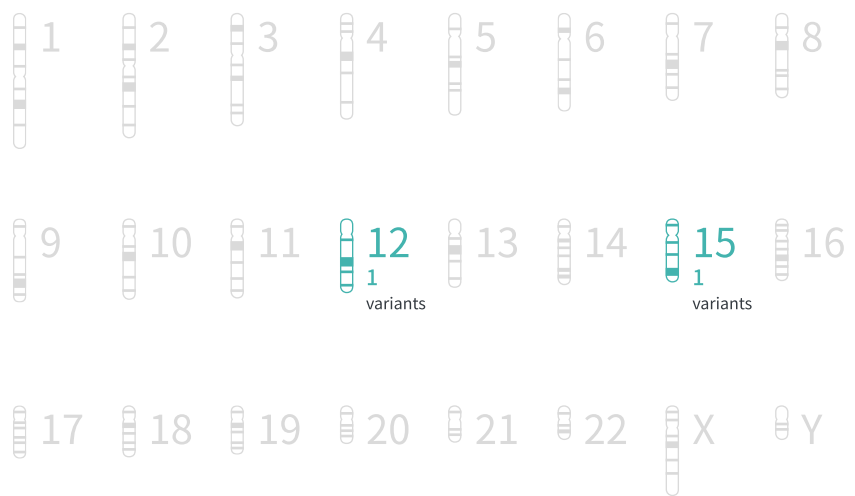
You fall under the group with a **slightly high likelihood** of developing allergic rhinitis.



Genetic information

From analyzed 2 genetic markers, we have found **2** effect allele.

The credibility score is **72** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

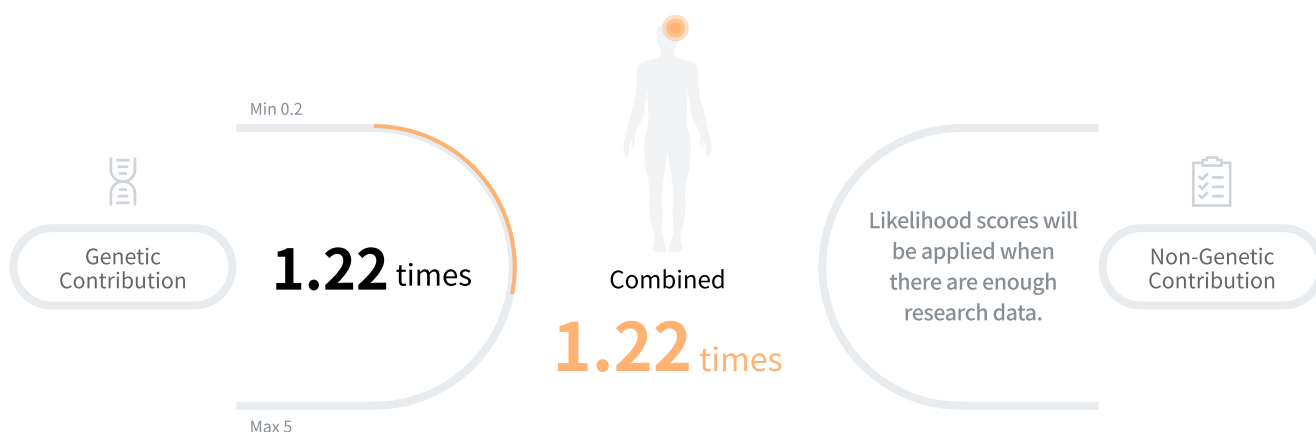


0 genetic markers with unknown location.

Moyamoya Disease

Moyamoya disease is a rare cerebrovascular disorder caused by blocked arteries. Its incidence is higher in Asia than in Europe or North America. About 15% of patients show a family history of the disease, suggesting a genetic cause.

Likelihood of Artery Blockage in Brain:



Based on above results, your likelihood of developing Moyamoya disease is **slightly high**.

Protect your brain health by eating fruits and vegetables rich in phytochemicals.

Risk factors

Exact disease onset process and cause are unknown. An infection may induce an autoimmune reaction and vasculitis (blood vessel inflammation), but there is no conclusive evidence. Epidemiological findings support genetic factors rather than environmental. Japanese studies showed that occupation, lifestyle, and location do not affect this disease.

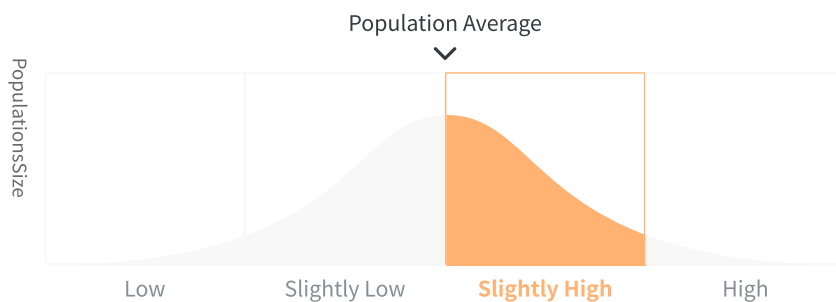
Phytochemicals

Consuming foods that benefit brain health is good for preventing cerebral hemorrhage and stroke. Fresh fruits and vegetables are rich in pigmented phytochemicals, which function as antioxidants, in detoxification, and improve immunity. With every meal, consuming 2~3 differently colored vegetables and 1 fruit is recommended.

UP-To-Date, Cochrane Library

The Group That I Belong To

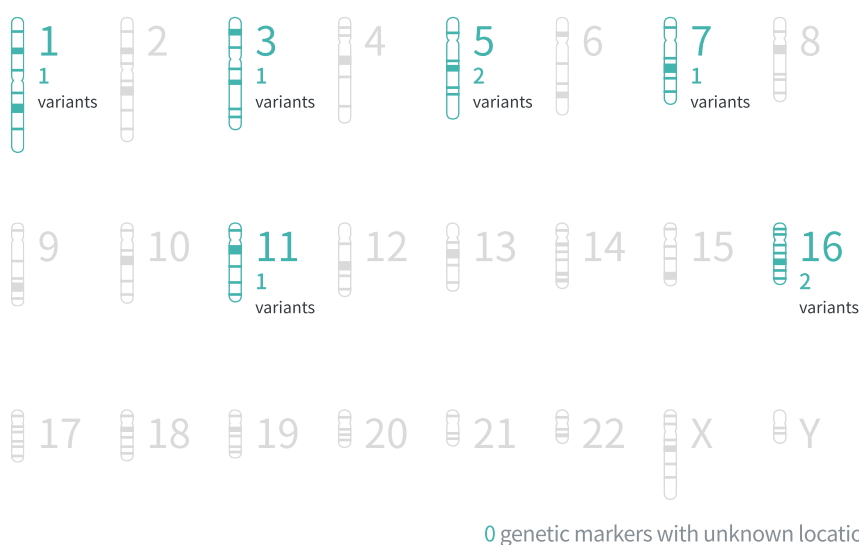
You fall under the group with a **slightly high likelihood** of developing Moyamoya disease.



Genetic information

From analyzed 16 genetic markers, we have found **8** effect allele.

The credibility score is **93** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Periodontal Disease

Periodontal disease, also known as gum disease, is a set of conditions where the tissues surrounding the teeth are inflamed. There are different stages of the disease.

Likelihood of Development:



Your likelihood of developing periodontal disease is slightly high.

Maintain your gum health through regular dental checkups.

What is periodontal disease?

Periodontal disease is caused by bacterial damage to periodontal ligaments and adjacent tissue. Its incidence rate is high among dental diseases and can cause other systemic diseases if severe. Mild cases are gingivitis, which has a relatively quick recovery. Severe cases are periodontitis, when inflammation spreads to the gums and surrounding bones.

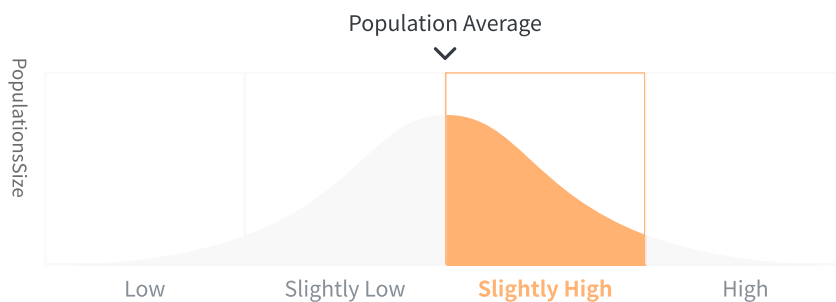
Scaling

Scaling removes plaque on the outermost layer of tooth junctional epithelium. It allows physical removal of hard deposits stuck on teeth and smoothing of teeth surface. Ideally, it should be done every 6 months, but every 3 months is more appropriate for individuals with a lot of plaque. With good teeth brushing habits, a 12-month cycle is adequate.

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The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing periodontal disease.



Genetic information

From analyzed 8 genetic markers, we have found **2** effect allele.

The credibility score is **65** points. because studies used for the analysis of this test item's genes are based on a small sample size.

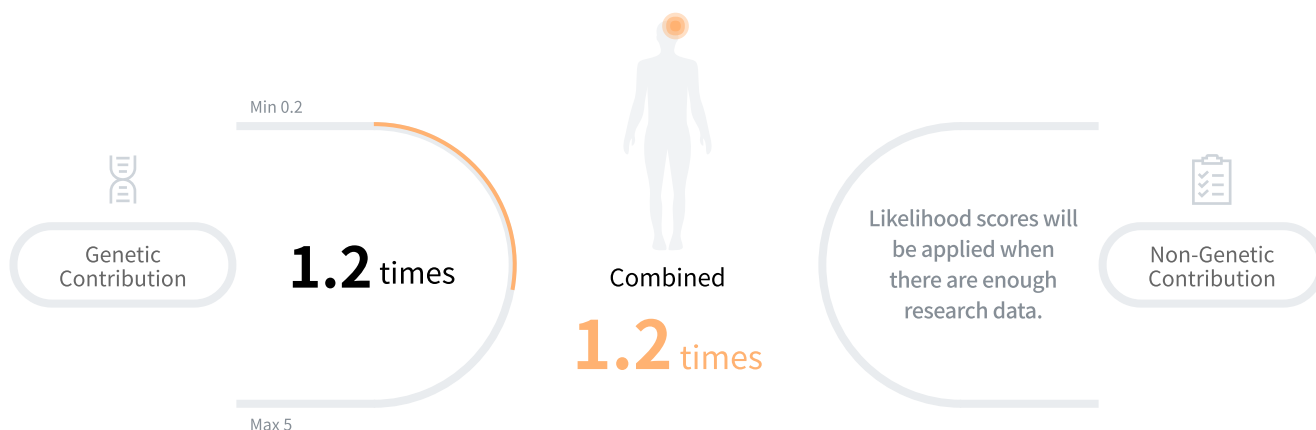


0 genetic markers with unknown location.

Astigmatism

Astigmatism is a vision disorder caused by an irregularly shaped cornea or lens. As a result, vision becomes blurred.

Likelihood of Developing Imperfection in Eye Curvature:



In accordance with above results, your likelihood of developing astigmatism is **slightly high**.

Early intervention and correction is important. So visit your eye doctor frequently.

What is astigmatism?

Astigmatism is when refractive power of light coming into the eyes changes due to irregularity on corneal surface. This leads to focus disturbance from a single point, leading to blurry vision. It is differentiated based on far and nearsightedness. Astigmatism causes both near and far objects to be blurry, and severe cases can lead to eye fatigue and headache.

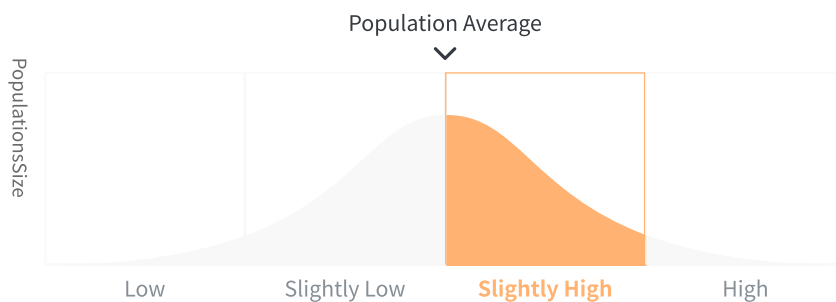
Lifestyle for prevention

Astigmatism has no serious effect on daily activities, so it can easily go unnoticed. For prevention, early discovery and fixing lifestyle habits are important. It is good to avoid staring at a phone screen in a dark setting for long periods, avoid reading during a shaky car ride, and receive regular eye checkups.

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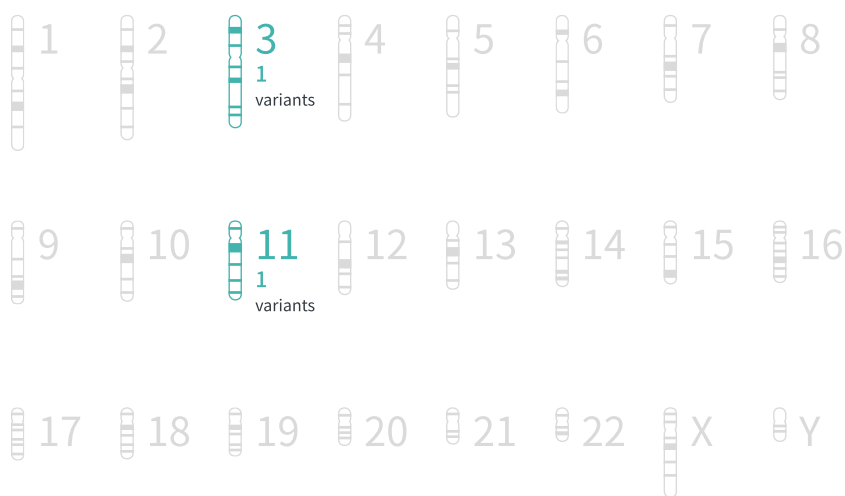
You fall under the group with a **slightly high likelihood** of developing astigmatism.



Genetic information

From analyzed 5 genetic markers, we have found **2** effect allele.

The credibility score is **90** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

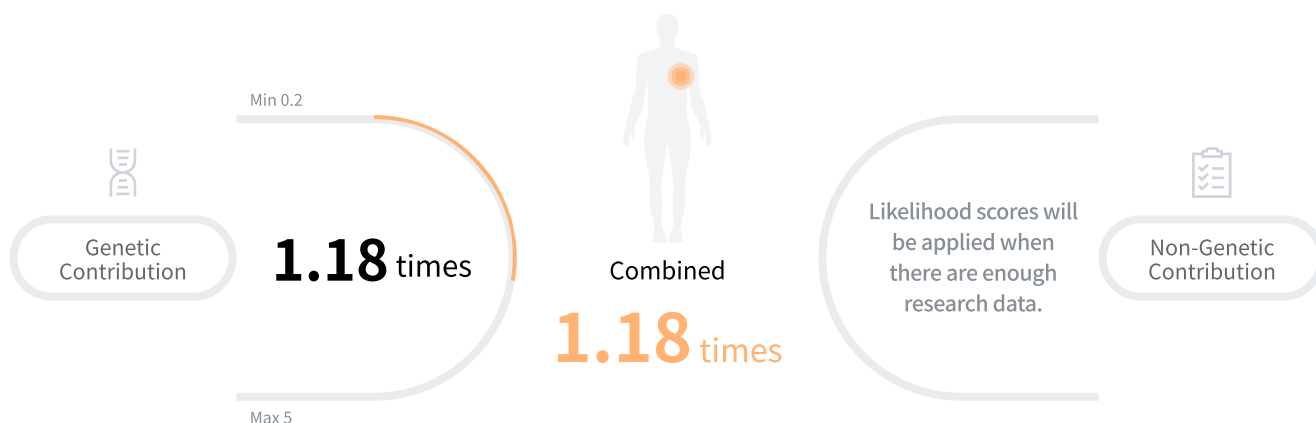


0 genetic markers with unknown location.

Aging Lung Function

Your lungs mature by the time you are about 20-25 years old. After about the age of 35, it is normal for your lung function to decline gradually as you age.

Likely Degree of Lung Function Declining From Aging:



Based on above results, your likely degree of experiencing lung function decline from aging is **slightly high**.

If you are a smoker, it is important to quit. Also, maintain healthy lungs through regular aerobic exercises.

Aging and lung function

As age increases, bodily functions deteriorate and various aging-related diseases appear. Decreased lung function from aging weakens respiratory muscle and diaphragm. This can lead to reduced lung elasticity, asthma, chronic emphysema, and lung cancer. In addition, the elderly have decreased immunity, increasing likelihood of pneumonia from infection.

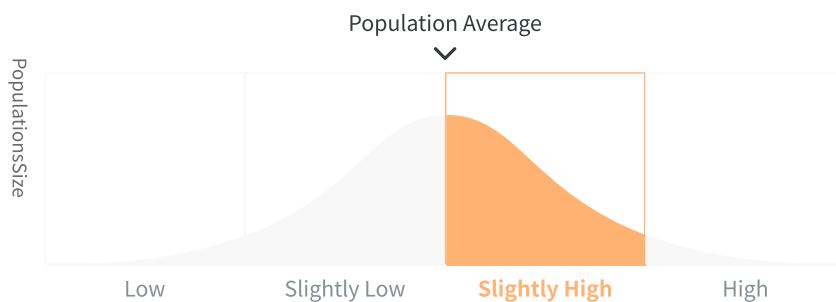
How to improve lung function

To improve lung function, not smoking is essential. It lowers pulmonary function and causes lung cancer, laryngeal cancer, chronic obstructive lung disease, etc. Obesity also causes lung function deterioration, causing breathing difficulties as BMI increases. Appropriate physical activity, rather than excessive activity, strengthens respiratory muscles.

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The Group That I Belong To

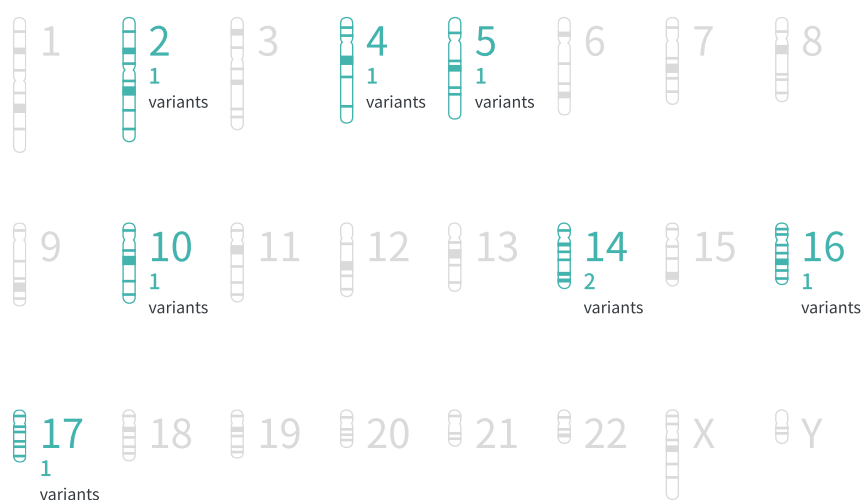
You fall under the group with a **slightly high** tendency of experiencing lung function decline from aging.



Genetic information

From analyzed 17 genetic markers, we have found **8** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

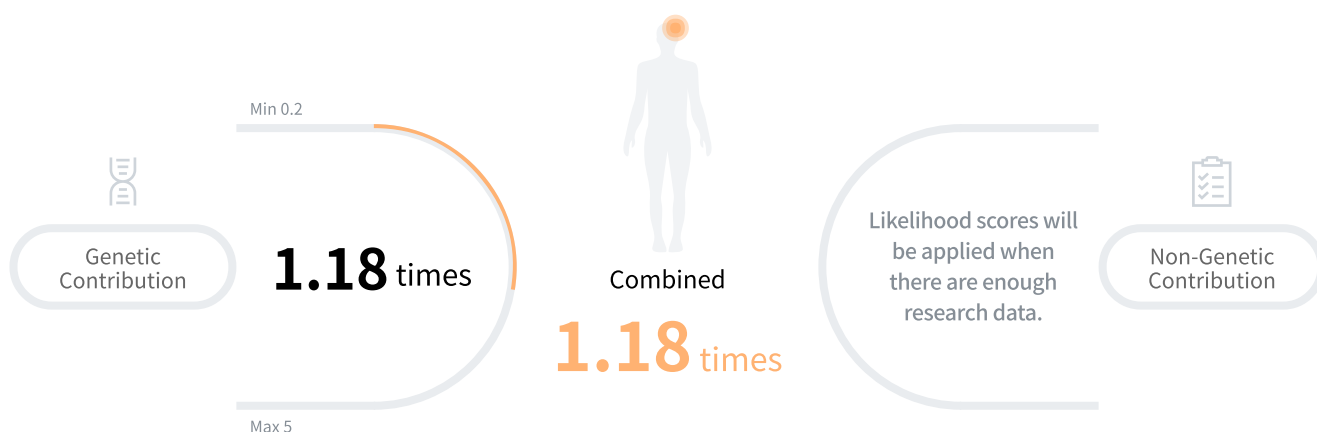


0 genetic markers with unknown location.

Stroke

Stroke, or cerebral infarction, occurs when blood and nutrient supply to the brain is inhibited due to blockage or leakage of a blood vessel.

Likelihood of Stroke Occurring:



Based on above results, your likelihood of having stroke is **slightly high**.

It is recommended to avoid risk factors of stroke such as high blood glucose level and high blood pressure. Avoid salty foods and quit smoking and drinking

Risk factors

High blood pressure is a significant risk factor of cerebral infarction. More than 60% of patients with cerebral ischemia or hemorrhage had preexisting high blood pressure. Recurrence rate is high, with 8~10 of 100 patients who had stroke had recurring symptom. Thus, people who have survived stroke are strongly advised to monitor their health. Smoking and chronic alcohol consumption significantly increase the risk.

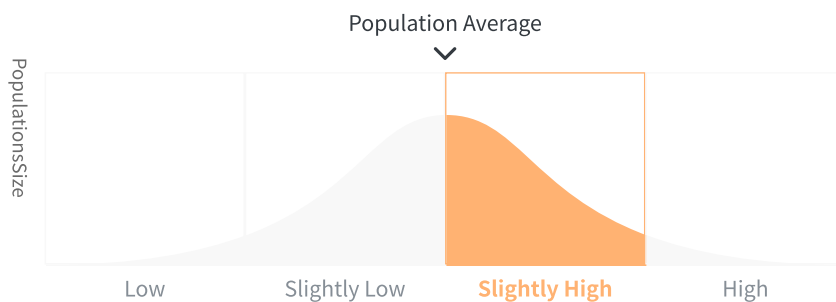
Lifestyle

Avoid places including bathrooms and saunas where body temperature or blood pressure might change significantly, especially for people with high blood pressure. Regular exercise is recommended. Routine exercise reduces stress and prevents insomnia and obesity. Cardio workouts such as walking, jogging, or bicycling is recommended.

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The Group That I Belong To

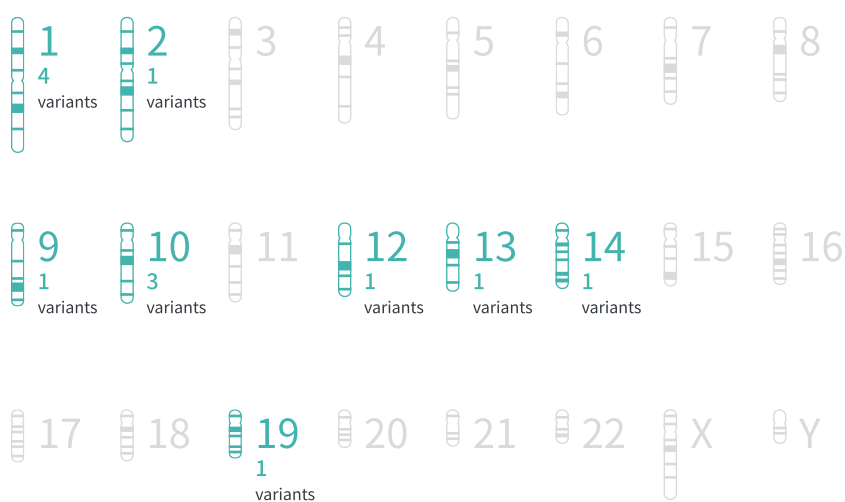
You fall under the group with a **slightly high likelihood** of stroke occurring.



Genetic information

From analyzed 18 genetic markers, we have found **13** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

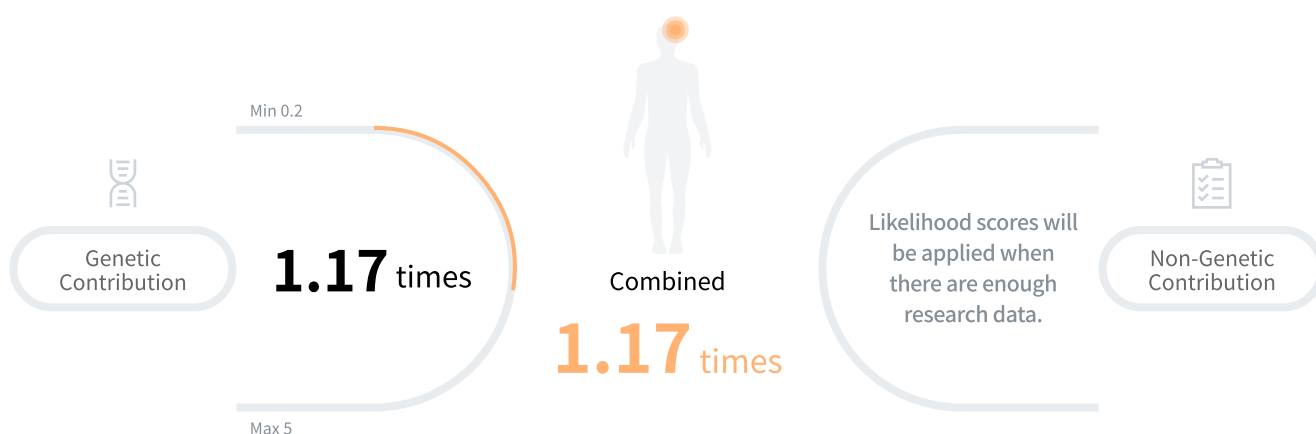


0 genetic markers with unknown location.

Rhegmatogenous Retinal Detachment

Rhegmatogenous retinal detachment occurs when ocular fluid flows through a hole in the retina, separating it from underlying tissues. Common symptoms are blurred vision, appearance of tiny specks in your vision, and flashes of light in your eyes.

Likelihood of Retina Detaching From Underlying Tissue:



According to above results, your likelihood of developing rhegmatogenous retinal detachment is **slightly high.**

If you see a sudden appearance of floaters (drifting specks) or gradually decreased peripheral vision, visit your eye doctor.

Retinal detachment

It is when the retina covering the inside of the eye is damaged and lifted from the eyeball. Then, the nutritional supply is interrupted and optic nerve function is reduced, leading to vision problems in severe cases. Early symptoms include narrow and distorted vision. If the entire retina remains detached, it can lead to bleeding, glaucoma, cataract, and phthisis bulbi.

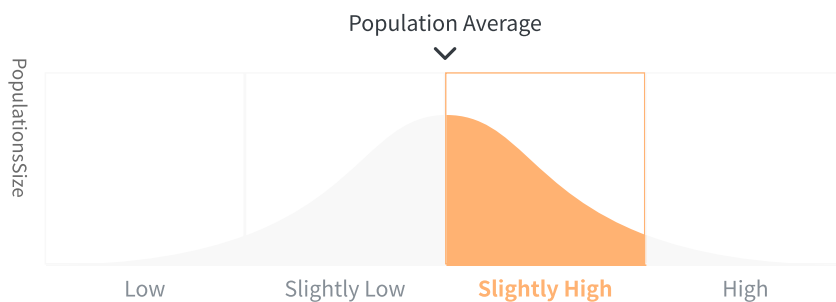
Treatments

Primary rhegmatogenous retinal detachment is the most common type of retinal detachments and it requires surgical procedures for treatment. If not treated early, the likelihood of permanent vision loss in the affected eye significantly increases. Size of the detachment and intensity of macular damage affect prognosis of retinal detachment surgeries.

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The Group That I Belong To

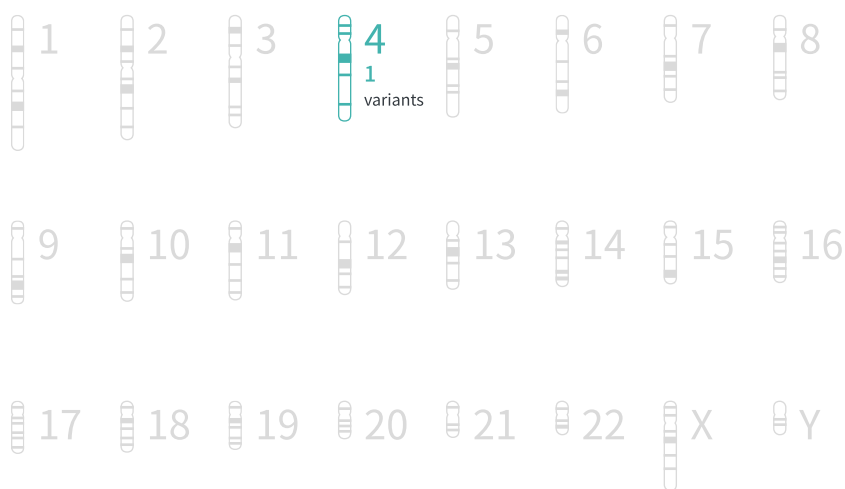
You fall under the group with a **slightly high likelihood** of developing retinal detachment.



Genetic information

From analyzed 2 genetic markers, we have found **1** effect allele.

The credibility score is **73** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

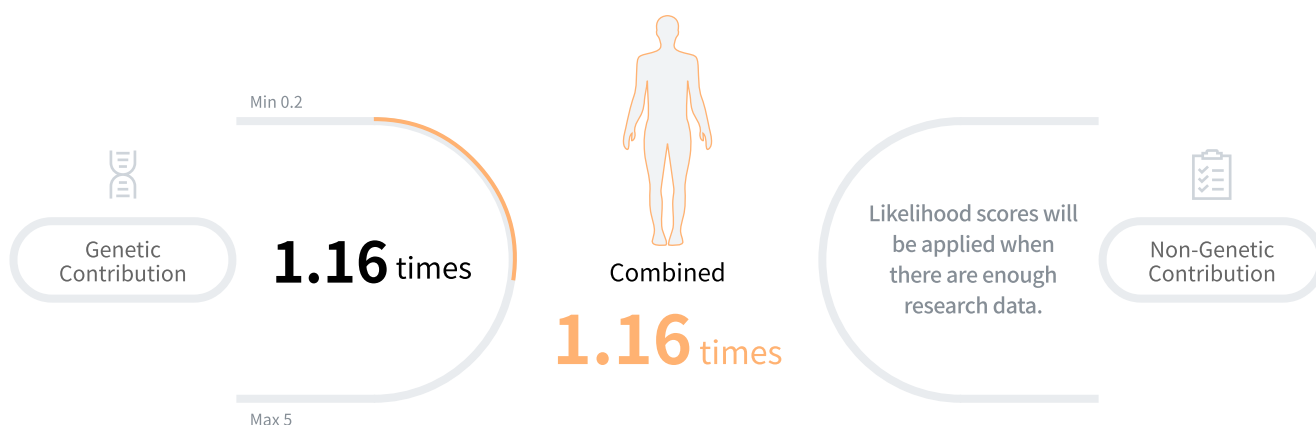


0 genetic markers with unknown location.

Coronary Artery Calcification

Coronary arteries surround the heart to supply nutrients and oxygen. Coronary artery calcification occurs when calcium accumulates in the arteries, causing them to narrow and stiffen.

Likelihood of Coronary Arteries Becoming Calcified and Hardened:



Based on above results, you have a **slightly high** likelihood of coronary arteries calcifying.

Maintain a healthy weight to lower risk for metabolic diseases. Also, choose fish and vegetables instead of eating meat.

What is coronary artery calcification?

Coronary artery calcification is the build-up of calcium in the heart's arteries. Risk factors are high cholesterol, high blood pressure, smoking, diabetes, physical inactivity, older age and family history. Coronary calcification can prevent sufficient oxygen and nutrients reaching the heart, causing heart disease such as angina and heart failure.

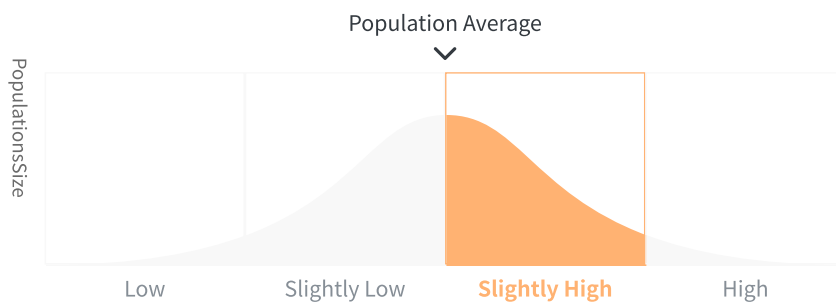
Preventing coronary artery calcification

Slowing or preventing the progression of coronary calcification can include dieting (especially to limit cholesterol, fat, and sodium), exercising, quitting smoking, avoiding alcohol and losing weight. Make sure half your meal portion is from vegetables and fruits. For protein, choose fish, beans, nuts or white meat over red meat.

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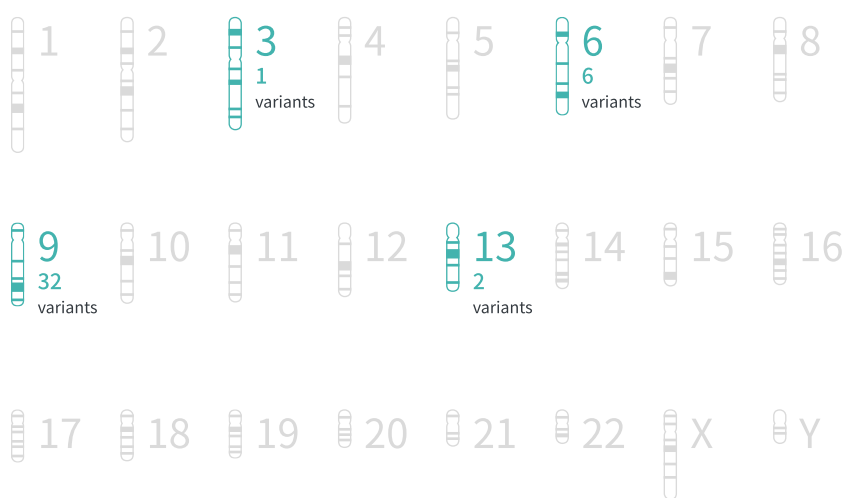
You fall under the group where the likelihood of coronary artery calcification is **somewhat high**.



Genetic information

From analyzed 60 genetic markers, we have found **41** effect allele.

The credibility score is **75** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

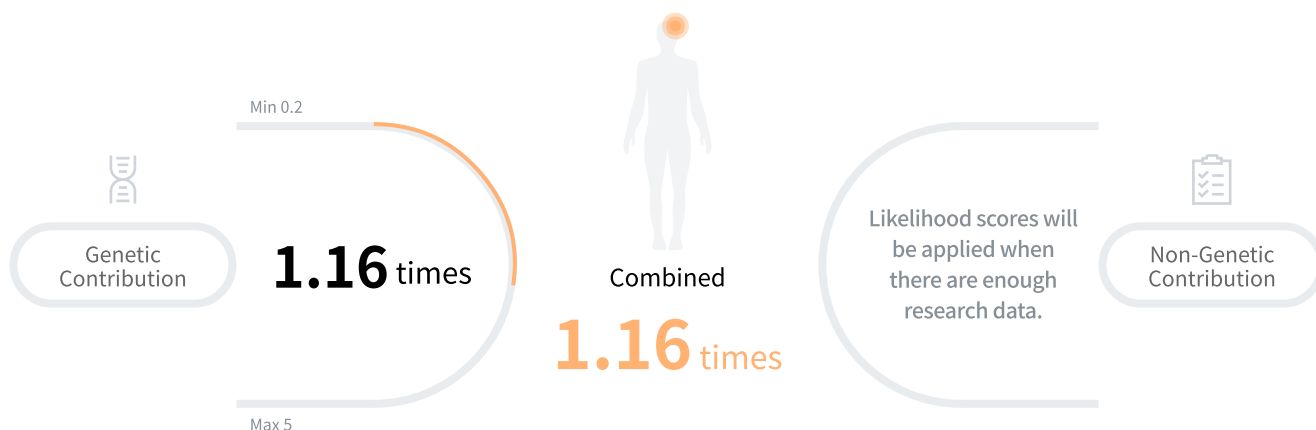


0 genetic markers with unknown location.

Migraine

Migraines are severe, recurring, and painful headaches. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Attacks can last for hours to days.

Likelihood of Having Throbbing Headache:



According to above results, your likelihood of having migraine is **slightly high**.

If have migraines, know what tends to trigger them. Be mindful of your stress level and take breaks as needed.

Foods that can induce migraine

Diet adjustment in migraine is important. Limit consumption of cheese, chocolate, coffee, red wine, sausage, and processed meats as they can induce migraine. Antihypertensive and analgesic anti-inflammatory drugs might contain migraine-inducing chemicals, so use caution when consuming these drugs.

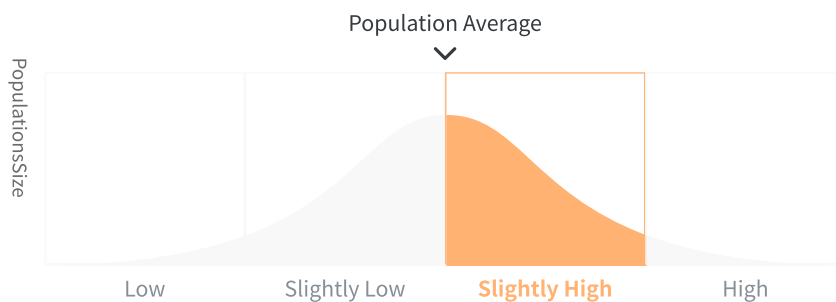
Lifestyle guide

Healthy lifestyle habits can prevent migraine. Maintain a healthy body with adequate cardiovascular and flexibility exercises, and a regular sleep pattern. Quit smoking, as it induces headaches and negatively affects brain blood vessels. Avoid excessive stressed and excessive drug use.

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The Group That I Belong To

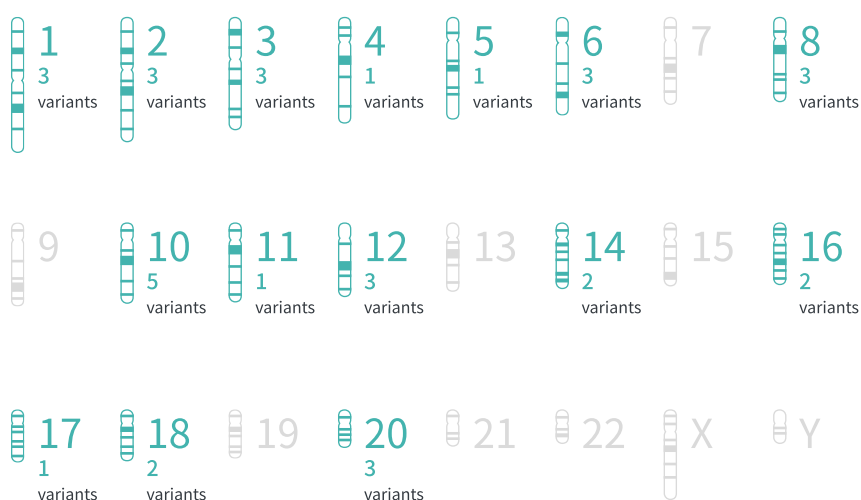
You fall under the group with a **slightly high likelihood** of having migraines.



Genetic information

From analyzed 90 genetic markers, we have found **36** effect allele.

The credibility score is **82** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

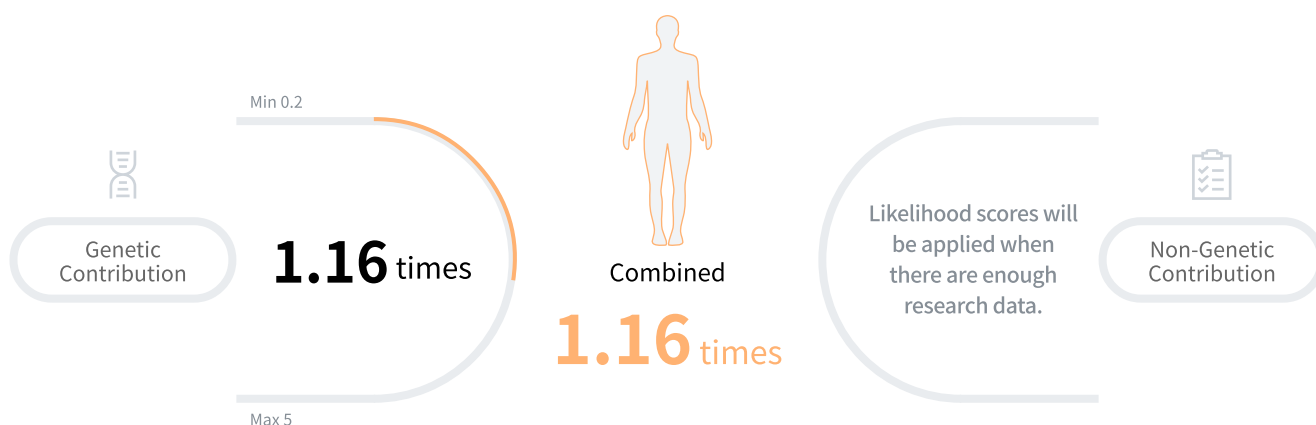


0 genetic markers with unknown location.

Epilepsy - Partial Seizure

An epilepsy of partial seizure is a neurological disorder marked by sudden recurrent episodes of sensory disturbance, loss of consciousness, or convulsions, associated with abnormal electrical activity in a specific part of the brain.

Likelihood of Abnormal Activity in One Brain Area:



Based on above results, your likelihood of having partial seizures during an epileptic attack is **slightly high**.

If you have epilepsy, find out what triggers you and avoid them. Avoid traumatic head injuries as they can increase risk of epileptic episodes.



What are partial seizures?

Partial seizure, aka focal seizure, is a type of epileptic seizure where electrical disturbance is limited to one specific part of the brain. Symptoms of focal seizures may be confused with other neurological disorders, such as migraine, narcolepsy or mental illness. A thorough examination and testing are needed to distinguish epilepsy from other disorders.



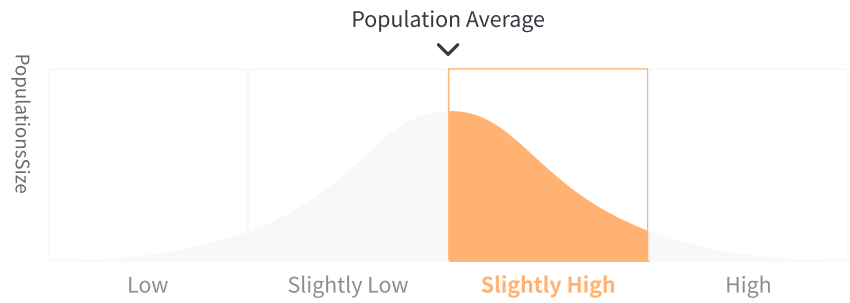
Risk factors

Epilepsy can be caused by various causes. It can occur during birth or after birth. Causes include nutritional state during pregnancy and childbirth complications including head trauma and brain infection. Stroke, brain tumor, and brain degeneracy are other possible causes, but the exact cause of epilepsy is unknown.

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The Group That I Belong To

If you have epilepsy, you fall under the group where the likelihood of partial seizures is **slightly high**.



Genetic information

From analyzed 4 genetic markers, we have found **1** effect allele.

The credibility score is **72** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

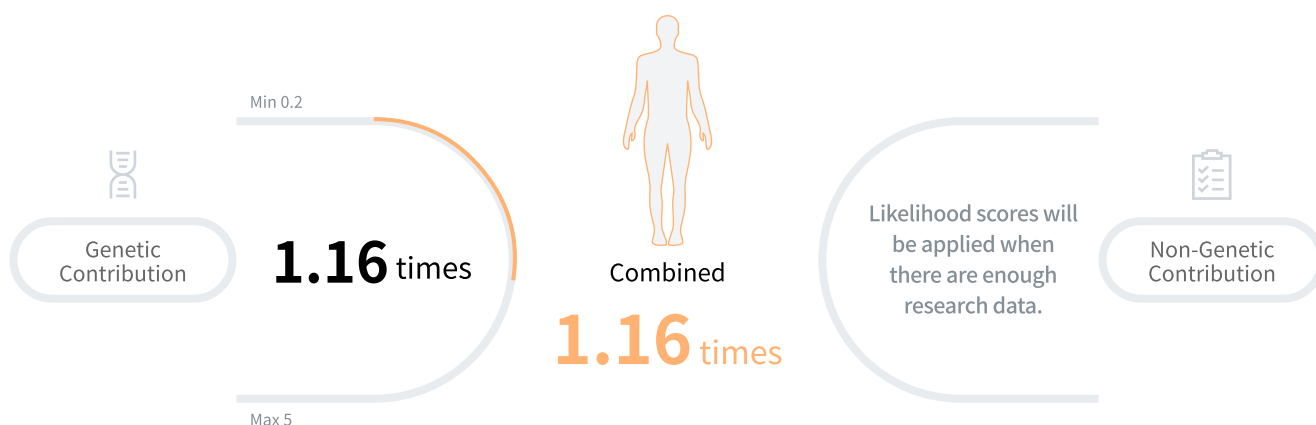


0 genetic markers with unknown location.

Anorexia Nervosa

Anorexia is a type of eating disorder characterized by an obsessive fear of gaining weight and an unrealistic perception of body image. Anorexia can develop brain damage, multi-organ failure, bone loss, heart difficulties, and infertility.

Likelihood of Severely Restricting Food Intake:



Based on above results, your likelihood of developing anorexia nervosa is **slightly high**.

Instead of excessive dieting, stay healthy through regular exercising.

What is anorexia nervosa?

Anorexia nervosa is an eating disorder and mental health condition. People with anorexia restrict food intake and/or may over-exercise in order to keep their weight low. Men and women of any age can develop anorexia, but is more common in teenage women.

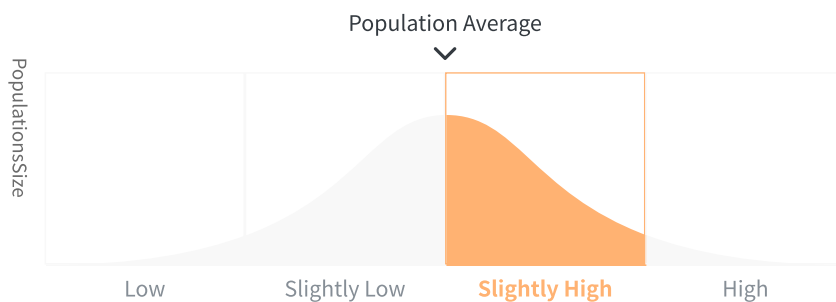
Management

Patients require multidisciplinary treatment, involving nutritional support, psychological counseling, and behavioral modification. Depending on a patient's condition, treatment may take place on an outpatient basis, in a residential or partial hospitalization unit, or on an intensive inpatient basis. No matter what the setting, family involvement is essential.

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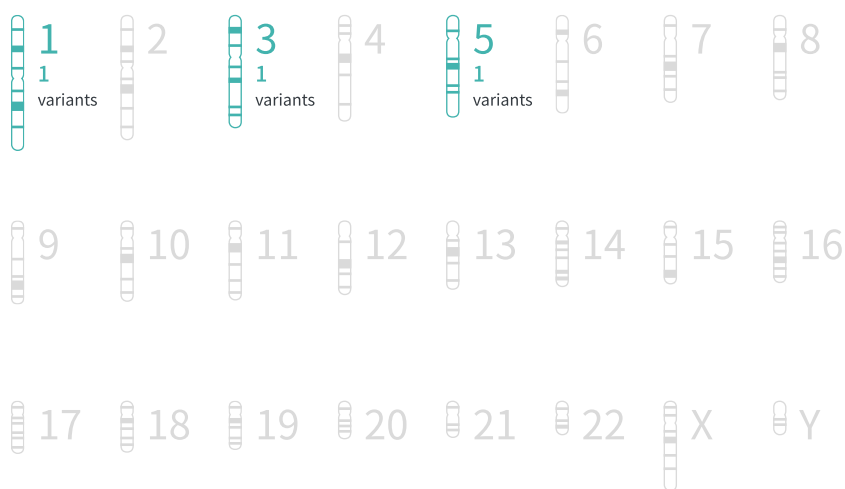
You fall under the group where the likelihood of anorexia nervosa is **slightly high**.



Genetic information

From analyzed 5 genetic markers, we have found **3** effect allele.

The credibility score is **85** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

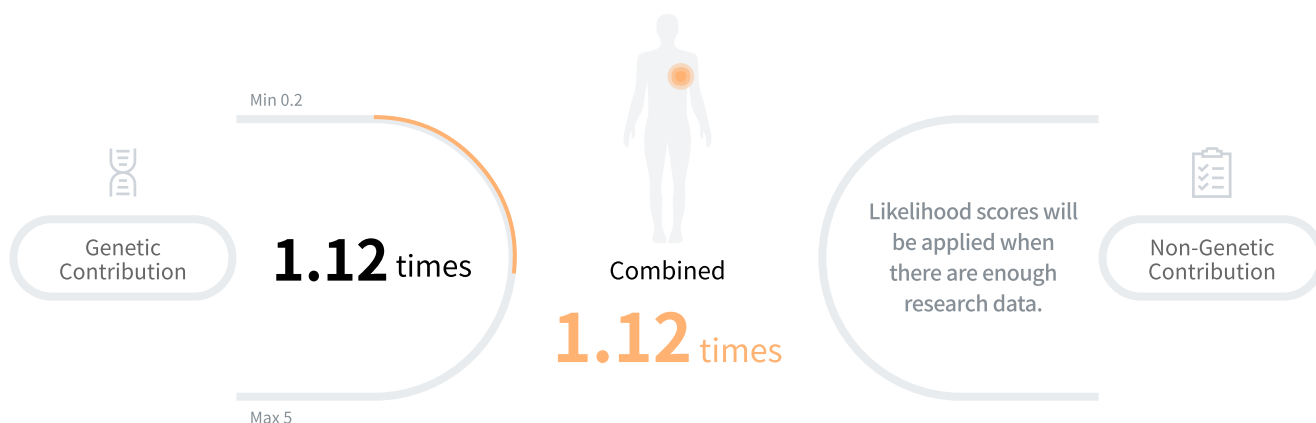


0 genetic markers with unknown location.

Tuberculosis Infection

Tuberculosis (TB) is caused by the bacterium *Mycobacterium tuberculosis* and is an air-borne disease transmitted through fine respiratory droplets from an infected person.

Susceptibility to Tuberculosis Infection:



Your susceptibility to tuberculosis is likely **slightly high**.

Enhance your immunity through a balanced diet and regular exercise.

Risk factors

TB is caused by *M. tuberculosis* infection. Causes of the germ activation include infection within 1 year, fibrosis of a lesion, AIDS, silicosis, chronic renal failure and dialysis, previous gastrectomy, previous organ transplant, nutrient deficiency and low weight. Average patient age is over 40 and TB occurs more frequently in females than males.

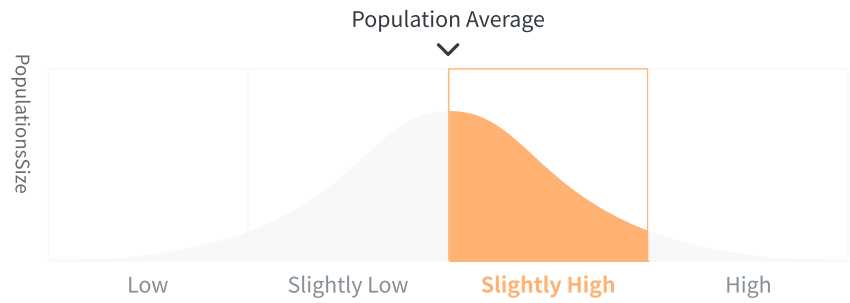
Prevention

Prevention is most important for TB. BCG vaccination prevents TB infection. Also, adequate consumption of daily foods is a good preventative method. Smokers with TB onset can mistakenly contribute coughing and phlegm to smoking. Smoking can then cause additional germ infection. So it is important for smokers to quit.

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The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing tuberculosis.



Genetic information

From analyzed 1 genetic markers, we have found 1 effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

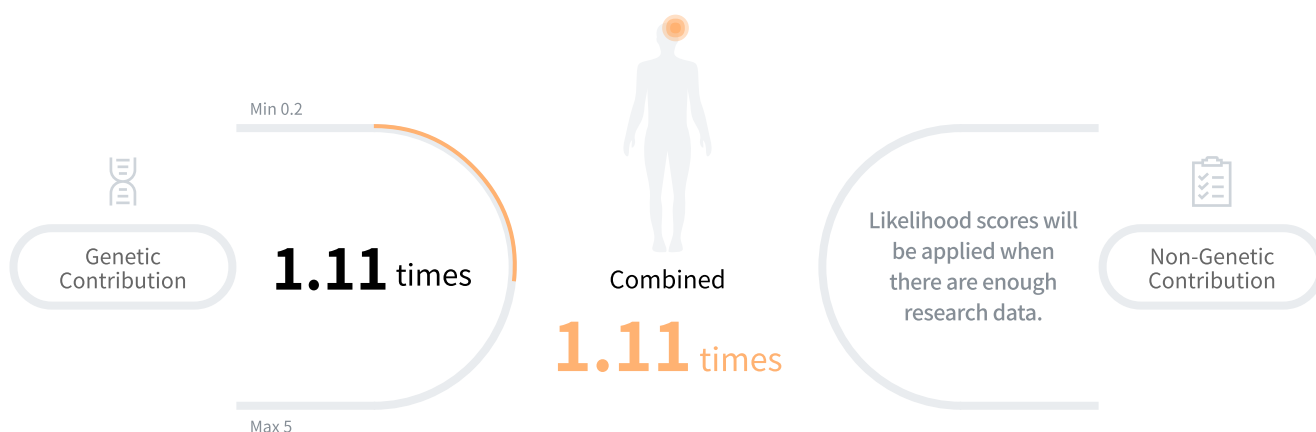


0 genetic markers with unknown location.

Cerebral Hemorrhage

Cerebral hemorrhage is an internal bleeding that occurs in the brain. Common causes of cerebral hemorrhage are high blood pressure, cerebral aneurysm, and head trauma from traffic accidents.

Likelihood of Arterial Bleeding in Brain Occurring:



Based on above results, your likelihood of cerebral hemorrhage occurring is **slightly high**.

If you have high blood pressure, make an effort to lower it. Not smoking and regular exercise can also lower risk.

What is cerebral hemorrhage?

It refers to direct brain damage due to bursting of brain blood vessel and can be either spontaneous or traumatic. Depending on the site of bleeding, it can be classified as intracerebral, intraventricular, epidural, subdural, or subarachnoid hemorrhage. Of these, intracerebral and subarachnoid hemorrhage are the most frequent.

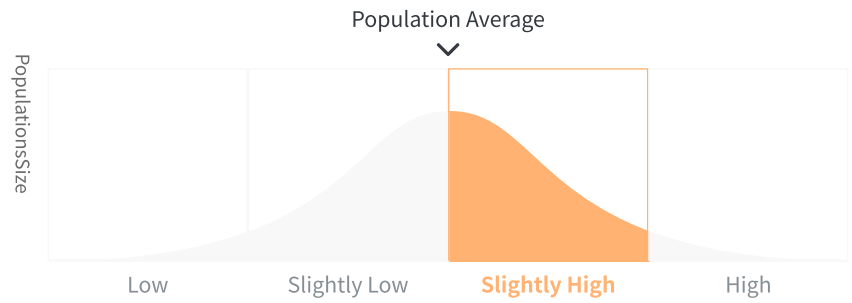
Risk factors

High blood pressure is a major cause of cerebral hemorrhage. It can cause blood vessel bursting even with a slight increase in blood pressure. This can more easily occur to patients with diabetes or hyperlipidemia. Smoking and family history also increases risk. Subarachnoid hemorrhage caused by aneurysm is also a major cause.

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The Group That I Belong To

You fall under the group with a **slightly high likelihood** of cerebral hemorrhage occurring.



Genetic information

From analyzed 4 genetic markers, we have found **4** effect allele.

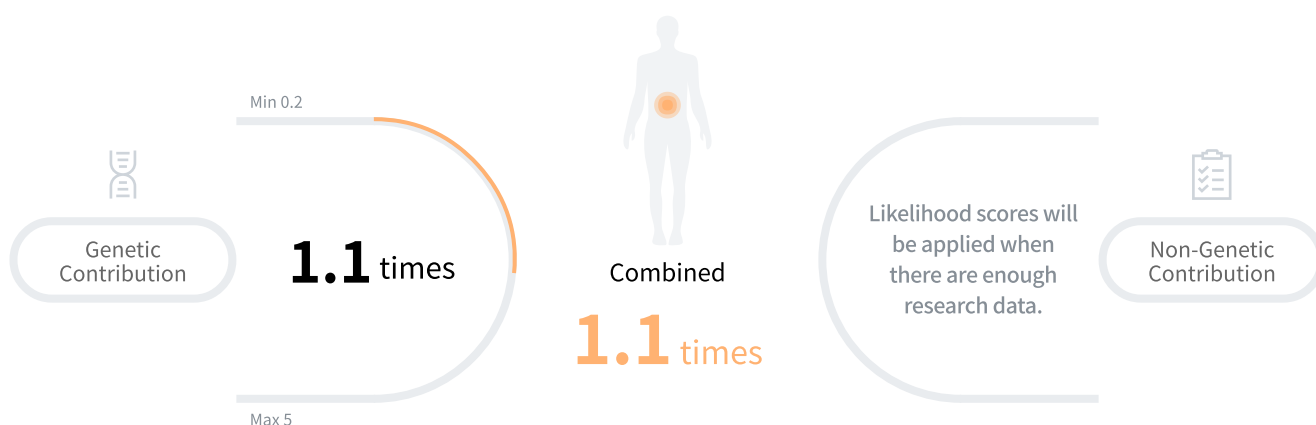
The credibility score is **69** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



Diabetic Kidney Disease

Diabetic kidney disease is a complication of chronic diabetes. Kidney function significantly decreases due to damages in kidney blood vessels and glomeruli, resulting in proteinuria.

Likelihood of Developing Kidney Disease From Diabetes:



Based on above results, your likelihood of developing kidney disease from diabetes is **slightly high**.

It is best to prevent diabetes through healthy diets and frequent exercise. If you already have diabetes, avoid smoking and eating foods high in fat.

What is diabetic kidney disease?

If diabetes persists for a long time, kidney blood vessels are damaged, and the glomeruli responsible for blood filtration are damaged, resulting in proteinuria. This causes a decrease in kidney function and is called diabetic kidney disease. About 10~30% of patients diagnosed with diabetes after age 30 suffer from renal failure 20 years after diagnosis.

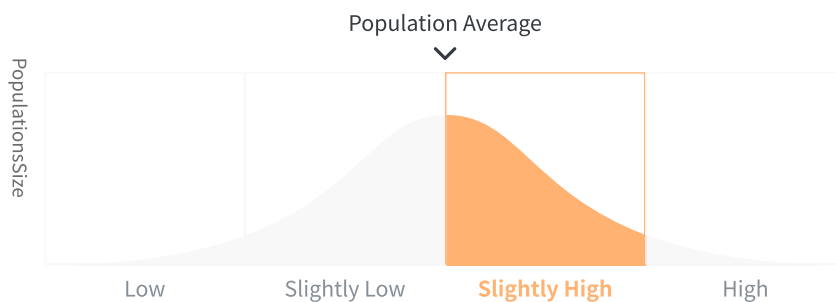
Management

Limit protein intake. Restricting to 0.6~0.8 g protein per kg of body weight every day reduces proteinuria and decreases glomerular filtration. This acts independently of blood sugar and pressure, and reduces kidney damage progression in the long run. Controlling blood glucose level may decrease risk of microalbuminuria and delay nephrosis progression.

UP-To-Date, Cochrane Library

The Group That I Belong To

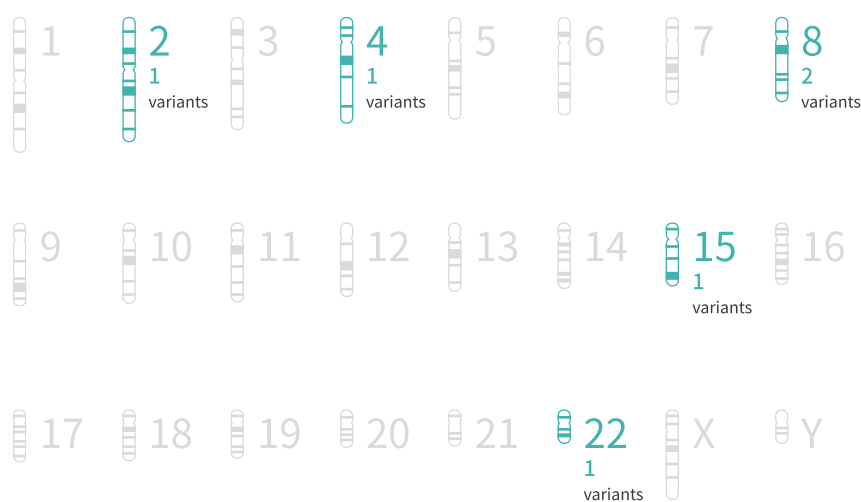
You fall under the group with a **slightly high likelihood** of developing diabetic kidney disease.



Genetic information

From analyzed 18 genetic markers, we have found **6** effect allele.

The credibility score is **70** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

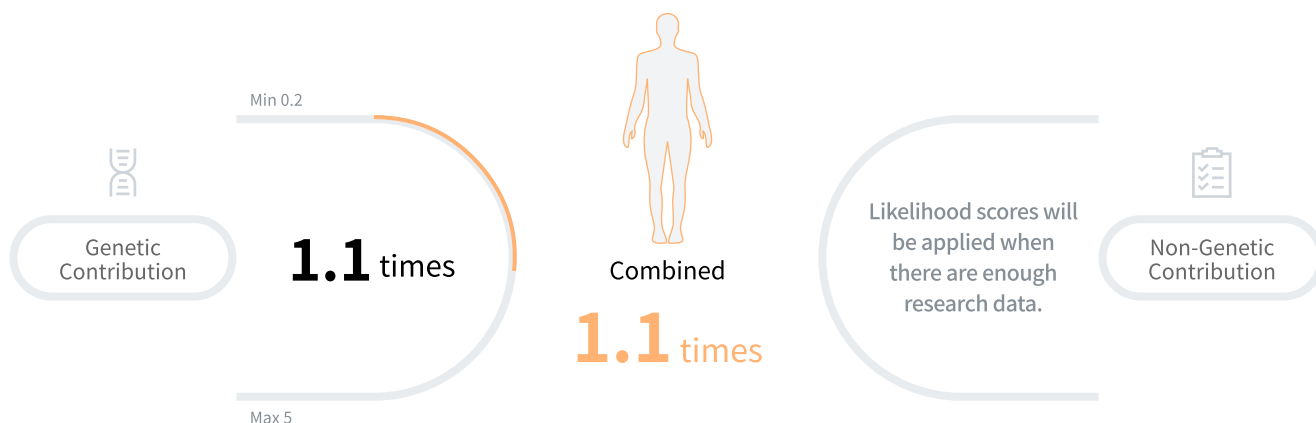


0 genetic markers with unknown location.

Aortic Valve Calcification

Aortic valve calcification is a condition in which calcium deposits form on the aortic valve in the heart. These deposits can cause narrowing at the opening of the aortic valve.

Likelihood of Aortic Valve Narrowing:



According to above results, your likelihood of forming aortic valve calcification is **slightly high**.

Instead of meats, try including meats and vegetables in your diet. Also, maintain good vascular health through frequent cardio exercise.

Healthy aortic valve

There are 4 rooms and valves in the heart. The valve between the left ventricle and the aorta is called the aortic valve. It plays a role in preventing blood in the aorta flowing back into the heart. If the aortic valve is healthy, the blood flows through smoothly. If the valve is narrowed or has gaps, backflow can occur and interfere with heart functions.

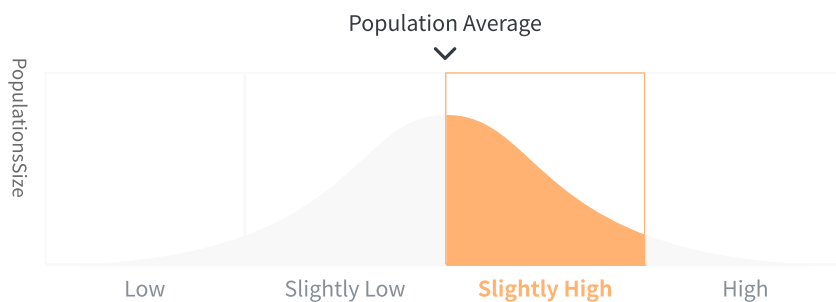
Aortic valve calcification

When calcium builds up in the aortic valve, it becomes hard, thick, and narrow. If the valve does not open or close completely, abnormal blood flow will cause stronger heart contractions, resulting in pressure, pain, and shortness of breath. It is mainly caused by an increase in age and fat accumulation, further causing inflammation.

UP-To-Date, Cochrane Library

The Group That I Belong To

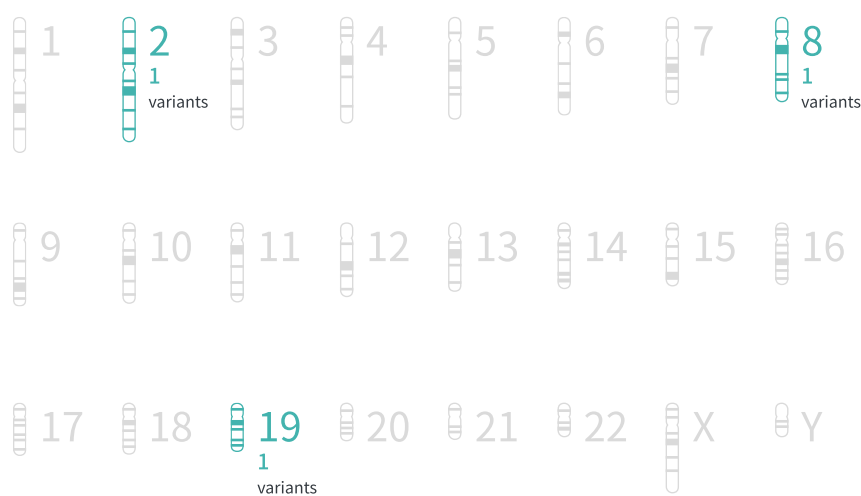
You fall under the group with a **slightly high likelihood** of forming aortic valve calcification.



Genetic information

From analyzed 4 genetic markers, we have found 3 effect allele.

The credibility score is 84 points. because studies used for the analysis of this test item's genes are based on a big sample size.

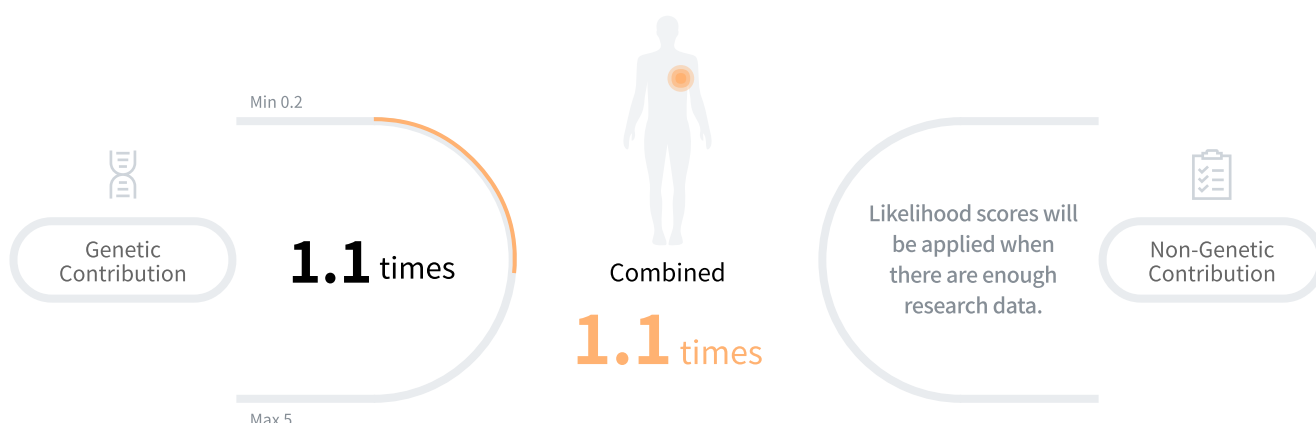


0 genetic markers with unknown location.

Response to Fine Dust

Fine dust is defined as particles with diameters of less than 10 micron, which largely come from exhaust fumes from engines and incinerators. It can affect the eyes, lungs, skin, heart and your immune system.

Likelihood of Having Inflammatory Response to Fine Dust:



Based on above results, your likelihood of having an inflammatory response to fine dust is **slightly high**.

Minimize allergens by keep your personal environments clean, especially if you live in a polluted urban area.

What is fine dust?

Fine dust is suspended atmospheric matter with various parts, including soot, car exhaust gas, and construction site dust. It can also occur when cooking food. Depending on its size, dust is all suspended particles less than 50µm. Fine dust is further divided into fine dust less than 10µm and ultrafine dust less than 2.5µm.

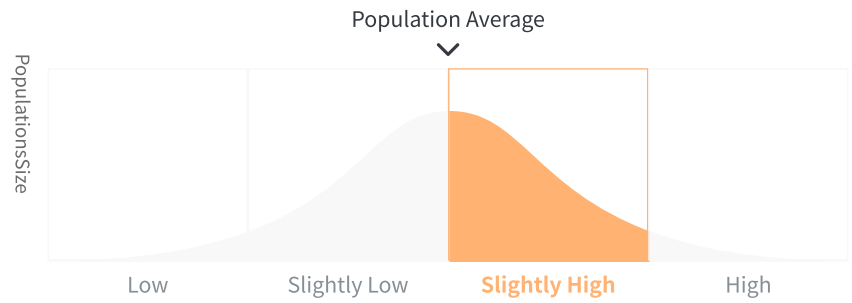
Inflammation from fine dust

Fine dust has various effects on human body through inflammation, active oxygen production, and white blood cell increase. Respiratory track first reacts to fine dust, which can cause inflammatory reactions such as asthma, bronchitis, and respiratory obstruction. Atopic dermatitis, allergic conjunctivitis, and cardiovascular disease can also occur.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing inflammatory responses to fine dust.



Genetic information

From analyzed 3 genetic markers, we have found **3** effect allele.

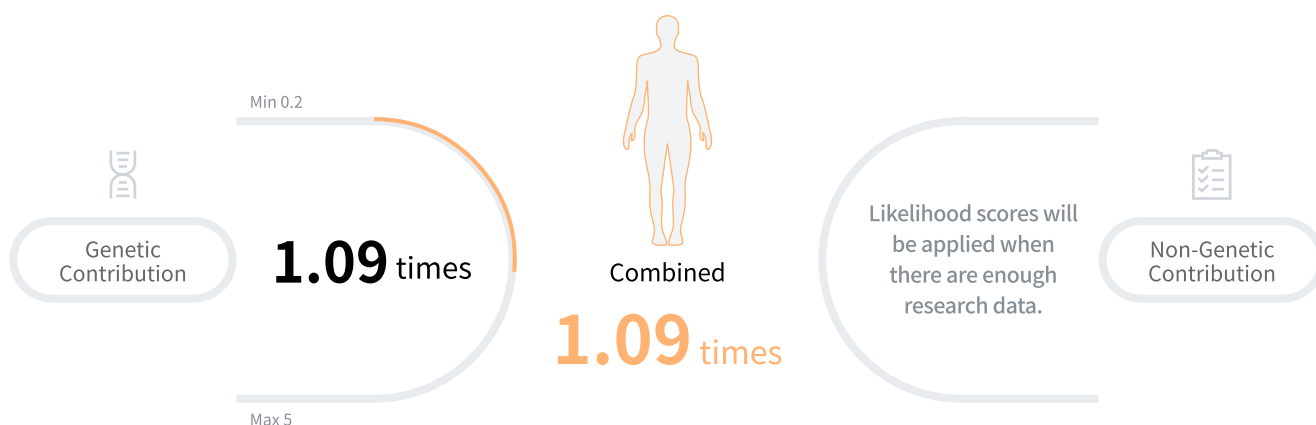
The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.



Raynaud's Syndrome

Raynaud's syndrome causes areas of your body to feel numb or pain in response to cold temperatures or stress. Symptoms include paleness, discoloration, pain or numbness in the affected area.

Likelihood of Extremities Turning Pale:



According to above results, your likelihood of developing Raynaud's syndrome is **slightly high**.

Avoid smoking, which constricts the blood vessels and worsens the condition. Maintain your body temperature by taking precautions.

What is Raynaud's syndrome?

Raynaud's syndrome is a condition in which areas of your body including fingers and toes turn pale due to cold temperature or stress. It is a condition that affects the blood vessels and causes the extremities of the body including fingers, toes, nose, and ears to discolor. It usually occurs in women. Rheumatoid arthritis, sclerosis, and hypothyroidism can cause secondary Raynaud's syndrome.

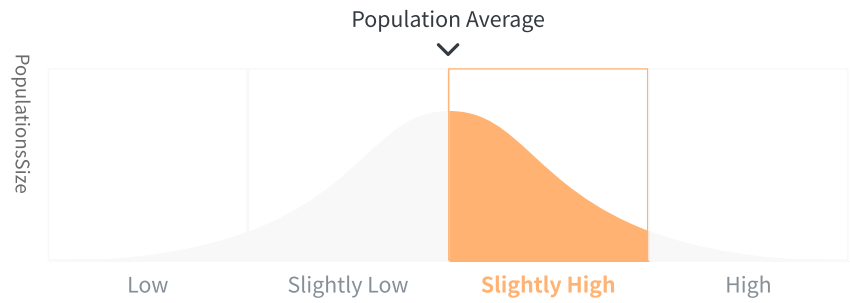
Prevention

Primary Raynaud's syndrome can be prevented by maintaining a lifestyle that helps to keep your body warm. Blood vessels narrow in colder temperatures, so make sure to wear gloves, earmuffs, and socks. It is recommended to quit smoking as smoking lowers your body temperature. Also, regular exercise can be beneficial in keeping your body warm.

UP-To-Date, Cochrane Library

The Group That I Belong To

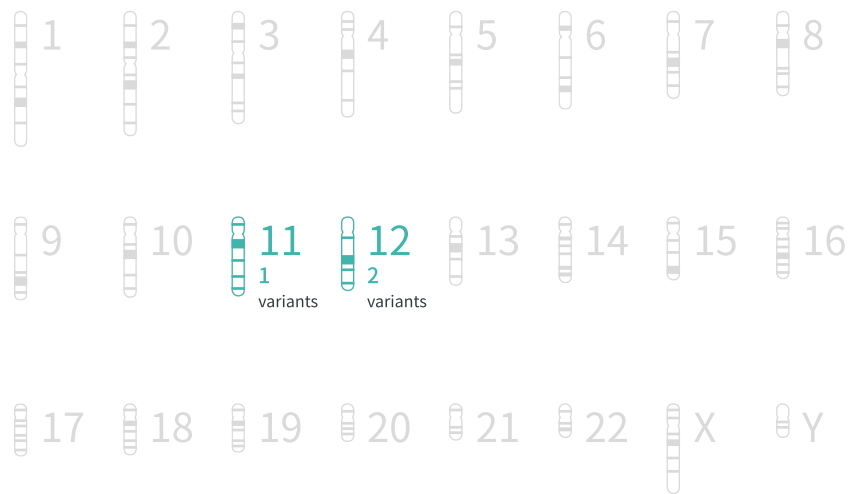
You fall under the group with **slightly high likelihood** of developing Raynaud's syndrome.



Genetic information

From analyzed 4 genetic markers, we have found **3** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

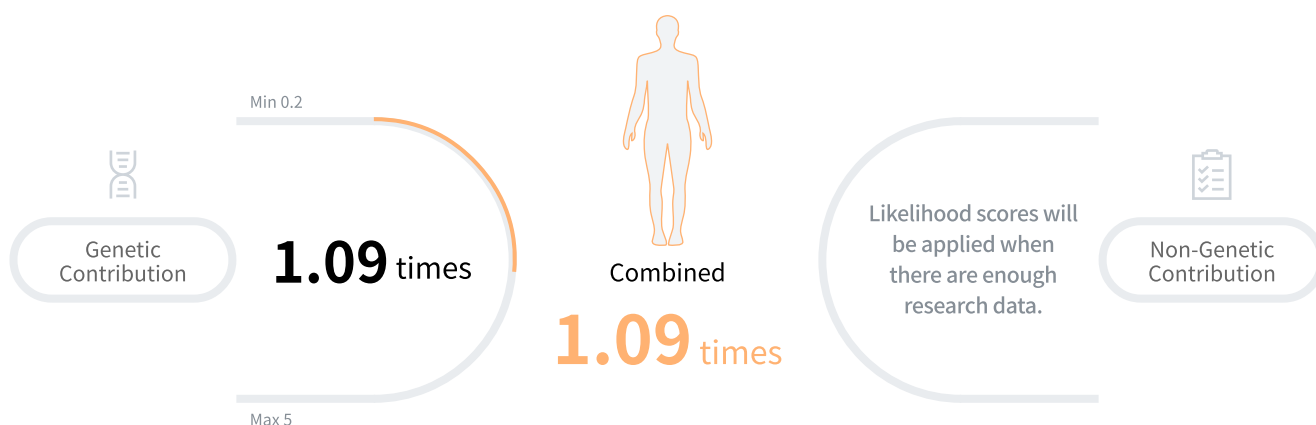


0 genetic markers with unknown location.

Psoriatic Arthritis

Psoriatic arthritis is inflammatory arthritis that affects the joints of people with psoriasis. This disease arises after 1~10 years after psoriasis diagnosis.

Likelihood of Development Due to Psoriasis:



Your likelihood of developing psoriatic arthritis is **slightly high**.

If you are a smoker, give an effort to quit. Also, maintain a balanced immune system through a healthy lifestyle.

What is psoriatic arthritis?

Psoriatic arthritis is a type of spine arthritis that occurs to people with psoriasis. It occurs mainly in the hip, knee, finger, and toe joints. Symptoms are similar to rheumatoid arthritis, but slightly different. In some people, arthritis may appear before skin psoriasis. If you have a specific gene or your family has psoriatic arthritis, the risk of the disease increases.

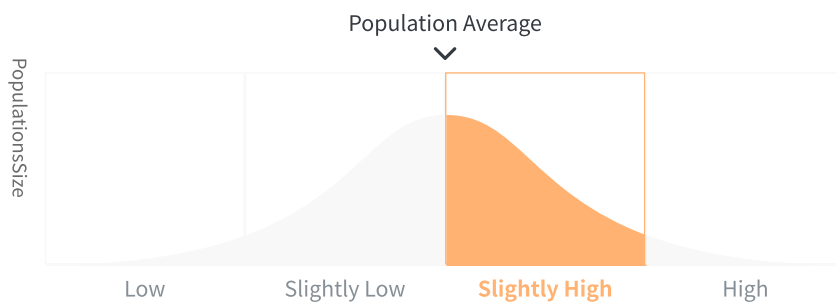
Symptoms

The cause of psoriatic arthritis is unknown and prevention is difficult. Joint inflammation causes pain and stiffness. More than 50% experience morning stiffness, stiff joints in the morning. Symptoms similar to ankylosing spondylitis may also occur. Tips of fingers and toes get edema (swelling), and nail damage or keratosis become visible.

UP-To-Date, Cochrane Library

The Group That I Belong To

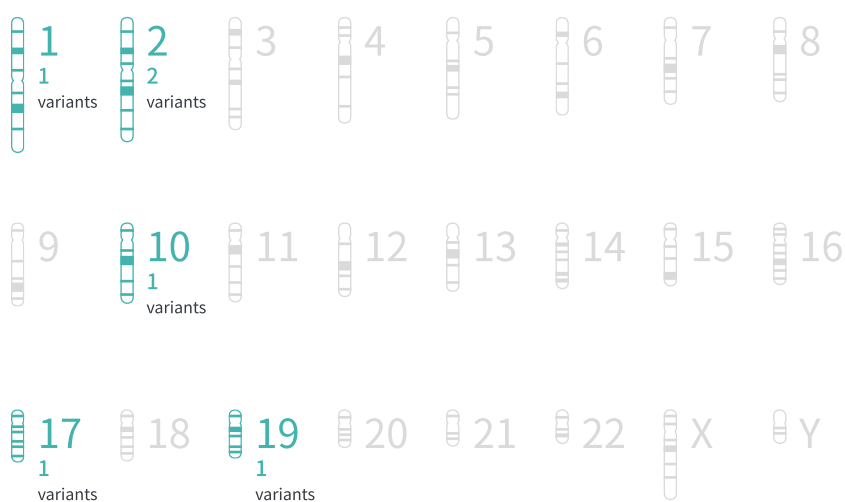
You fall under the group with a **slightly high likelihood** of developing psoriatic arthritis.



Genetic information

From analyzed 15 genetic markers, we have found **6** effect allele.

The credibility score is **72** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

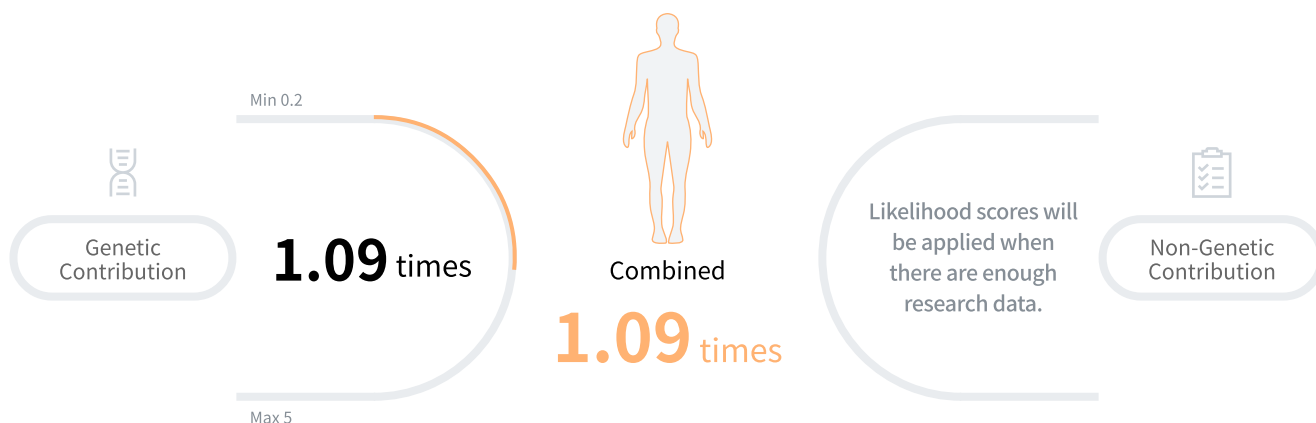


0 genetic markers with unknown location.

Staph. aureus Infection

Staphylococcus aureus is a bacterium that people may carry in their noses and skin. It usually causes no problems or result in minor skin infections. But it can be deadly if the bacteria enter your bloodstream, joints, bones, lungs or heart.

Susceptibility to Staphylococcus aureus Infection:



According to above results, your likely susceptibility to Staphylococcus aureus infection is **slightly high**.

Make it a habit to wash your hands often, especially before a meal. Also, cooking your food fully can lower risk for infection.

Prevention

Staphylococcus is relatively resistant to heat. Incubating the germ at 80°C for 30 min kills it, but heating the container, where the germ originated, to 100°C for 30 minutes does not kill the germ on it. Staphylococcus propagates on many foods including grains, processed foods, and dairy products. Consuming these infected foods, then causes food poisoning.

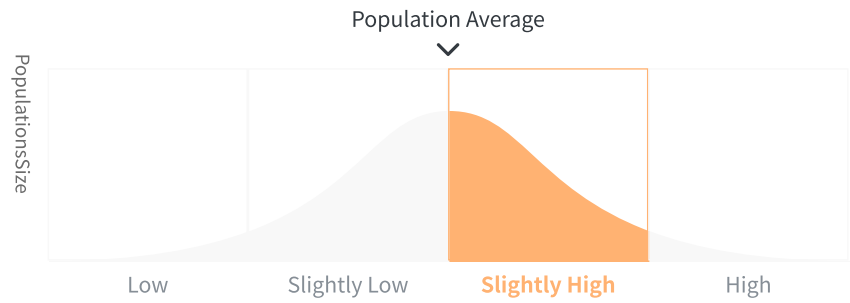
Food poisoning

To prevent food poisoning from staphylococcus aureus, it is best to not contaminate the original ingredients, cook the food thoroughly, and eat it soon afterwards. Food and ingredient storage should be below 5°C to prevent germ growth. Food manufacturer and cooks must wash their hands with soap and the drying towel must also be clean.

UP-To-Date, Cochrane Library

The Group That I Belong To

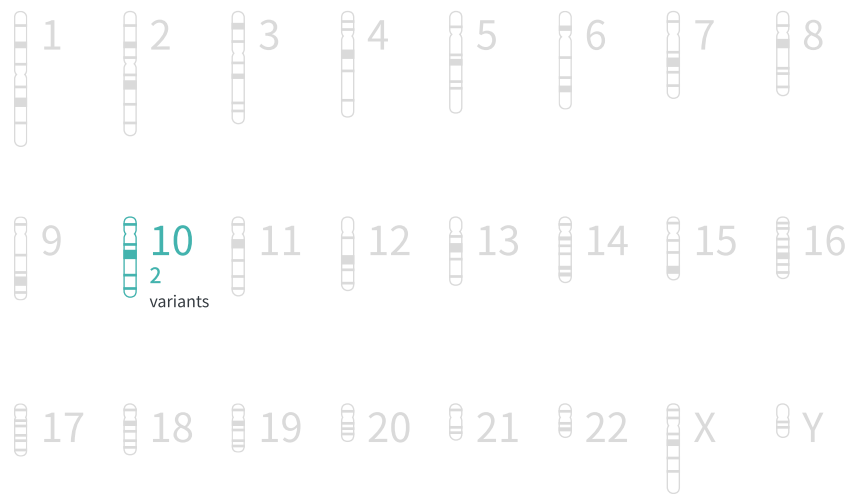
You fall under the group with a tendency to have **slightly high** susceptibility to Staph. aureus infection.



Genetic information

From analyzed 6 genetic markers, we have found **2** effect allele.

The credibility score is **70** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

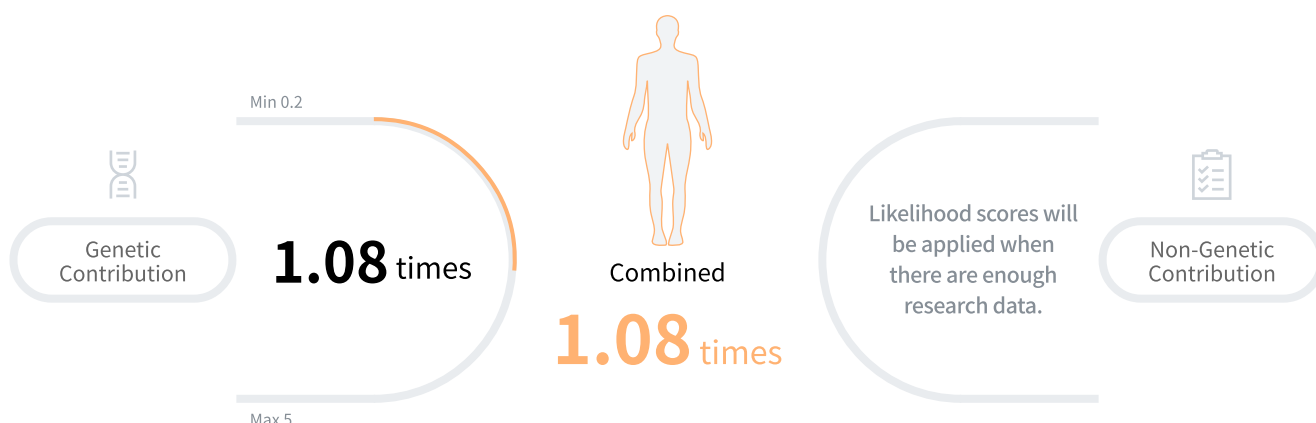


0 genetic markers with unknown location.

Polymyositis

Polymyositis is an inflammatory disease that occurs on various parts of the body including shoulders, neck, and hips. Key symptom is muscle weakness in the affected area. It is more prevalent in women than men.

Likelihood of Muscle Weakening and Inflammation:



Based on above results, your likelihood of developing polymyositis is **slightly high**.

Risk factors of this condition is not yet clear but be attentive to your physical condition for a possible early diagnosis.

What is polymyositis?

Polymyositis is a type of inflammatory myopathy, characterized by muscle inflammation in different parts of the body such as hips, neck, and shoulders. Exact causes of polymyositis are not yet known, but it shares characteristics with autoimmune diseases where immune system attacks the muscle tissues. Polymyositis is more prevalent in women than in men and its key symptom is weakening of muscles.

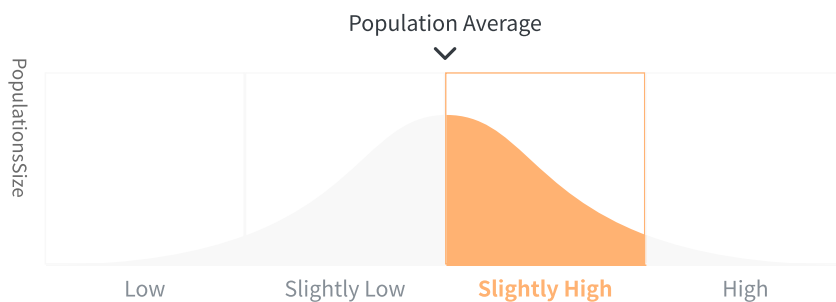
Symptoms

Unexplained muscle weakness is a sign of polymyositis. In the early stages, you might feel lethargic and exhausted whenever you stand up or climb up stairs. If chest muscles are affected, then you might also experience breathing problems such as shortness of breath. These symptoms gradually occur in weeks or months. Inflammation can sometimes spread to other organs including kidneys and lungs.

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The Group That I Belong To

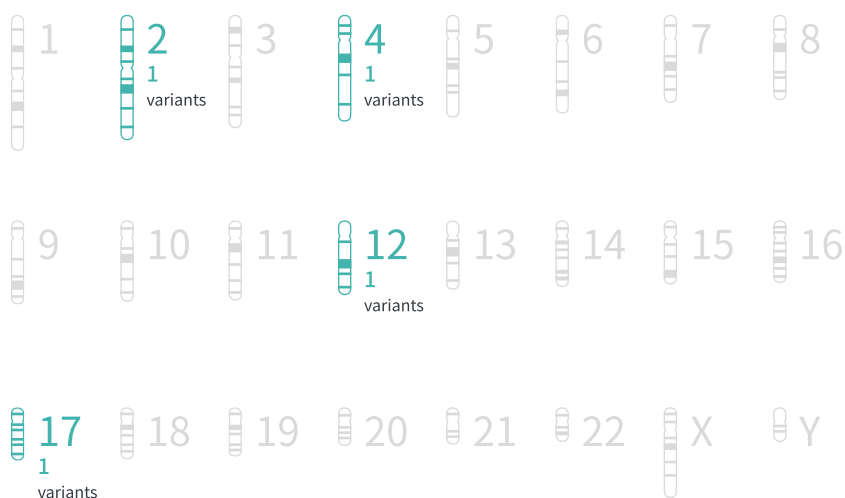
You fall under the group with a **slightly high likelihood** of developing polymyositis.



Genetic information

From analyzed 6 genetic markers, we have found **4** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

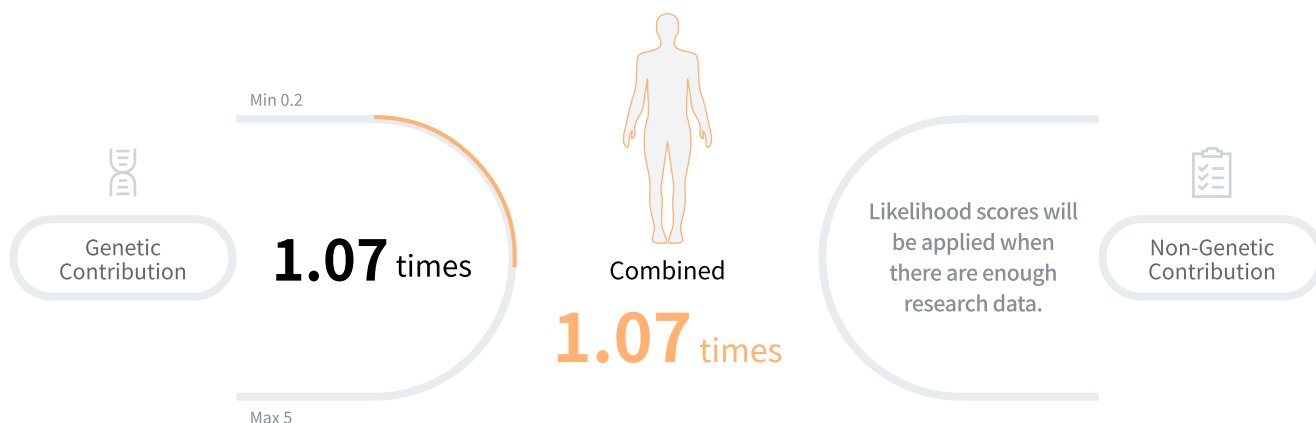


0 genetic markers with unknown location.

High Blood Pressure

Blood pressure is the force that circulating blood exerts on the arterial walls. High blood pressure is when systolic blood pressure is over 140 mmHg, and diastolic blood pressure is over 90 mmHg, damaging blood vessels.

Likelihood of Development:



Based on above results, your likelihood of developing high blood pressure is **slightly high**.

If you are a smoker it is best to quit smoking. Also, limit your alcohol intake and avoid being stressed.

Dietary guide

Excessive salt ingestion is a major cause of high blood pressure. Having a low-salt eating habit is recommended. Avoid cholesterol-containing foods and eat fresh vegetables and fruits. As your weight increases, blood pressure also increases, and this can lead to various vascular diseases. Hence weight control is important!

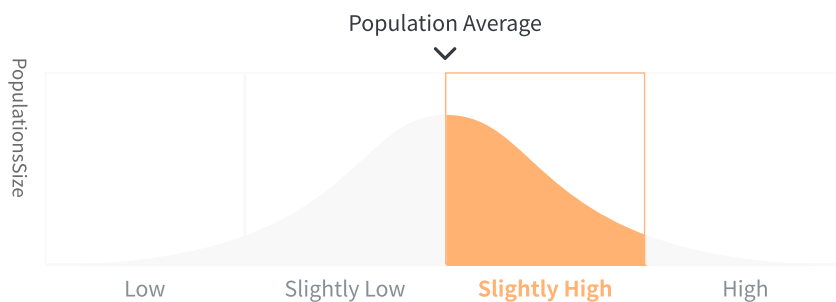
Lifestyle guide

Overworking and excessive stress increases blood pressure, so make sure to get sleep and rest if you are tired. 30 minutes per day, 3~4 times a week of consistent exercises is recommended rather than a single intensive work out. Intense outdoor exercises in cold weather can also increase blood pressure.

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The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing high blood pressure.



Genetic information

From analyzed 55 genetic markers, we have found **22** effect allele.

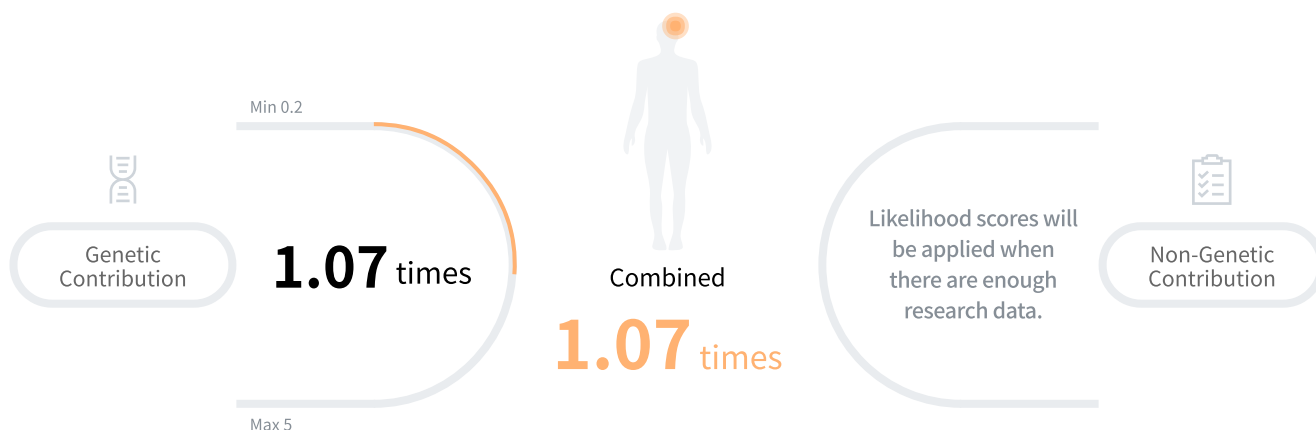
The credibility score is **81** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Cluster Headache

Cluster headaches occur in cluster periods and involve a severe pain in one part of the head. It is more common in men than in women, and symptom include stuffy or runny nose, excruciating pain around the eyes, and excessive tearing.

Likelihood of Extreme Headaches Occurring:



According to above results, your likelihood of having cluster headache syndrome is **slightly high**.

It is suggested you receive a formal diagnosis from a doctor if you notice headaches become worse.

Symptoms

Cluster headaches normally strike without warning. Signs and symptoms include one-sided pain, runny or stuffy nose, tearing, redness of eyes on the affected side, and drooping eyelids. These symptoms last for 15~30 minutes on average but can sometimes last for 2~3 hours. Headache can occur several times a day. Most attacks occur at night, and cluster period generally lasts for 1~2 months.

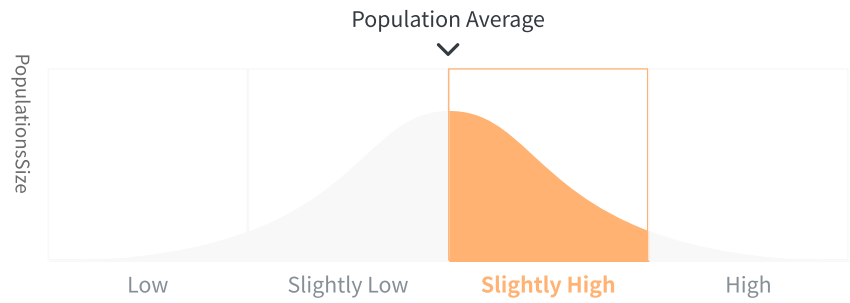
Prevention

Although its causes are not yet clear, cluster headaches can be prevented through lifestyle changes. A large number of people suffering from cluster headaches are smokers. Thus, quitting smoking is essential in preventing headaches. Excessive drinking is also a risk factor for headaches, so reducing alcohol consumption is recommended. Developing regular sleeping habits can also lower the likelihood.

UP-To-Date, Cochrane Library

The Group That I Belong To

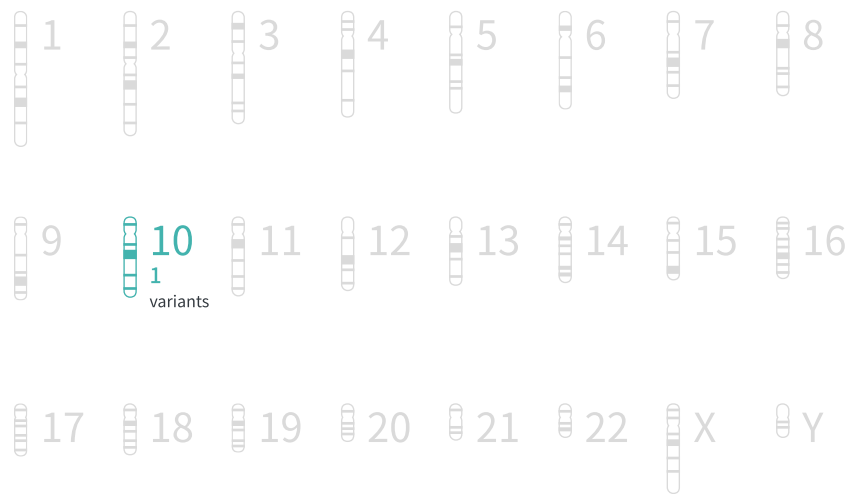
You fall under the group with a **slightly high likelihood** of having cluster headache syndrome.



Genetic information

From analyzed 2 genetic markers, we have found **1** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

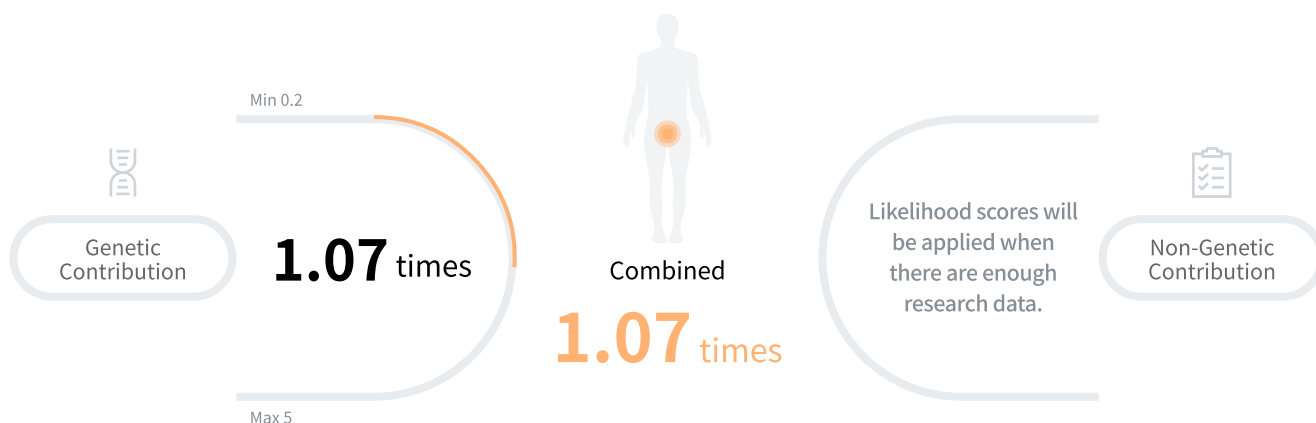


0 genetic markers with unknown location.

Benign Prostatic Hyperplasia

Benign prostatic hyperplasia, also called prostate gland enlargement, is a common condition as men age. It may cause uncomfortable urinary symptoms, and bladder, urinary tract or kidney problems.

Likelihood of Developing an Enlarged Prostate:



According to above results, your likelihood of developing benign prostatic hyperplasia is **slightly high**.

Lower your risk by keeping a healthy lifestyle. This includes maintaining a healthy weight, exercising regularly, and eating a healthy diet.

Cause and Risk Factors

The cause is unclear. As with other chronic diseases, many factors are involved, age being the biggest risk factor. Prostate enlargement rarely causes symptoms in men below age 40. By age 60 one third would experience symptoms, and more than half do so by age 80. Family history, diabetes, heart disease, use of beta blockers and obesity are other risk factors.

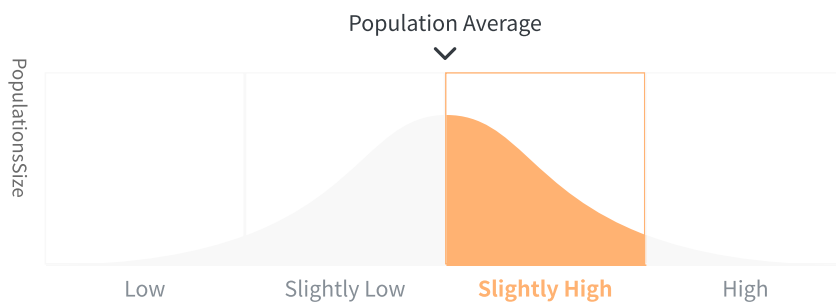
Prevention

Prostatic hyperplasia is an age-related disease, making it difficult to prevent. However, there are lifestyle changes you can make to reduce your risk. Keep a regular exercise regime and a diet rich in certain vitamins and minerals. Zinc (sesame seed), omega-3s (salmon), vitamin C (bell pepper), lycopene (papaya), and beta-sitosterol (avocado) are a few food choices.

UP-To-Date, Cochrane Library

The Group That I Belong To

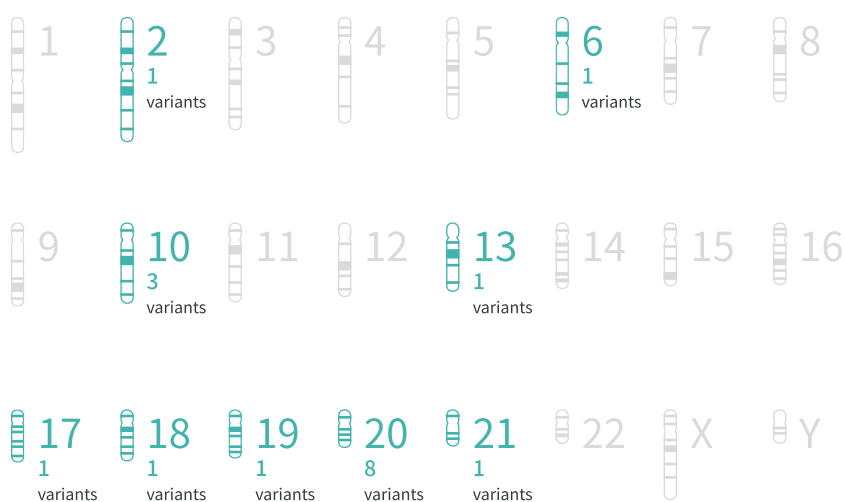
You fall under the group where the likelihood of benign prostatic hyperplasia is **slightly high**.



Genetic information

From analyzed 29 genetic markers, we have found **18** effect allele.

The credibility score is **69** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

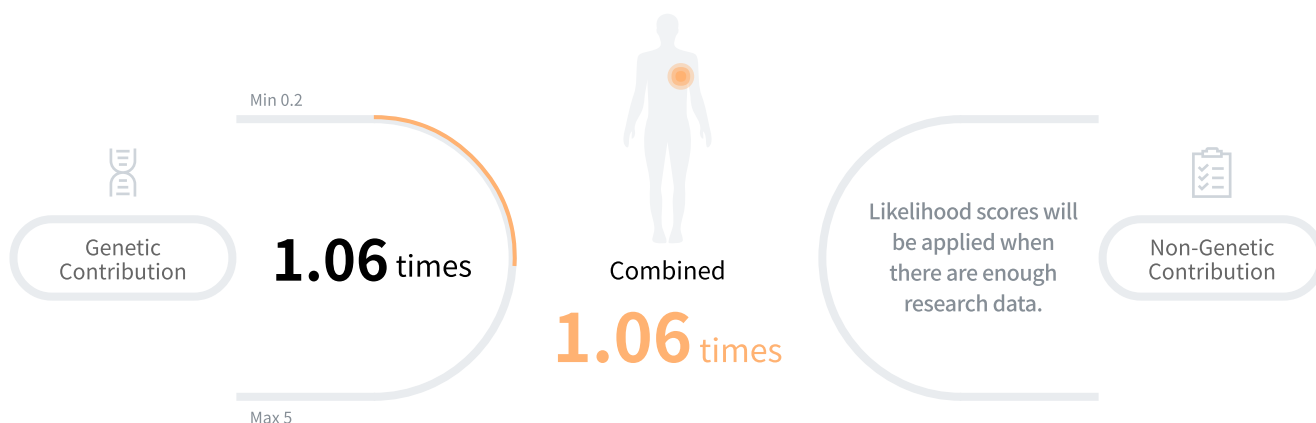


0 genetic markers with unknown location.

Interstitial Lung Disease

Interstitial lung disease (ILD) is an umbrella term for a large group of disorders that cause scarring (fibrosis) of the lungs. The scarring causes stiffness in the lungs which makes it difficult to breathe.

Likelihood of Developing Scarring of The Lungs:



Based on above results, your likelihood of developing interstitial lung disease is **slightly high**.

Avoiding cigarette smoke, and consider quitting if you are a smoker. Also, limit your exposure to occupational toxins.

Antioxidants

There is no preventative food for interstitial pneumonia, but consuming foods beneficial for bronchial health is good. Defend against fine dust, yellow dust, heavy metals, and other pollutants by eating foods with antioxidant and anti-inflammatory effects (blueberry, cabbage, and other fruits/vegetables). Drinking water is also good for bodily waste disposal.

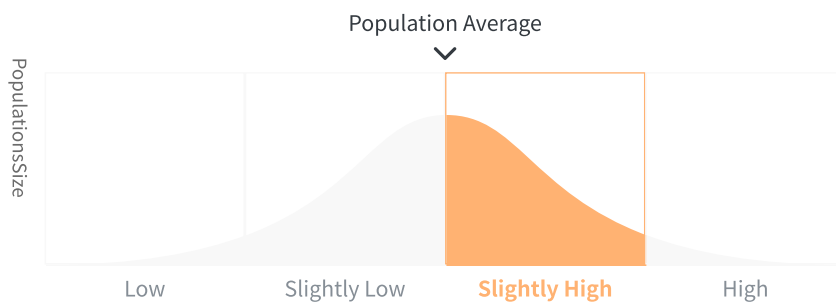
Lung disease

Coughing is a typical symptom, so it is easy to mistake interstitial pneumonia for the common cold. If the condition does not improve and shows symptoms like high fever and bloody phlegm, get an accurate diagnosis from a specialist. If you have a previous lung disease history, flu, pneumonia, and pneumococcus vaccination are recommended.

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The Group That I Belong To

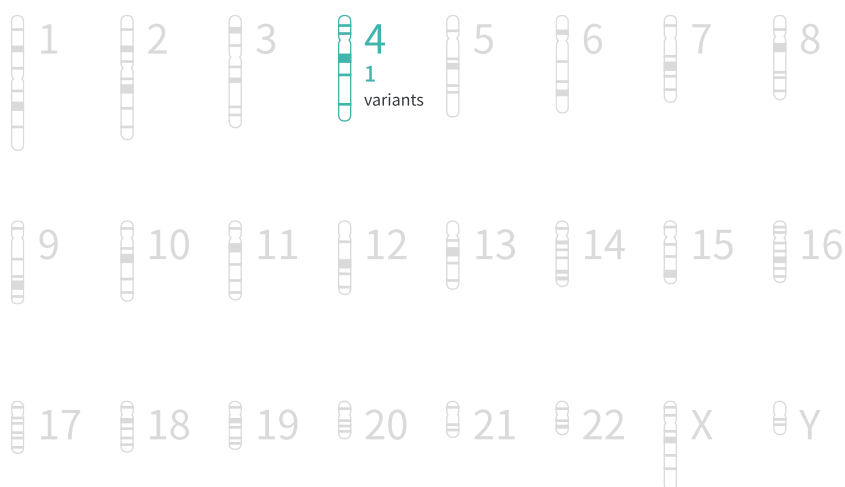
You fall under the group with a **slightly high likelihood** of developing interstitial lung disease.



Genetic information

From analyzed 5 genetic markers, we have found **1** effect allele.

The credibility score is **75** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

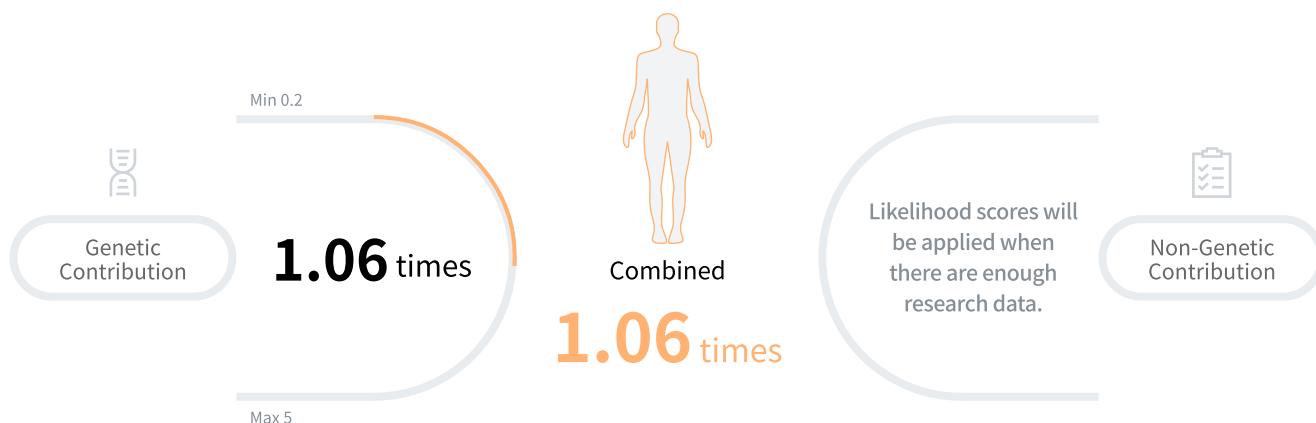


0 genetic markers with unknown location.

Vogt-Koyanagi-Harada Disease

Vogt-Koyanagi-Harada disease is a rare disorder that affects many body systems, including as the eyes, ears, skin, and the covering of the brain and spinal cord (the meninges).

Likelihood of Developing Melanocyte Inflammation:



Based on above results, likelihood of developing VKH disease is **slightly high**.

Cause of this condition is not yet clear, but it is a good idea to look after your immune system by eating a diet rich in vegetables.

What is VKH disease?

It is a multisystem disorder involving exudative retinal detachment, granulomatous panuveitis, in addition to nerve and skin symptoms. This occurs mainly in Asia, the Middle East, and Spain, and is known to be an autoimmune disease. Depending on the presence or absence of symptoms, it is divided into three states: complete, incomplete, and possible.

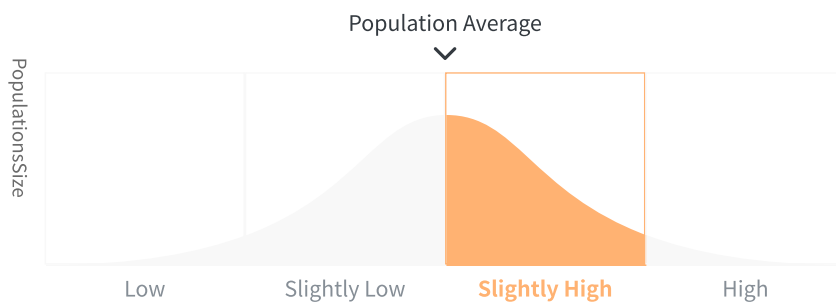
Causes

The exact cause is not yet known, but autoimmune defects and genetic influence are suspected. This is due to differences based on race and ethnicity. Studies have shown that leptin, which is involved in the immune mechanism and derived from adipocytes, is involved in the onset. It is also reported that T immune cells cause the disease by attacking melanocytes.

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The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing VKH disease.



Genetic information

From analyzed 8 genetic markers, we have found **3** effect allele.

The credibility score is **93** points. because studies used for the analysis of this test item's genes are based on a big sample size.

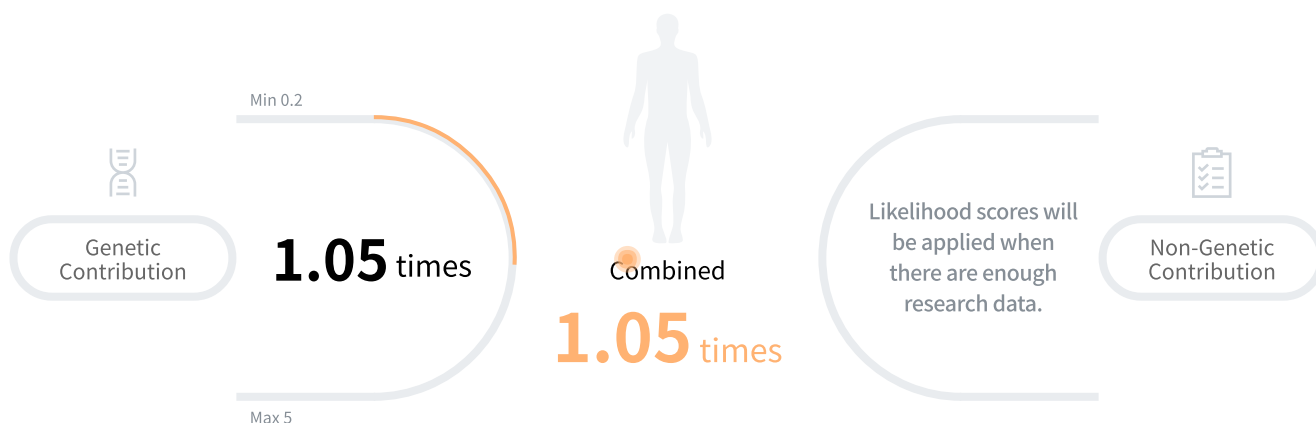


0 genetic markers with unknown location.

Dupuytren's Contracture

Dupuytren's disease is a connective tissue disorder where the joints of one or more fingers cannot be fully straightened. It results from shortening and thickening of connective tissues, fascia and skin of the hand.

Likelihood of Fingers Becoming Bent and Stiff:



According to above results, your likelihood of developing Dupuytren's contracture is **slightly high**.

Avoid tobacco and alcohol use, as they are associated with increased risk for this condition.

What is Dupuytren's contracture?

It is a fibrotic disease of connective tissue in which the fingers get permanently fixed in a curved state. The palm connective tissue becomes abnormally short and thick, making it look like nodules. Contracture of finger joints will develop over a period of months to years. It mostly affects men over 40 years of age, and to people who frequently use their hands.

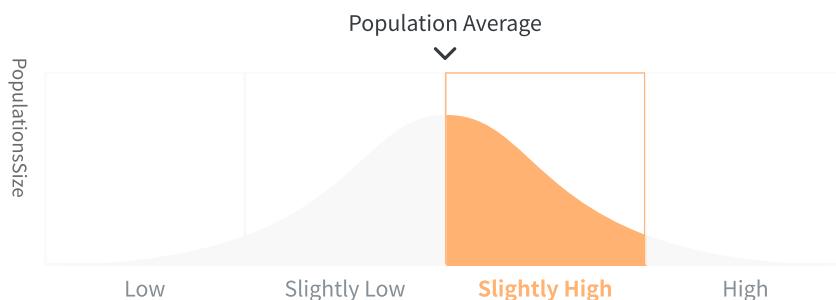
Symptoms

Symptoms slowly appear. Initially, a small lump or dent appears in the palm of your hand and spreads to the ring and pinky fingers. It can last for years. With disease progression, the fingers become bent toward the palm and cannot be stretched. Pain from muscle contraction and nerve compression may also occur.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing Dupuytren's contracture.



Genetic information

From analyzed 28 genetic markers, we have found **10** effect allele.

The credibility score is **80** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

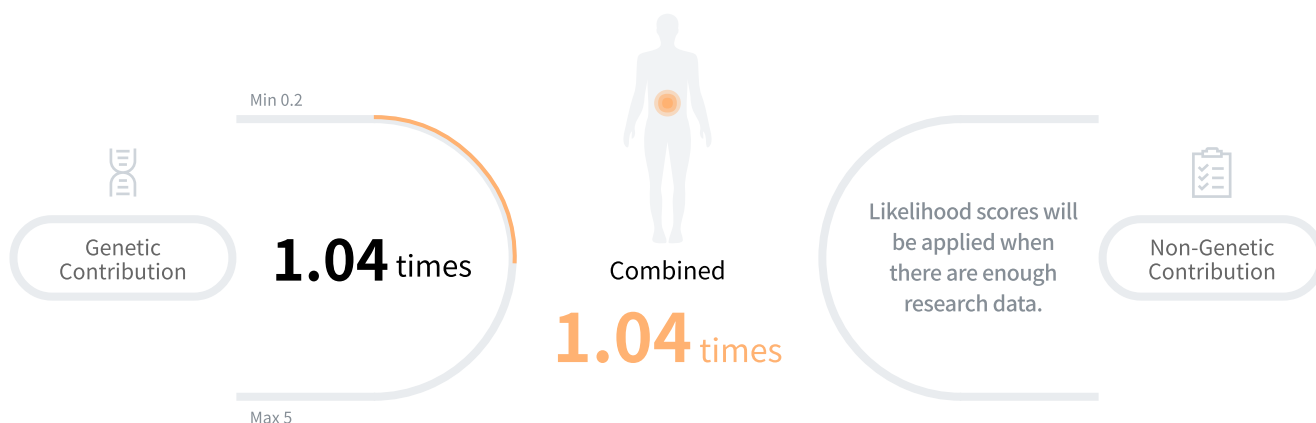


0 genetic markers with unknown location.

Nephrotic Syndrome

Nephrotic syndrome refers to the condition where proteins are excreted through urine. Excessive proteinuria causes your body to lose more than 3~3.5 g of protein within 24 hours, leading to low serum albumin level (hypoalbuminemia), and edema.

Likelihood of Excessive Protein Excretion Through Urine:



Based on above results, your likelihood of developing nephrotic syndrome is **slightly high**.

Avoid smoking, foods with high fat content, and excessive non steroidal anti-inflammatory drugs (NSAIDs). It is also good to receive regular health checkups.

What is nephrotic syndrome?

Nephrotic syndrome is a condition where protein is excreted through urine and body tissue swells. It is characterized by massive proteinuria, hypoalbuminemia, edema, and hyperlipidemia. Diagnosis is made when the amount of protein in urine within 24 hours exceeds 3.5 g. In children, this is more than 960 mg protein per square meter body surface.

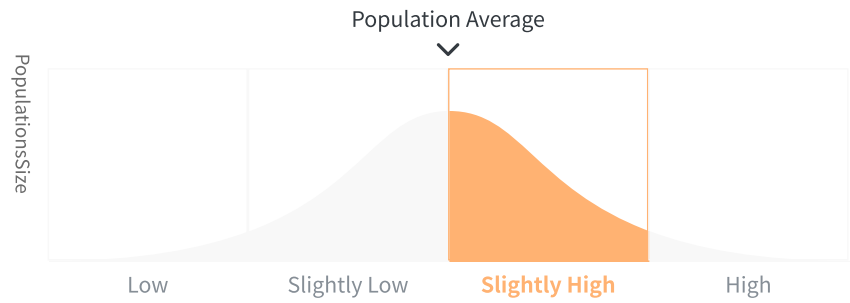
Risk factors for kidney disease

Risk for kidney disease is higher with diabetes and high blood pressure. 70% of chronic kidney disease cases are caused by these two diseases. This is because high blood sugar and pressure causes kidney damage. Acute renal disease is caused by a sudden decrease in body fluid volume or infection, and risk is higher with diabetes or chronic kidney disease.

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The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing nephrotic syndrome.



Genetic information

From analyzed 3 genetic markers, we have found **2** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Cerebral Ischemia

Cerebral ischemia refers to brain lesion in which a cluster of brain cells die when they do not receive enough nutrients and oxygen.

Likelihood of Cerebral Ischemia Occurring:



Based on above results, your likelihood of cerebral ischemia occurring is **slightly high**.

Instead of foods high in cholesterol and fat, eat more of vegetables high in dietary fiber. Also, exercising regularly can lower risk.

What is cerebral ischemia?

Blockage of cerebral blood vessels decreases the blood supply to the brain. If this lasts for longer than a certain amount of time, brain tissue or cellular parts begin to die. When brain tissue death progresses past a certain point, this condition becomes irreversible. This irreparable condition is called cerebral ischemia.

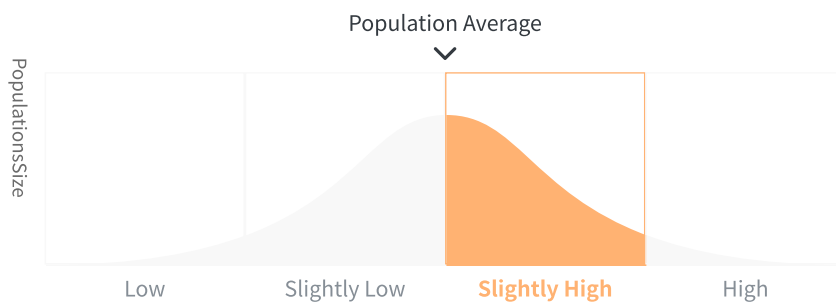
Risk factors

Most common is cerebral arteriosclerosis caused by high blood pressure, diabetes, or hyperlipidemia, resulting in blocked cerebral blood flow. Other heart diseases can form blood clots in the heart, which may travel to the brain and block blood vessels to cause cerebral infarction. In rare cases, it may be caused by moyamoya disease or homocysteinemia.

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The Group That I Belong To

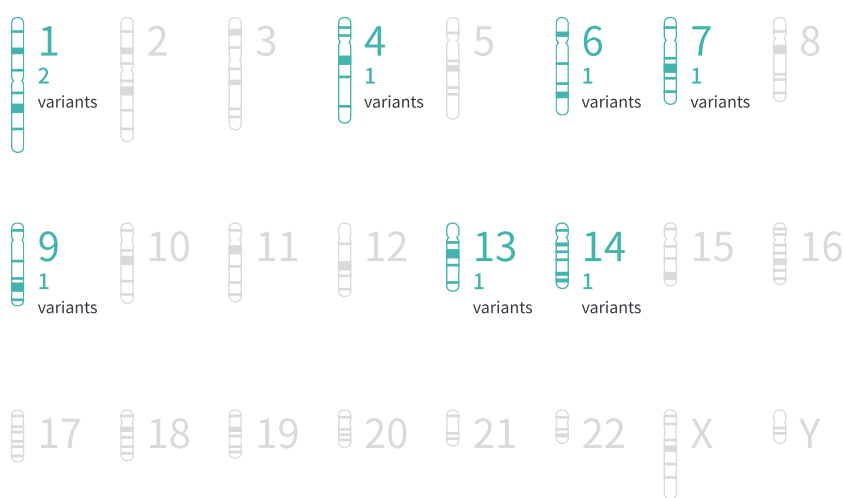
You fall under the group with a **slightly high likelihood** of cerebral ischemia occurring.



Genetic information

From analyzed 15 genetic markers, we have found **8** effect allele.

The credibility score is **72** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

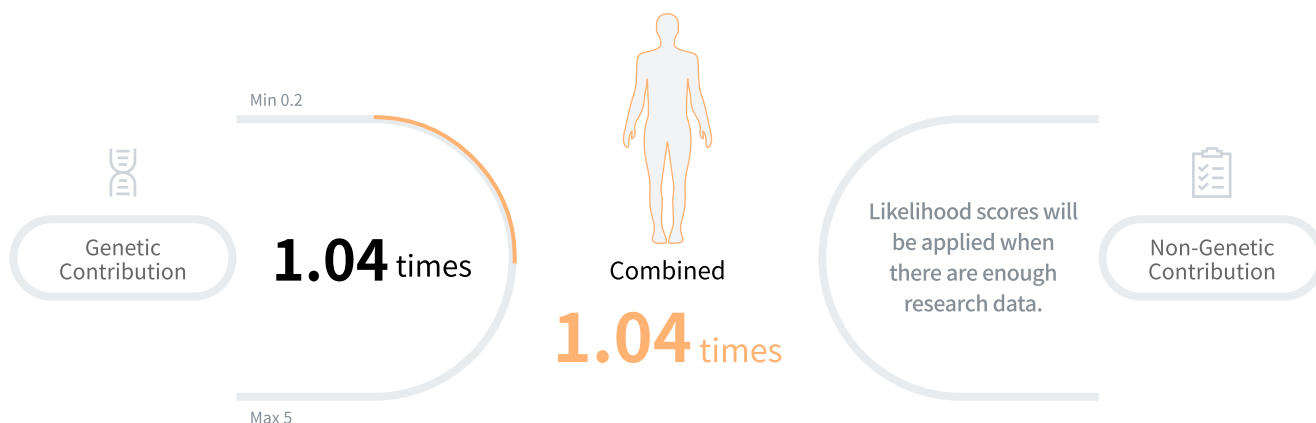


0 genetic markers with unknown location.

Pollen Allergy

Pollen is one of the most common triggers of seasonal allergies. Many people know pollen allergy as “hay fever.” Experts usually refer to pollen allergy as “seasonal allergic rhinitis.”

Likelihood of Developing Allergic Reaction to Pollen Exposure:



Based on above results, your likelihood of having allergic reaction to pollen exposure is **slightly high.**

It is best to keep your hands and personal environment clean during allergy season.

What is pollen allergy?

Pollen allergies that occur in spring, especially in May, are allergic reactions caused by pollen coming out of flower bud. When pollen enters the nose and respiratory tract, it causes hypersensitive reaction and appears as a respiratory disease. If pollen touches the skin, it may cause or exacerbate dermatitis. Pollen touching the eye can cause conjunctivitis.

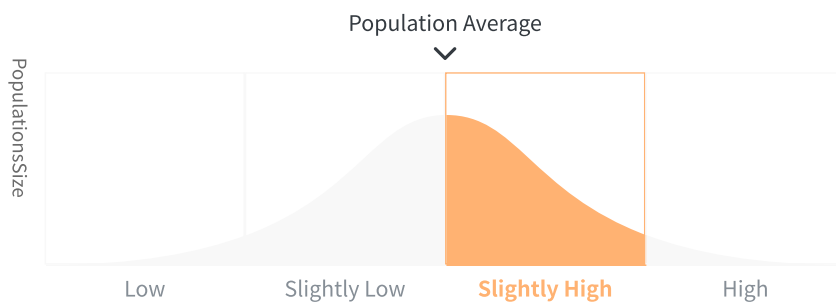
Prevention

If possible, avoid going outside on days with lots of pollen. When going outside, wearing a hat, glasses, and mask is good; after coming back inside, shake off the pollen from your clothes, and thoroughly wash your hands and hair. Exercise regularly and eat lots of antioxidant-rich vegetables for enhancing the immune system.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly high likelihood** of having allergic reaction to pollen.



Genetic information

From analyzed 8 genetic markers, we have found **4** effect allele.

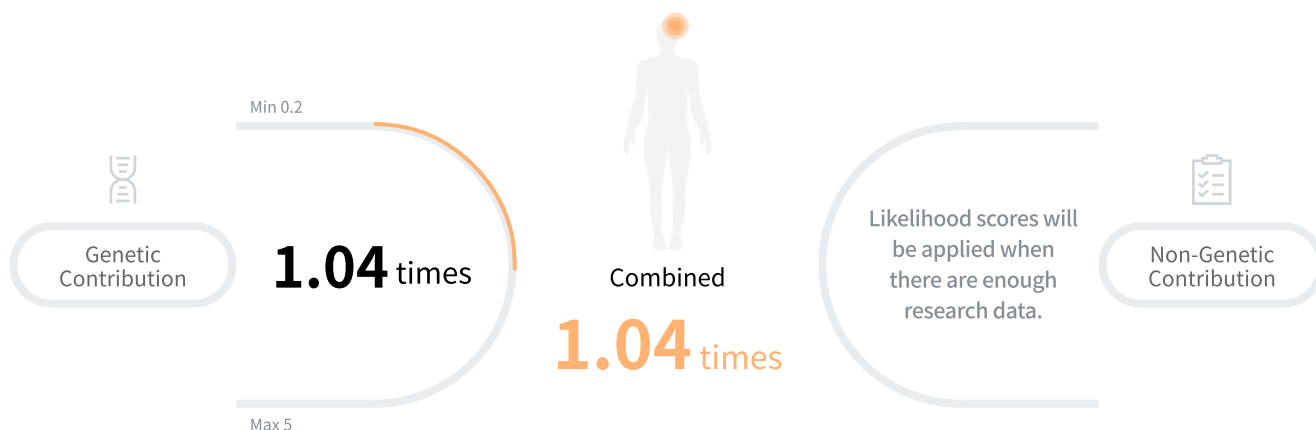
The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.



Otosclerosis

Otosclerosis is a condition where there is abnormal growth of bone of the middle ear. The growth prevents structures within the ear from working properly and causes hearing loss.

Likelihood of Development:



Your likelihood of developing otosclerosis is **slightly high**.

Manage otosclerosis with early screening and detection.

What is Otosclerosis?

It is when one of the inner ear structures, the bony labyrinth, is partially absorbed and new bone is overgrown. Most common symptoms are ear ringing and progressive hearing loss. At the early stages, conductive hearing loss occurs. As the condition progresses, sensorineural hearing loss occurs. If severe, dizziness and disequilibrium can occur.

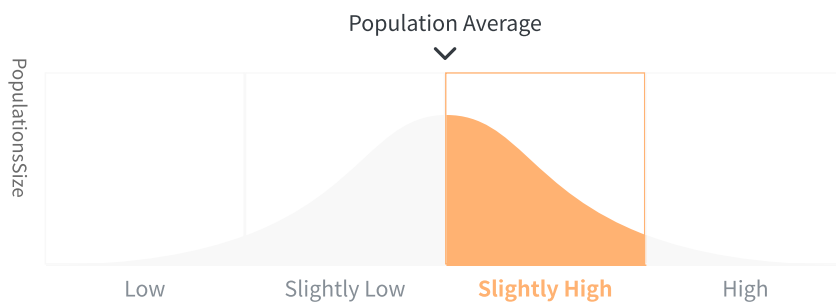
Treatment

There is no drug for preventing disease progression. Treatment is done through a hearing aid or stapedectomy, which is a surgical procedure for replacing the overgrown ear bone with a prosthetic. After general or partial anesthesia, the overgrown ear bone is partially removed and replaced with a prosthetic.

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The Group That I Belong To

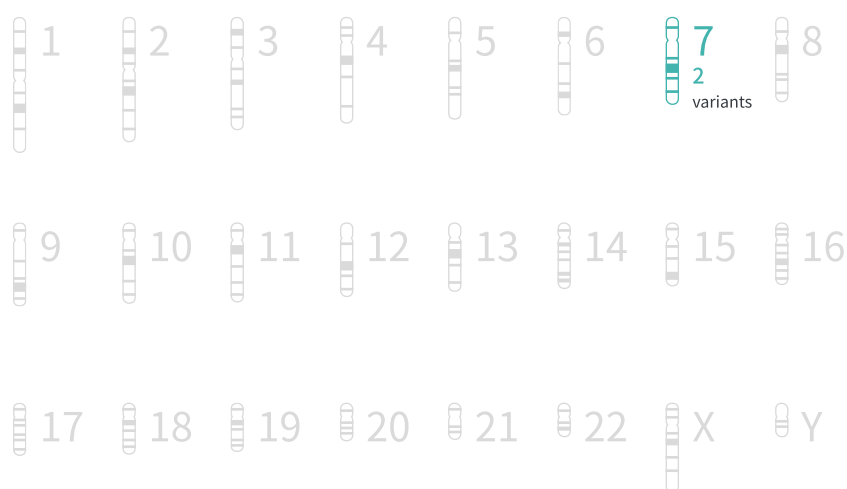
You fall under the group with a **slightly high likelihood** of developing otosclerosis.



Genetic information

From analyzed 4 genetic markers, we have found **2** effect allele.

The credibility score is **57** points. because studies used for the analysis of this test item's genes are based on a small sample size.

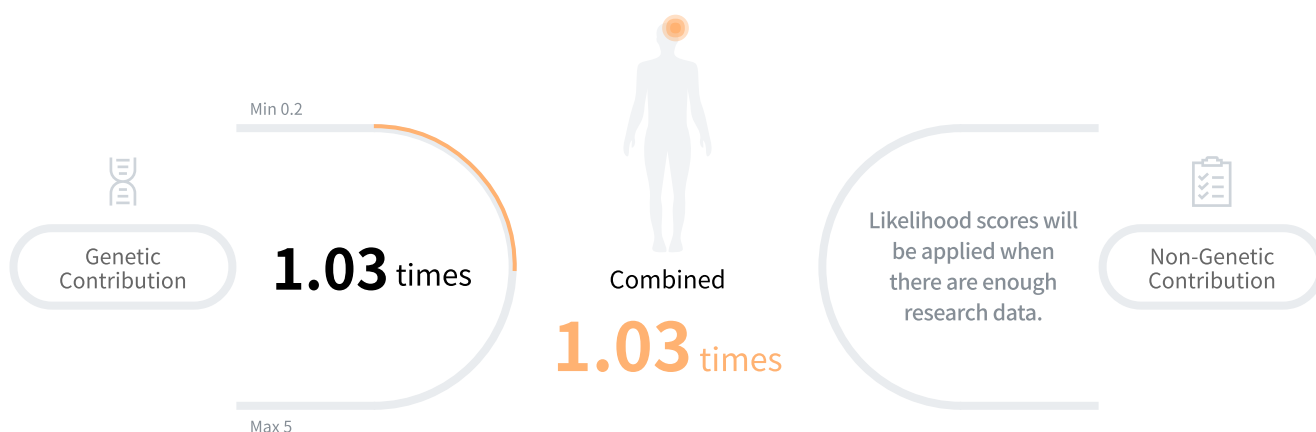


0 genetic markers with unknown location.

Cervical Dystonia

Cervical dystonia is a rare neurological disorder characterized by involuntary muscle contractions in the neck that cause abnormal movements and postures of the neck and head.

Likelihood of Involuntary Neck Muscle Contraction:



Based on above results, your likelihood of developing cervical dystonia is **slightly high**.

Prevent cervical dystonia by stretching your neck muscles to avoid stiffness. Be aware of your body's signals and react accordingly.

Cervical dystonia

Dystonia of the neck muscles is called cervical dystonia and is the most common regional dystonia. Most common form is head rotation to one side, accompanied by tilting. In addition, there are cases where only the head is turned to the side, tilted forward, and backward. Shoulders also rise in the direction of the head rotation.

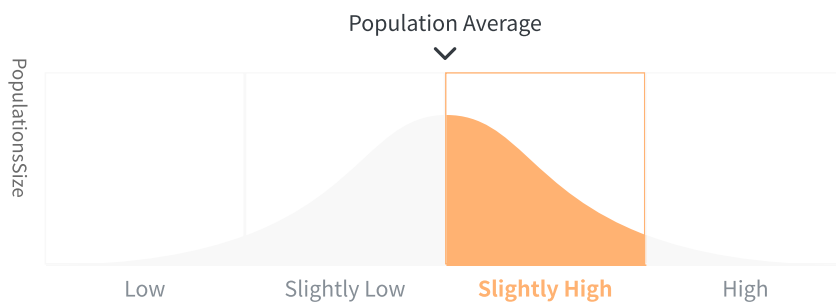
Features of dystonia

Dystonia is physically and severely painful, but the bigger discomfort is in daily life activities due to unnatural posture. With an unnatural head position, looking straight ahead becomes impossible. This makes walking, driving, and reading difficult. These conditions are caused by brain nervous system defects and can be treated if diagnosed early.

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The Group That I Belong To

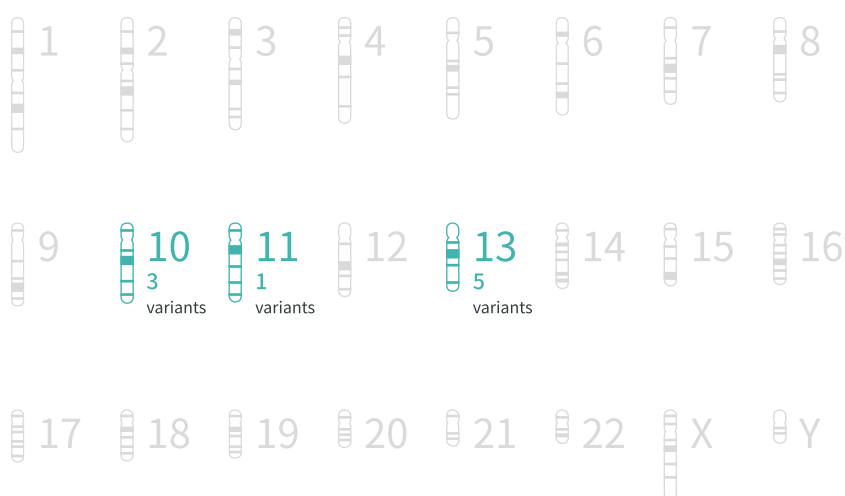
You fall under the group with a **slightly high likelihood** of developing cervical dystonia.



Genetic information

From analyzed 9 genetic markers, we have found 9 effect allele.

The credibility score is 71 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

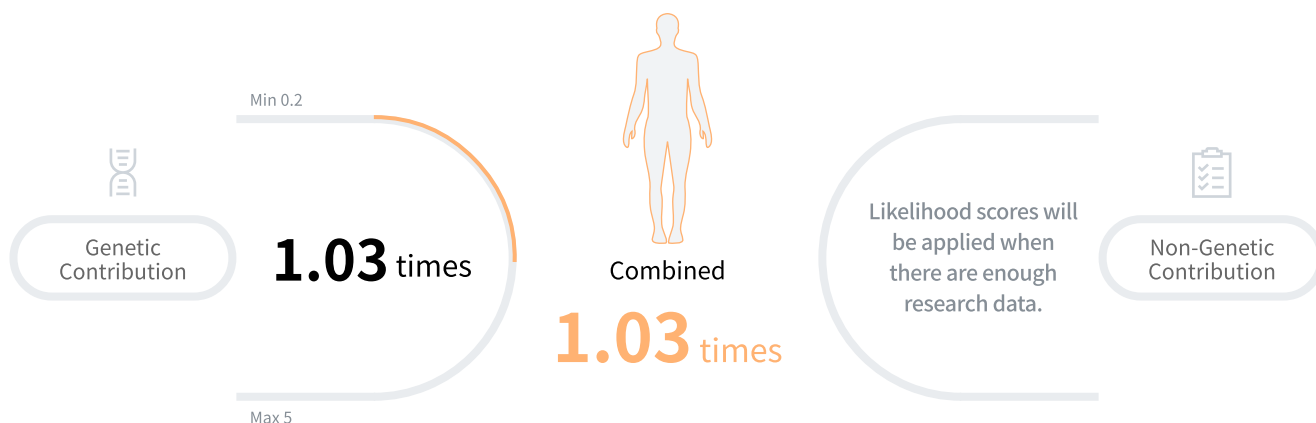


0 genetic markers with unknown location.

Thrombosis

Thrombosis is a condition where blood clots block your blood vessels. Thrombosis can occur in your veins or arteries.

Likelihood of Developing Blood Clot:



According to above results, your likelihood of developing thrombosis is **slightly high**.

Lower your risk by maintaining a healthy weight, eating a diet rich in vegetables, and avoiding sitting down for long periods.

Thrombosis

Thrombus refers to hardened blood clots in blood vessels, and thrombosis refers to diseases caused by it. Also called thromboembolism, thrombosis is blood vessel blockage due to thrombus. Although healthy individuals do not excessively produce thrombus, thrombosis can occur from slow blood flow, excessive coagulation, blood vessel damage, etc.

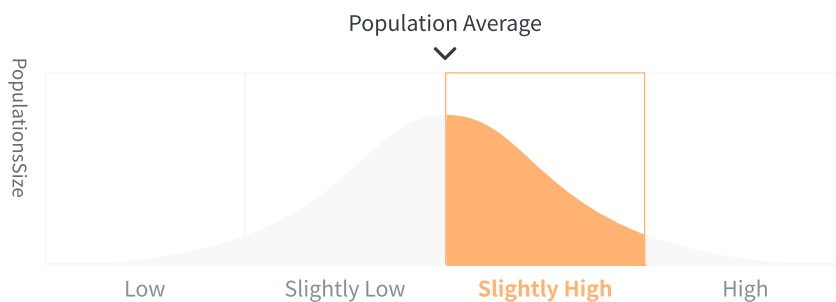
Characteristics of thrombosis

Thrombosis varies depending on the location of affected organ and blood vessel condition. Arterial thrombosis mainly causes ischemia, which occurs due to inadequate blood supply and insufficient peripheral blood flow. Venous thrombosis mainly causes congestion or hyperemia that occurs when blood reaches the periphery but cannot return to the heart.

UP-To-Date, Cochrane Library

The Group That I Belong To

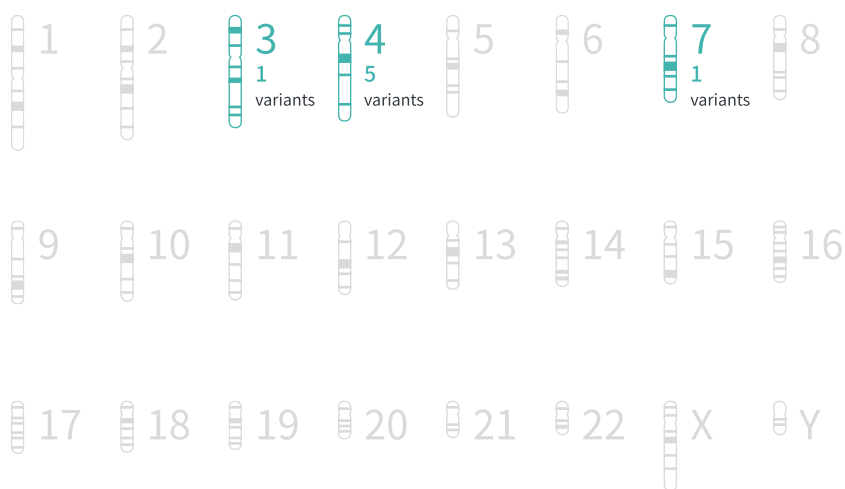
You fall under the group with a **slightly high likelihood** of developing thrombosis.



Genetic information

From analyzed 13 genetic markers, we have found **7** effect allele.

The credibility score is **86** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

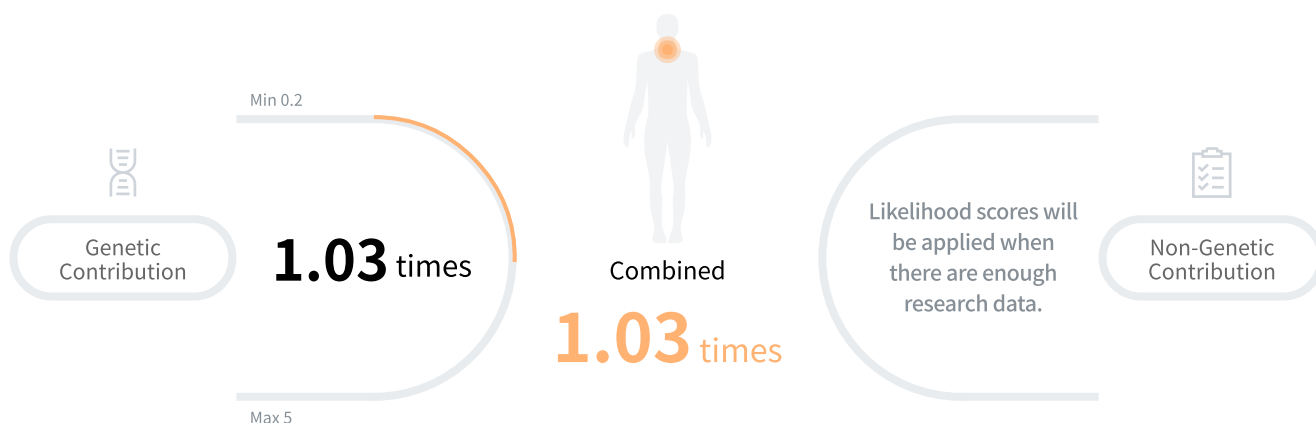


0 genetic markers with unknown location.

Stomatitis

Stomatitis is a sore or inflammation inside of the mouth. The sore can be in the cheeks, gums, inside of the lips, or on the tongue. Common causes are viral and bacterial infections, food sensitivities and vitamin deficiencies.

Susceptibility to Stomatitis:



Your susceptibility to stomatitis is **slightly high**.

Strengthen your immune system so you can fight off the disease.



Treatment methods

The medication used for stomatitis depends on whether it is caused by bacteria, viruses, or fungi. Analgesics are used to control the pain associated with stomatitis, and antihistamines help relieve mouth irritation. Mouthwash is used to repair and treat wounds, while fluoride is used preventively on patients who are likely to have problems with their teeth.



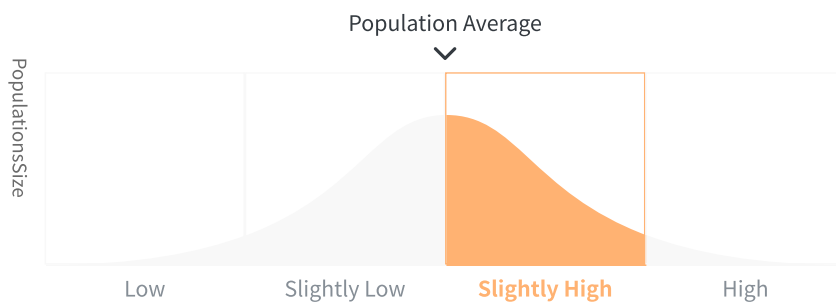
Prevention methods

Avoid hot beverages and foods that are overly seasoned. Drink plenty of water and maintain a balanced diet. If you get canker sores often, you may have a folate or vitamin B12 deficiency. Talk with a doctor about being tested for these deficiencies. Alcohol and tobacco are not only harmful for oral health but also for your overall health, so stay away from them.

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The Group That I Belong To

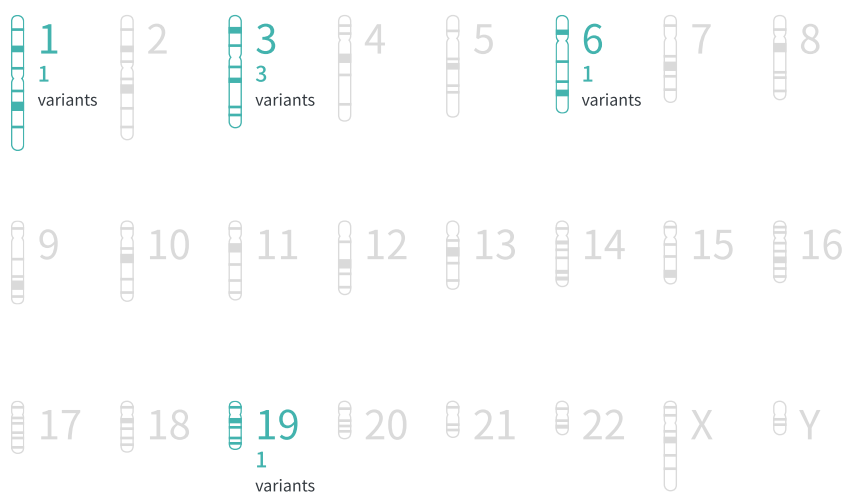
You fall under the group where the likelihood of stomatitis is **slightly high**.



Genetic information

From analyzed 9 genetic markers, we have found **6** effect allele.

The credibility score is **77** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

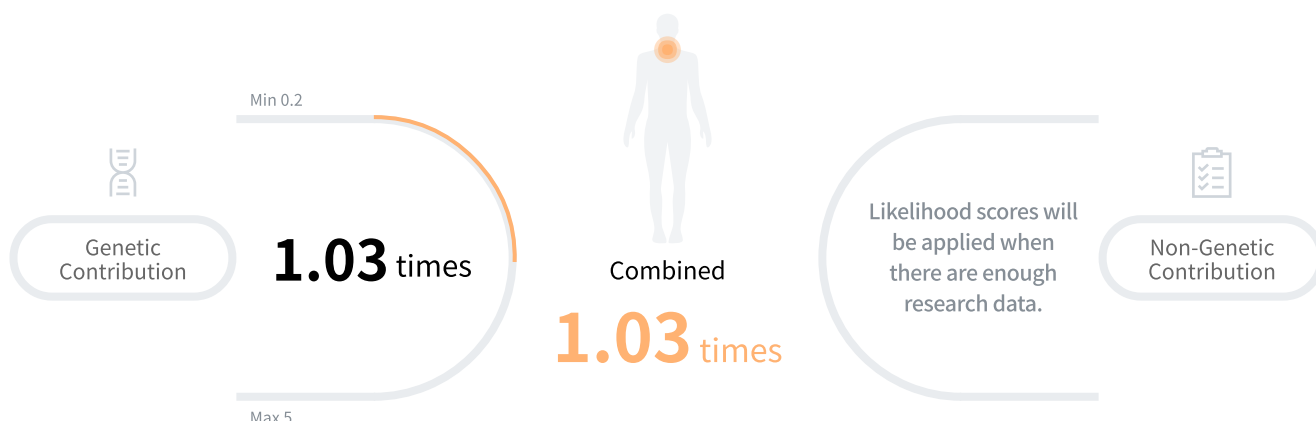


0 genetic markers with unknown location.

Mumps Infection

Mumps is an infectious disease characterized by swelling of the salivary glands due to virus infection. It is usually more prevalent during childhood and adolescence, but it is possible for adults to become infected with the virus.

Susceptibility to Mumps Infection:



Based on above results, your susceptibility to mumps infection is **slightly high**.

Boost your immune system to reduce your risk of infection. Exercising regularly and eating a healthy diet are good starting points.

How mumps is spread

Mumps is an airborne virus. It is spread through droplets from coughing, sneezing, and through the saliva of an infected person. It can also spread through contact with contaminated items and surfaces, such as door handles, cups, utensils, or work surfaces. Mumps can also be passed on by people who are infected with the virus but don't have any obvious symptoms.

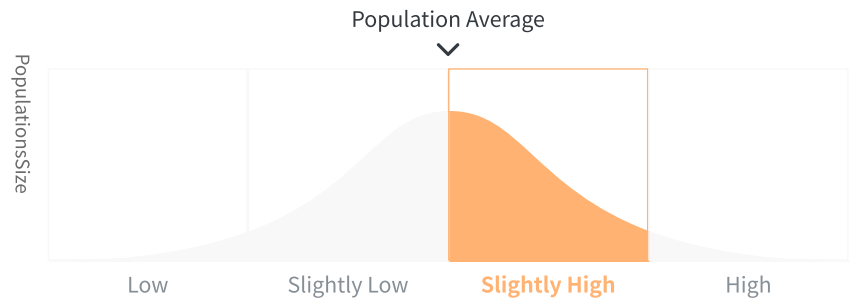
Managing mumps

Children should stay out of school until symptoms have lessened. Both adults and children with mumps symptoms should reduce contact with other people who live in their homes. Good basic hygiene practices, such as thorough hand-washing, covering the mouth when sneezing or coughing, and regularly cleaning often-touched surfaces, are also important in disease control.

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The Group That I Belong To

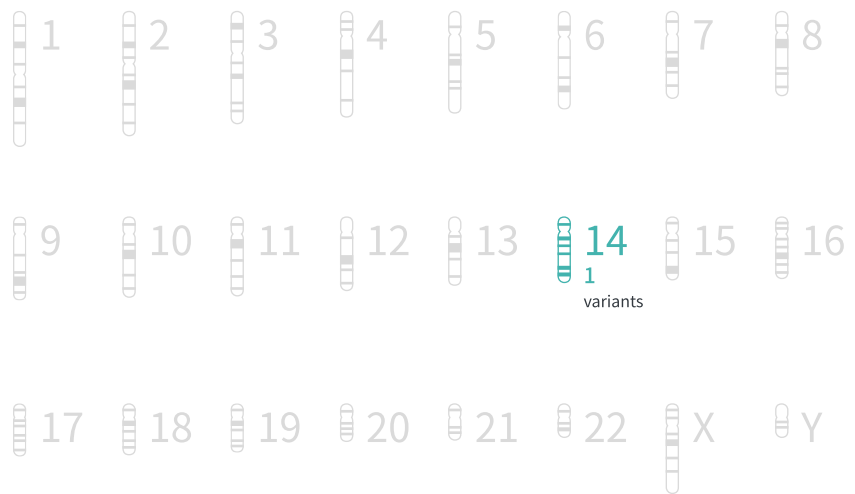
You fall under the group with a tendency to have **slightly high** susceptibility to mumps infection.



Genetic information

From analyzed 2 genetic markers, we have found **1** effect allele.

The credibility score is **85** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

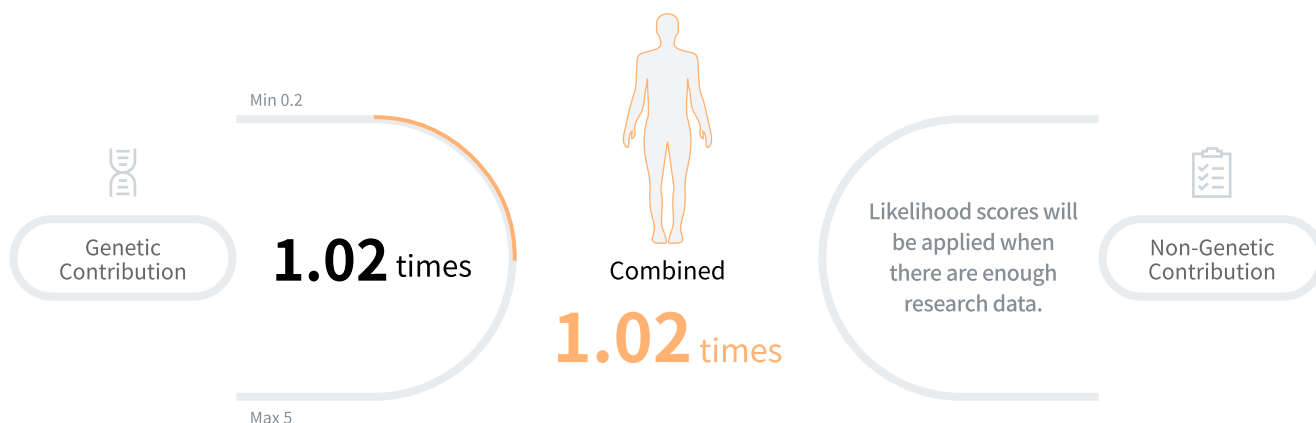


0 genetic markers with unknown location.

Sun Allergy

Sun allergy is a condition where itchy skin rash appears on areas that have been exposed to sunlight. Mild cases of sun allergy may clear away without treatment. Severe cases need to be treated with steroid cream or pills.

Likelihood of Developing Allergic Reaction to Sun Exposure:



In accordance with above results, your likelihood of having allergic reaction to sun exposure is **slightly high**.

Sun exposure to bare skin is harmful. When going outside, it is best to protect your skin with sunscreen.

What is sun allergy?

Sun allergy is abnormal skin reaction, such as rash, occurring on the skin after exposure to ultraviolet light. If mild, symptoms may disappear without treatment, but severe cases require oral medication or steroid ointment cream. Sun allergy onset can occur at birth or after growing up. Prevention of this condition is more important than treatment.

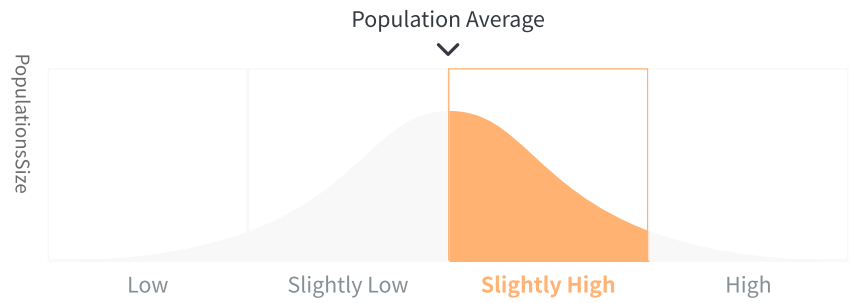
Prevention

When going outside, wear long sleeved clothing and a hat. Avoid wearing thin and holey clothes, which do not effectively block ultraviolet light. Regularly use sun screen to limit exposure to ultraviolet light. Use SPF15 during daily life, and SPF30 during extended periods staying outside. It is best to avoid sunlight between 10 am and 4 pm.

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The Group That I Belong To

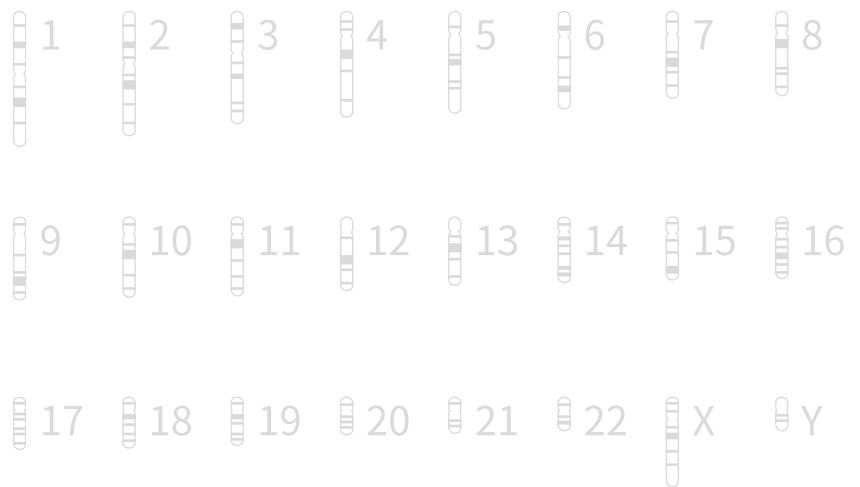
You fall under the group with a **slightly high likelihood** of having allergic reaction to sun exposure..



Genetic information

From analyzed 2 genetic markers, we have found no effect allele.

The credibility score is 74 points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

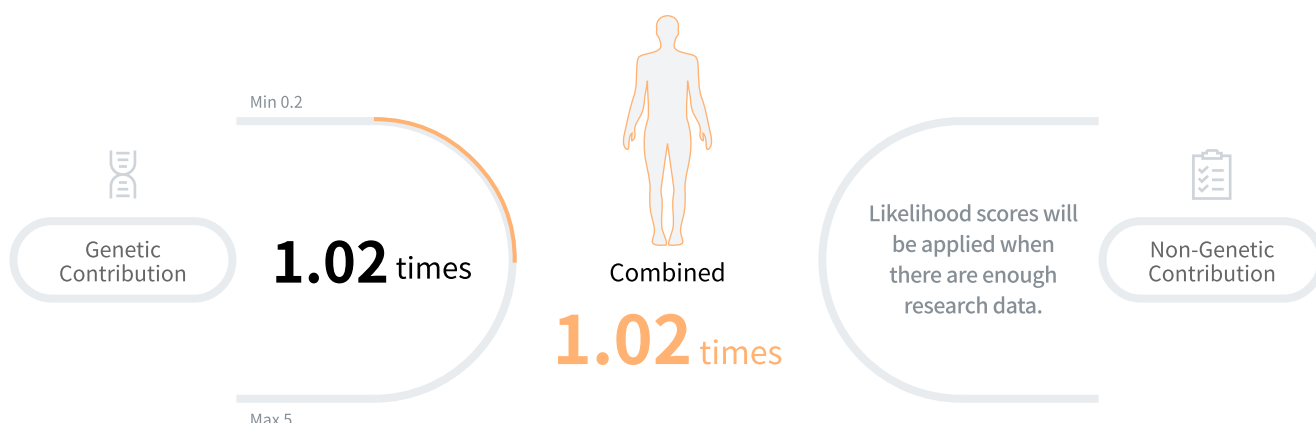


0 genetic markers with unknown location.

Nickel Contact Dermatitis

Nickel can be found in nearly everything including jewelries and stainless steel. Nickel is a common cause of nickel contact dermatitis, which is a symptom of nickel allergy.

Likelihood of Developing Skin Dermatitis From Nickel:



Based on above results, your likelihood of developing contact dermatitis due to nickel exposure is **slightly high**.

If your skin is sensitive to nickel contact, be mindful of objects that may contain nickel.

What is contact dermatitis?

Contact dermatitis is a red, itchy rash caused by direct contact with a substance. The rash isn't contagious or life-threatening, but it can be very uncomfortable. Depending on the substance of cause, it can be divided into irritant contact dermatitis and allergic contact dermatitis.

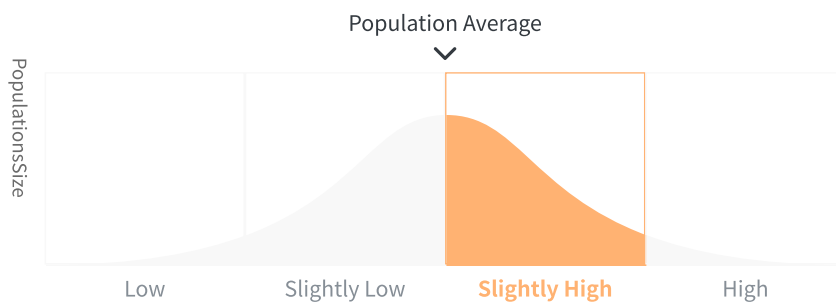
Symptoms

The skin reddens with mild symptoms. With increase in symptoms, swelling, blisters, and ulcers can occur. Secondary germ infection will cause inflammation. Symptoms occur immediately upon exposure to harmful substances and only in areas that are directly exposed. If treatment is not continued, chronic contact dermatitis may develop.

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The Group That I Belong To

You fall under the group where the likelihood of contact dermatitis due to nickel is **slightly high**.



Genetic information

From analyzed 4 genetic markers, we have found **3** effect allele.

The credibility score is **50** points.
because studies used for the analysis of this test item's genes are based on a very small sample size.

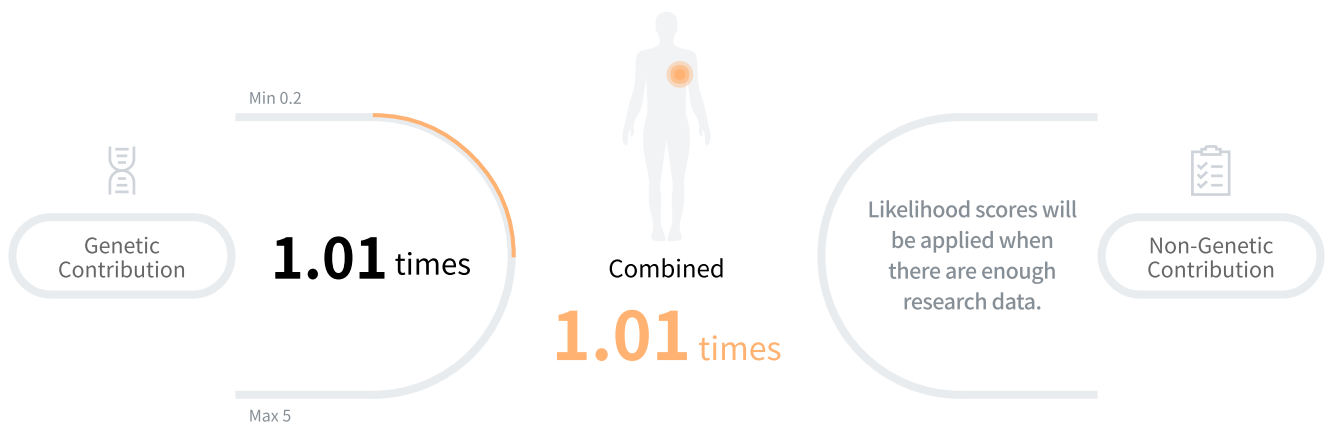


0 genetic markers with unknown location.

Silicosis

Silicosis is inflammation and scarring of the lungs due to silica dust. That's a tiny crystal found in sand, rock, or mineral ores like quartz. It is a health and work hazard.

Likelihood of Silica Dust Accumulation in Lungs:



In accordance with above results, your likelihood of developing silicosis is **slightly high**.

If your work environment exposes you to silica dust, make sure to wear a mask and be mindful of your intake.

What is silicosis?

Silicosis refers to dust, including silica sand, buildup in the lungs and causing scars. Silica sand, unlike other dust particles that enter the lungs, causes a strong inflammation. Over time the inflammation becomes thicker, turning into a scar. This leads to oxygen supply defects. Smoking speeds up symptom and disease progresses.

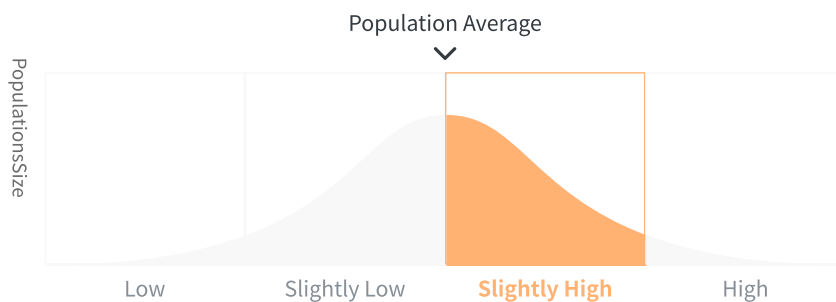
Symptoms

Chronic and acute silicosis share the same symptoms, but times of symptom onset vary. Acute silicosis rapidly progresses during a relatively short period of about 10 months. Most common symptoms are coughing, phlegm buildup, and breathing difficulties during exercise. Chest pressure or pain can also occur regularly. Smoking may worsen symptoms.

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The Group That I Belong To

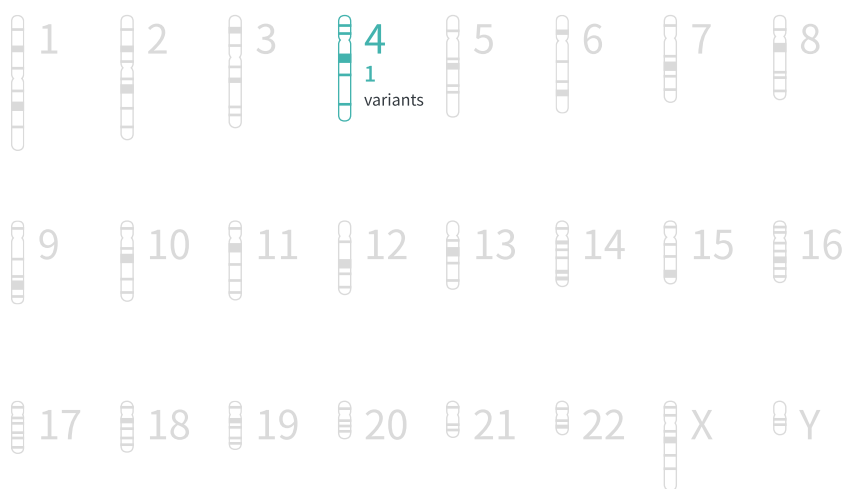
You fall under the group with a **slightly high likelihood** of developing silicosis.



Genetic information

From analyzed 2 genetic markers, we have found **1** effect allele.

The credibility score is **51** points. because studies used for the analysis of this test item's genes are based on a small sample size.

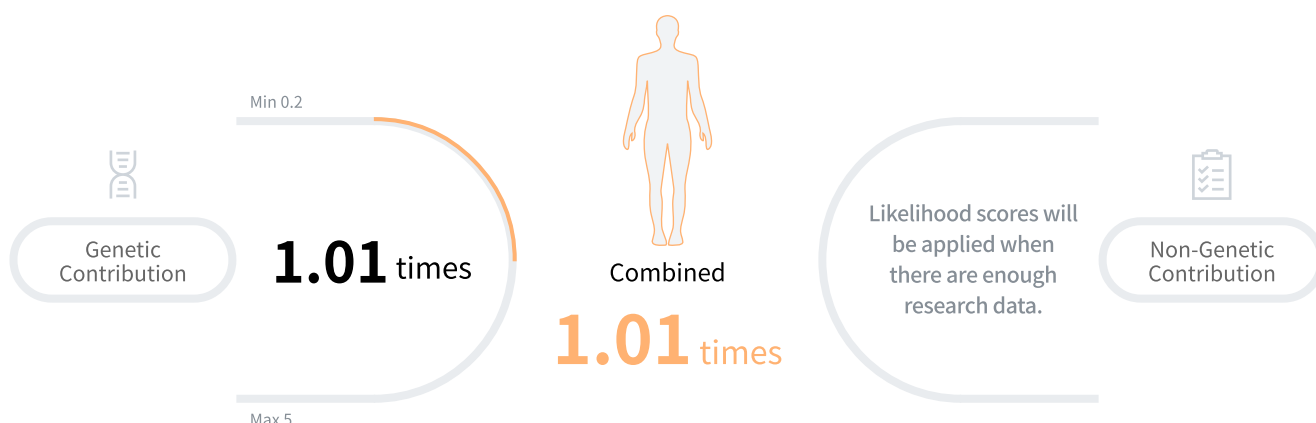


0 genetic markers with unknown location.

Guillain-Barré Syndrome

Guillain-Barré syndrome refers to inflammation in peripheral nervous system. It can lead to paralysis and difficulty in breathing. Although exact cause of this disease is unknown, recovery rate is high with proper treatment.

Likelihood of Peripheral Nervous System Damage:



Based on above results, your likelihood of developing Guillain-Barré syndrome is **slightly high.**

Risk factors of this condition is not yet clear. Maintain your health by being attentive to your physical condition

What is Guillain-Barré syndrome?

Guillain-Barré syndrome is a rare disease in which immune system attacks the peripheral nervous system. It occurs in adults over 30. Exact cause of this disease is unknown, but respiratory or digestive system infection precede Guillain-Barré syndrome. Common treatments include immunoglobulin therapy and plasma exchange. Recurrence of this disorder is rare and most people recover from it.

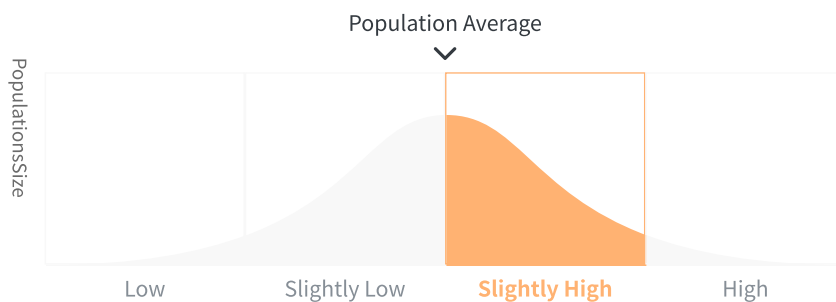
Symptoms

Key symptoms of Guillain-Barré syndrome are muscle weakness and paralysis due to inflammation in nerves. In early stages weakness in legs gradually spread to other parts of the body including arms and face. Symptoms also include difficulties in breathing, swallowing, and talking due to paralysis. Damage in autonomic nervous system will lead to other signs like irregular blood pressure or heartbeat.

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The Group That I Belong To

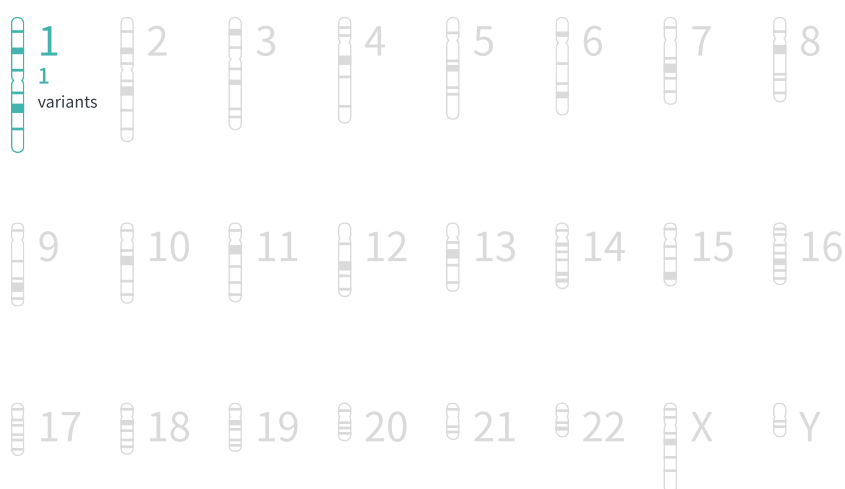
You fall under the group with a **slightly high likelihood** of developing Guillain-Barré syndrome.



Genetic information

From analyzed 2 genetic markers, we have found **1** effect allele.

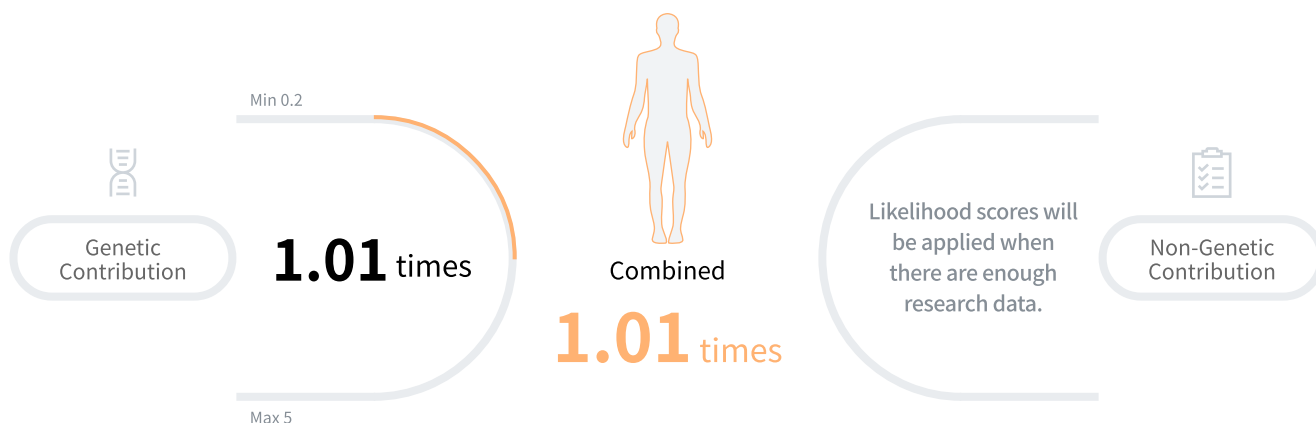
The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.



Osteoarthritis

Osteoarthritis is the most common form of arthritic disease. It occurs when cartilage that protects the bones wears down over time. Symptoms of this disease include pain in the affected joints and swelling due to inflammation.

Likelihood of Developing Arthritis From Aging:



Based on above results, your likelihood of developing arthritis from aging is **slightly high**.

Avoid repeated and harsh stress on the joints, and perform regular stretching for flexible joints.

Dietary guide

Instead of eating specific foods, consuming necessary nutrients evenly for good muscle growth and maintenance is important. Eat the recommended number of calories and maintain a healthy weight to avoid stressing the joints. Consume plenty of fruits and vegetables rich in antioxidants, such as vitamin C, E, beta-carotene, and selenium.

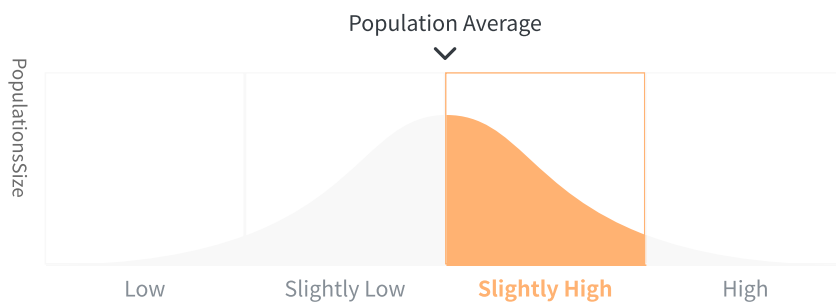
Exercise

It is important to maintain a normal weight to limit stress on joints. Take caution if your job or lifestyle involves repetitive straining movements or bad postures, as they can induce joint degeneration. Do weight exercises such as leg extension and raises in addition to stretching. Also, doing cardiovascular exercises regularly is good, including swimming and walking.

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The Group That I Belong To

You fall under the group with a **slightly high likelihood** of developing osteoarthritis.



Genetic information

From analyzed 14 genetic markers, we have found **6** effect allele.

The credibility score is **82** points. because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Gluten Sensitivity

Gluten sensitivity is different from gluten allergy. It is a condition where our body cannot digest gluten, which is a protein present inside flour. Symptoms may include digestive problems and bloating.

Likely Degree of Gluten Sensitivity:



Based on above results, your likelihood of being sensitive to gluten is **slightly]low.**

Although you may be free to enjoy bread and pasta, this result may differ from your actual condition.

What is gluten?

Gluten is a protein found in grains such as barley and wheat. It is responsible for bread's fluffiness and stickiness. Gluten-rich strong flour is used for sticky bread, while gluten-poor weak flour is used for crispy sweets. Recently, some advocate gluten-free diets, claiming that they lead to weight loss and a healthy lifestyle.

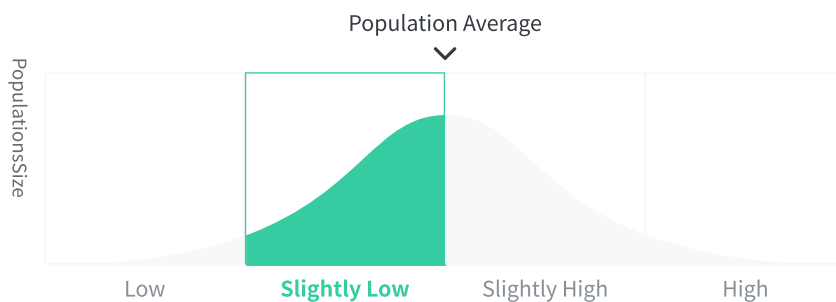
Eating gluten wisely

If you are diagnosed with celiac disease, limit flour-containing foods such as pizza, noodles, and bread, and practice a gluten-free diet. But simply limiting gluten is dangerous since you won't consume essential nutrients, and low dietary fiber intake may cause constipation. So balance your diet with vegetables and meat.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of having gluten sensitivity.



Genetic information

From analyzed 7 genetic markers, we have found **1** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

Lactose Intolerance

It is a condition characterized by the decreased ability to digest lactose, a sugar found in dairy products. Symptoms may include abdominal pain, bloating, diarrhea, gas, and nausea.

Likelihood of Developing Lactose Digestive Inability:



According to above results, your likelihood of developing lactose intolerance is **slightly low**.

Although you have low risk, it is a good idea to pay attention to your body's reaction to dairy products.

What is lactose intolerance?

Lactose is a type of sugar high in milk and other dairy products. It is easily absorbed in the stomach and intestine. A lack of lactose-decomposing enzyme is called lactose intolerance. Innate lactose intolerance is rare and affects males and females equally. After infancy, the enzymes slowly decrease, which leads to adult lactose-digesting enzyme deficiency.

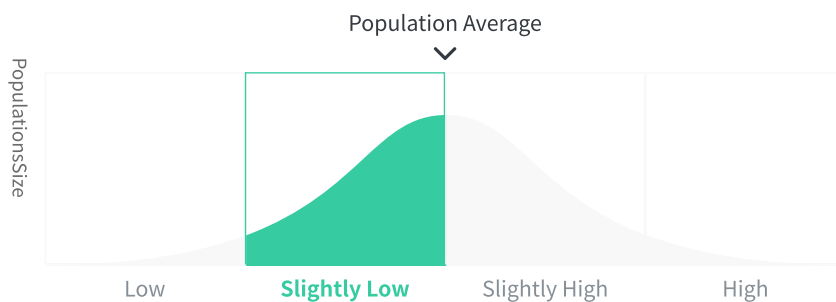
If you are lactose intolerant:

After drinking milk, nausea, abdominal pain, diarrhea, abdominal bloating and flatulence may occur. Symptoms may vary depending on the amount of lactose consumed or digest capacity of the colon. Most are annoying and uncomfortable, but not dangerous. However, innate disorder in babies can be dangerous with growth delay, diarrhea, and dehydration.

UP-To-Date, Cochrane Library

The Group That I Belong To

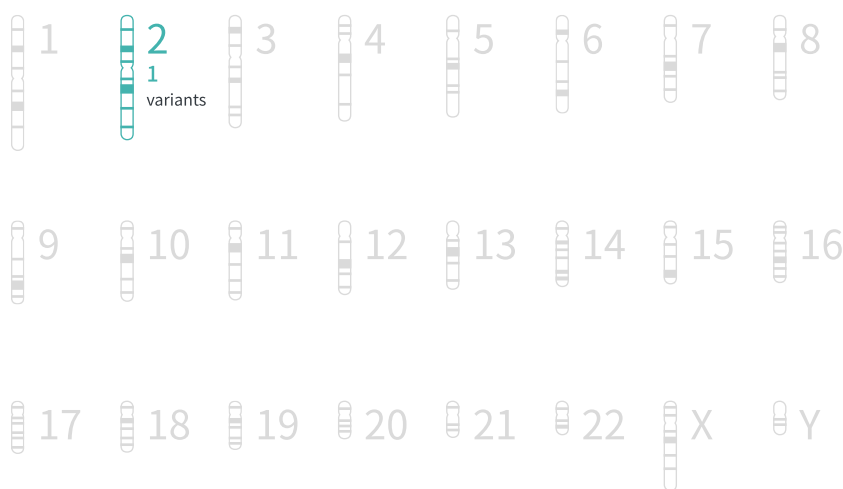
You fall under the group with a **slightly low likelihood** of developing lactose intolerance.



Genetic information

From analyzed **1** genetic markers, we have found **1** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

Chronic Rhinosinusitis

Rhinosinusitis refers to the condition where mucosal layer of the spaces inside your nose and head (sinuses) are inflamed. It is categorized into acute and chronic rhinosinusitis depending on the duration of the inflammation.

Likelihood of Development:



According to above results, your likelihood of developing chronic rhinosinusitis is **slightly low**.

Despite your low risk, it is recommended that you keep your immune system strong to prevent common cold or other infections.

Symptoms

Symptoms of acute rhinosinusitis is similar to sinus cold. Most common symptoms of chronic rhinosinusitis include thick, discolored discharge from nose and feeling of drainage down the back of the throat. Pain around eyes and nose is another common symptom of chronic rhinosinusitis. Headaches, sore throat can also occur. Inflammation might block nasal discharge to flow out of sinuses, causing secondary infection.

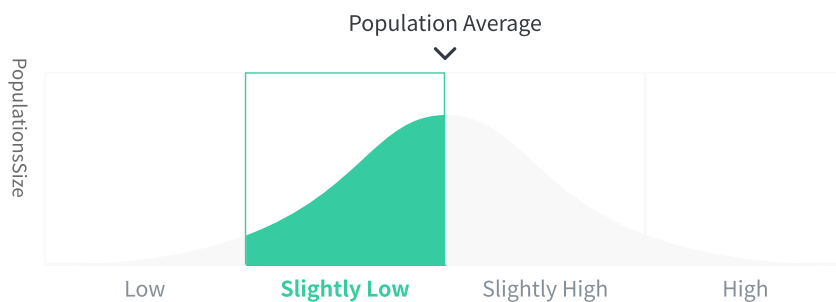
Prevention

It is suggested you wash your hands and feet when you come back home from outdoor activities. Preventing acute rhinosinusitis is relatively harder if you already have preexisting conditions such as rhinitis or asthma. Thus, maintaining a healthy immune system is crucial in rhinosinusitis prevention. Keeping the indoor environment clean and maintaining a constant temperature and humidity can also help.

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The Group That I Belong To

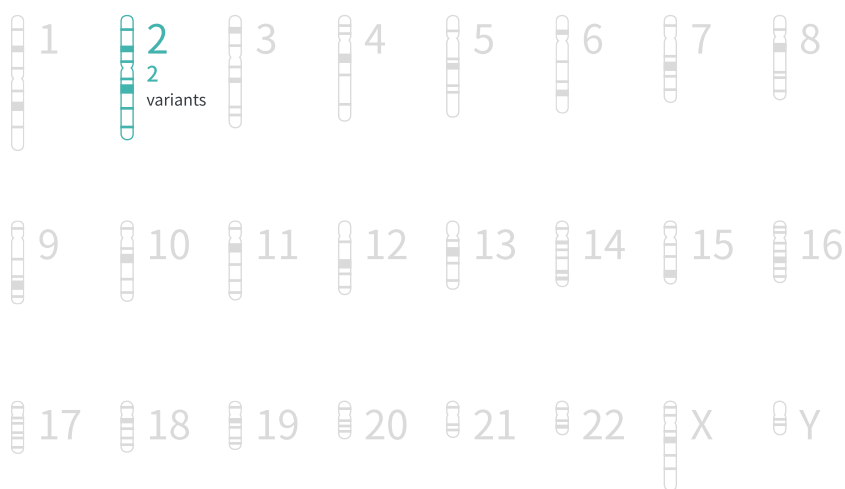
You fall under the group with a **slightly low likelihood** of developing chronic rhinosinusitis.



Genetic information

From analyzed 3 genetic markers, we have found **2** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

Farsightedness (Hyperopia)

Farsightedness (hyperopia) is a common vision condition in which you can see distant objects clearly, but objects nearby may be blurry.

Likelihood of Development:



Based on above results, your likelihood of developing farsightedness is **slightly low**.

Lower your risk even further by consuming nutrients beneficial for you eyes and giving your eyes plenty of rest.

What is farsightedness?

Farsightedness (hyperopia) is a common vision condition where you can see far away objects, but objects close by may be unclear or blurry. It usually presents at birth and may run in families. The condition can be corrected with eyeglasses, contact lenses or surgery. If untreated, it may cause amblyopia or esotropia.

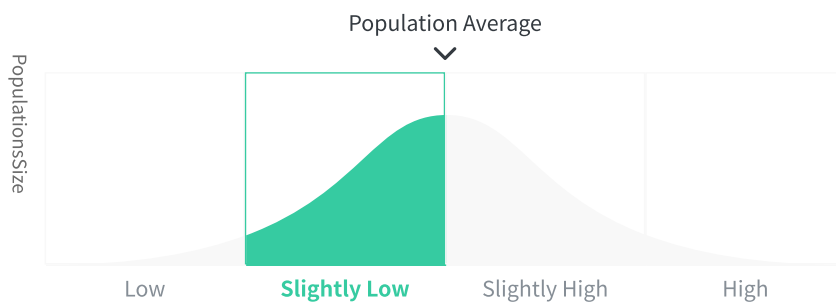
Management

Farsightedness can be easily corrected with prescription glasses, contact lens or surgery. It is advised to have regular eye exams because damage is difficult to reverse. If you wear glasses or contacts, or have a health condition that affects the eyes, such as diabetes, you will likely need to have your eyes checked more regularly.

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You fall under a group where the likelihood of farsightedness is **slightly low**.

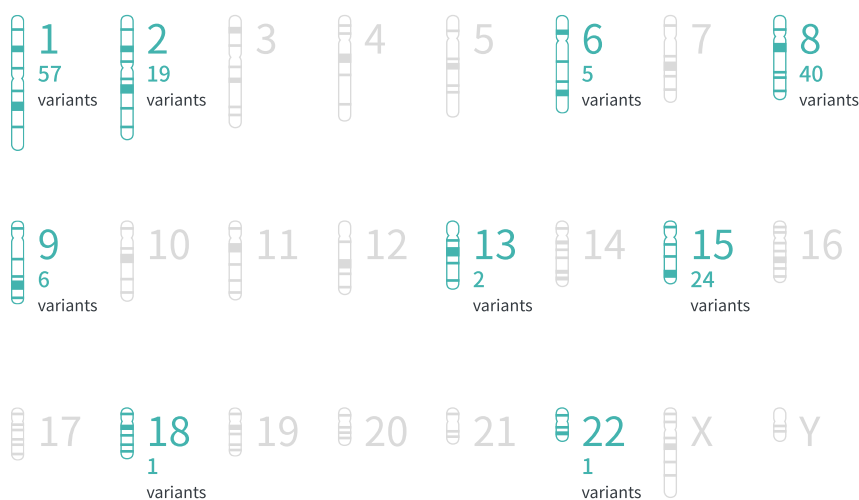


General Disease

Genetic information

From analyzed 167 genetic markers, we have found **155** effect allele.

The credibility score is **53** points.
because studies used for the analysis of this test item's genes are based on a small sample size.



0 genetic markers with unknown location.

Dry Eye Syndrome

Dry eye is a condition in which a person doesn't have enough quality tears to lubricate and nourish the eye.

Likelihood of Development:



Based on above results, your likelihood of developing dry eye syndrome is **slightly low**.

Lower your risk even further by limiting the use of electronic devices and consuming foods rich in vitamin A.

Dietary guide

Eating blueberries and carrots is recommended. Blueberries are abundant in vitamin A and amino acids, preventing opthalmoxerosis and night blindness. Carrots are high in vitamin A, and prevent vision decline and night blindness. Avoid overeating refined sugar, which inhibits the absorption of calcium and vitamins and may induce near-sightedness.

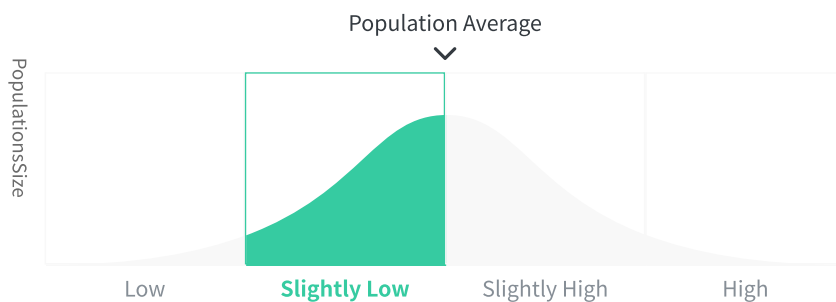
Lifestyle guide

Heating in the winter and air conditioning in the summer may cause dry environments, so using a humidifier is recommended. Also, avoid excessive use of fans to keep your eyes from drying. Using a computer screen above the natural line of eyesight leads to eye dryness. So position your computer screen slightly below the natural line of eyesight.

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You fall under the group with a **slightly low likelihood** of developing dry eye syndrome.



Genetic information

From analyzed **1** genetic markers, we have found **1** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

Erectile Dysfunction

Erectile dysfunction (ED) is the inability to get or keep an erection firm enough to have sexual intercourse. Occasional ED is common and normal. Frequent ED can be a sign of health problems that need treatment.

Likelihood of Development:



According to above results, your likelihood of developing erectile dysfunction is **slightly low**.

Lower your risk even further by maintaining a healthy weight and limiting alcohol intake.

What is erectile dysfunction?

ED is not having enough erections or inability to maintain them. Generally, if this condition lasts for more than 3 months, ED is diagnosed. Causes include old age, smoking, drinking, diabetes, high blood pressure, and cerebrovascular disease. In addition, psychological factors such as emotional stress, depression, and anxiety can also cause ED.

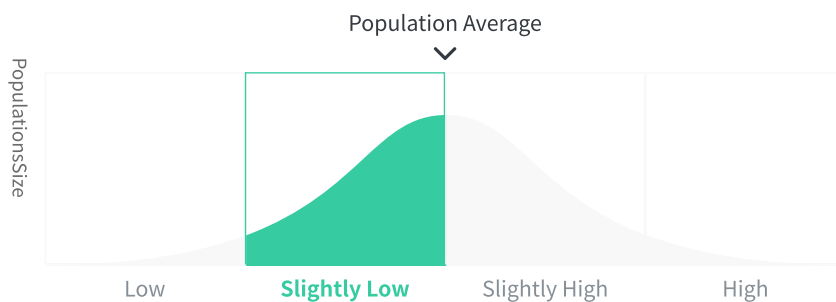
Prevention

To prevent ED, reduce excessive drinking and smoking, and have a regular sexual life in conjunction with proper exercise and diet. Because diabetes and hyperglycemia are main causes of ED, reduce consumption of fats and fast foods and consume more vegetables and fresh fruits. Having a positive mindset and adequate sleep for emotional stability also help.

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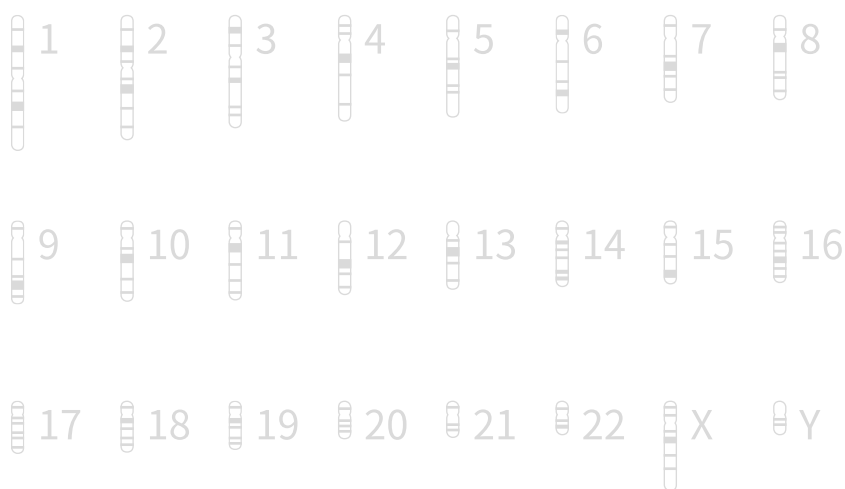
You fall under the group with a **slightly low likelihood** of developing erectile dysfunction.



Genetic information

From analyzed 1 genetic markers, we have found no effect allele.

The credibility score is 50 points.
because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

AIDS Progression

HIV (human immunodeficiency virus) weakens a person's immune system by destroying important cells that fight disease and infection. There may be genetic factors that predispose individuals to rapid progression to AIDS.

Likely AIDS Progression Rate With HIV Infection:

Likelihood score (times) unavailable for reports with insufficient research data.

Based on above results, your likely AIDS progression rate after HIV infection **slightly slow**.

Prevent HIV exposure by practicing good personal hygiene habits.



Risk factors

There is no cure for HIV because of the genome's high mutation rate. Thus, prevention is very important. Use caution when giving blood, because HIV is often transferred by getting pricked/stabbed with a needle used by an infected person. A pregnant mother with HIV can transfer the virus to her newborn baby.



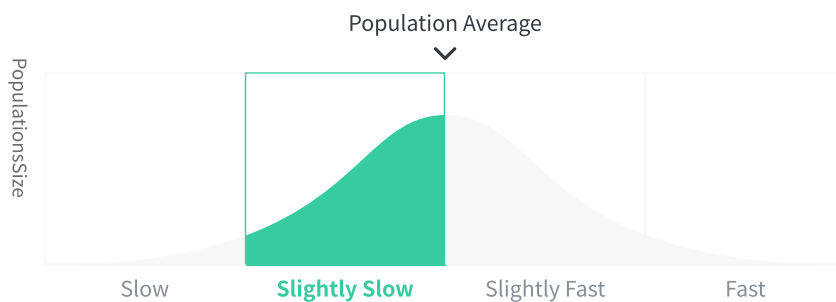
AIDS

Unlike other contagious diseases, HIV is not transferred through common contacts including coughing, hand shake, and light kiss. Most infections are from sexual contacts and blood transfusion. Despite this, infection cases are increasing every year with decreasing average age. This calls for an increased disease awareness.

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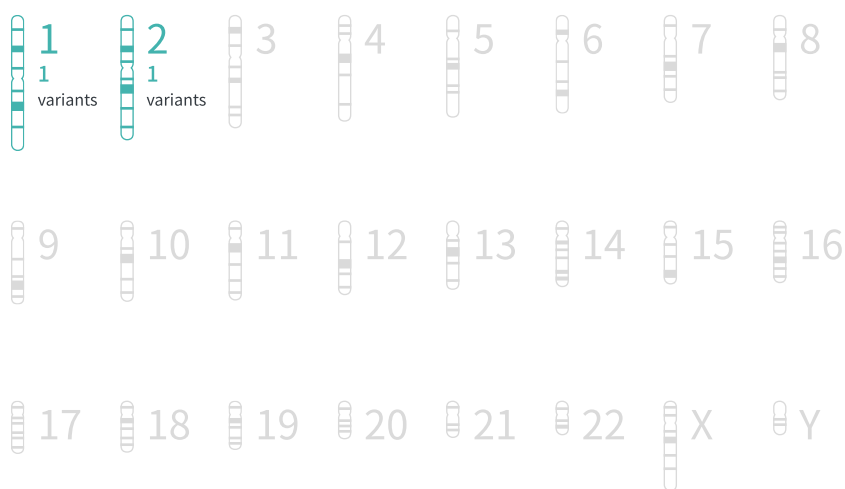
You fall under the group with a tendency to have **slightly slow** AIDS progression after HIV infection.



Genetic information

From analyzed 8 genetic markers, we have found **2** effect allele.

The credibility score is **67** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Candida Infection

Candidemia is a bloodstream infection with Candida fungal species. It is the fourth most common hospital-acquired infection in immunocompromised patients. Susceptibility to candidemia may be influenced by genetic variations.

Susceptibility to Candida Yeast Infection:



Based on above results, your likely susceptibility to candida yeast infection is **slightly low**.

Despite your low risk, practice good personal hygiene to protect yourself from other germs.

Prevention

Maintaining a dry and clean skin is good. After showering/bathing, make sure to completely dry your armpits, groin, toes, and under the breast. Individuals with sweaty feet should interchange using multiple shoes and dry them under the sun. When using a public bath/shower, use your own sandal or slippers, and avoid using public towels.

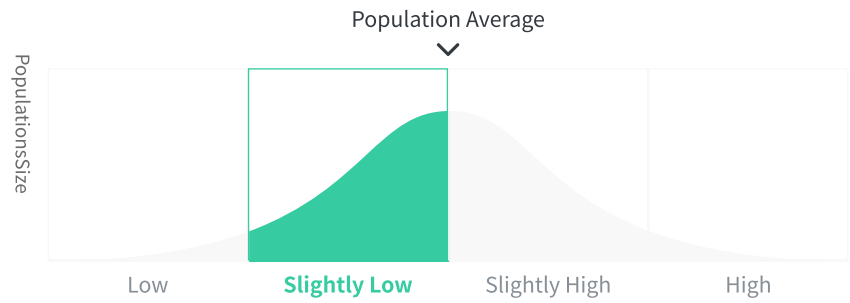
Candida vaginitis

Candida vaginitis is a common yeast infection of the vagina that 75% of females experience at least once. It is caused by a decrease in vaginal microbiota, and the condition worsens if tight pants or swimming suits are worn. Symptoms include itchiness and increased vaginal secretion. If neglected, can cause complications during pregnancy and pelvic inflammation.

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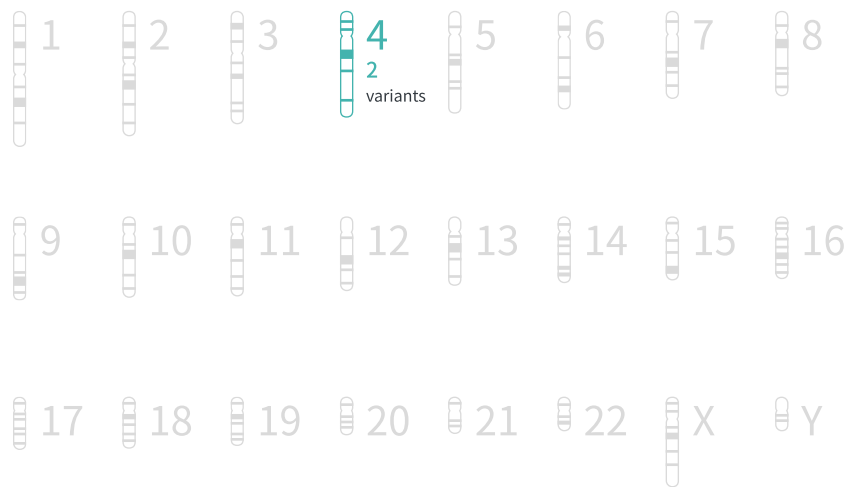
You fall under the group with a tendency to have **slightly low** susceptibility to candida infection.



Genetic information

From analyzed 2 genetic markers, we have found **2** effect allele.

The credibility score is **50** points.
because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

EBV Antibody Response

Epstein-Barr virus (EBV) can cause infectious mononucleosis. It is caused by a type of herpes virus that usually attacks the lymphocytes, causing lymph nodes to swell. Similar to other herpes virus, it can remain dormant in the body.

Likely Response of Epstein Barr Virus Antibody After Infection:

Likelihood score (times) unavailable for reports with insufficient research data.

According to above results, your likelihood of EBV antibody response after infection is **slightly low**.

Positive EBV antibody response may be related to herpes virus infection, but use this result only as a reference since this test does not measure actual response.

Risk factors

EBV is most commonly transferred through saliva, and also known as “kissing disease.” Most EBV carriers can transfer the disease even without symptoms. EBV is transferred not only through mouth-to-mouth contact, but also through coughing and sharing cups. So it is important to prevent being infected by practicing good personal hygiene.

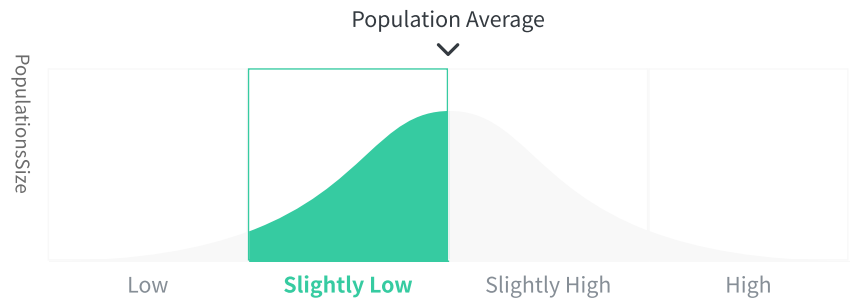
EBV antibody test

Using the EBV antibody test, presence of infection and how long ago the infection happened can be determined. If VCA-IgM antibody is detected, recent infection is likely. If VCA-IgM antibody is negative and another antibody is detected, infection most likely occurred a long time ago. If VCA-IgG antibody is negative, there is no EBV infection.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of having EBV antibody response.



Genetic information

From analyzed 24 genetic markers, we have found **14** effect allele.

The credibility score is **60** points. because studies used for the analysis of this test item's genes are based on a small sample size.



0 genetic markers with unknown location.

Eating Disorder

Eating disorders describe illnesses that are characterized by irregular eating habits and severe distress or concern about body weight or shape.

Likelihood of Developing an Unhealthy Eating Behavior:



According to above results, your likelihood of developing an eating disorder is **slightly low**.

Even with your low risk, it is a good idea to avoid excessive dieting.

Anorexia nervosa

Anorexia nervosa is a type of eating disorder. It is characterized by being severely stressed from weight gain, and constant attempts to lose weight. Dehydration, low blood pressure, and psychological anxiety occur from severe low weight, and menstruation may be lost due to hormonal changes in women. Nutritional imbalances can induce many complications.

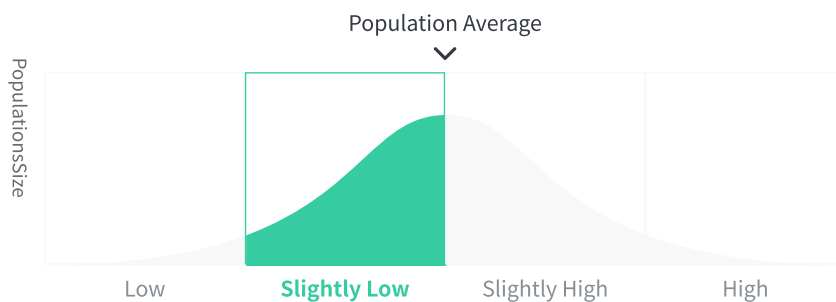
Bulimia Nervosa

Bulimia nervosa is a type of eating disorder that can occur with anorexia. After overeating or binge eating, patients intentionally vomit or take medication such as diuretics and laxatives in fear of weight gain. Eating disorders can be cured if they are treated proactively because they are caused by low self-confidence or difficulty in interpersonal relationships.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing an eating disorder.

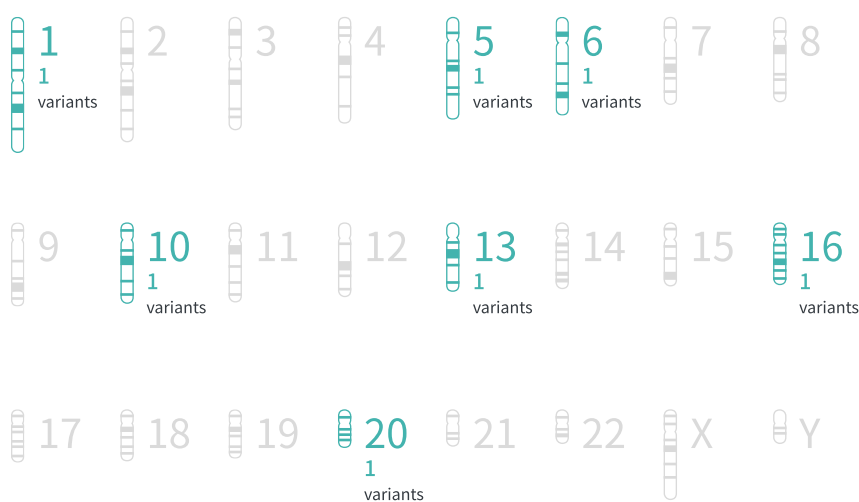


General Disease

Genetic information

From analyzed 7 genetic markers, we have found **7** effect allele.

The credibility score is **66** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Chronic Fatigue Syndrome

Chronic fatigue syndrome is characterized by extreme fatigue that can't be explained by any underlying medical condition. The fatigue may worsen with physical or mental activity, but doesn't improve with rest.

Likelihood of Development:



According to above results, your likelihood of developing chronic fatigue syndrome is **slightly low**.

Despite your low risk, it is always a good idea to watch your stress level.

What is Chronic Fatigue Syndrome?

Chronic fatigue syndrome (CFS) is a serious, long-term illness that affects many body systems. People with CFS are often unable to do everyday activities. They may find it difficult to go to work/school and take part in social life. Symptoms vary from person to person, but in general extreme fatigue would result in decreased concentration/memory, and sleep quality.

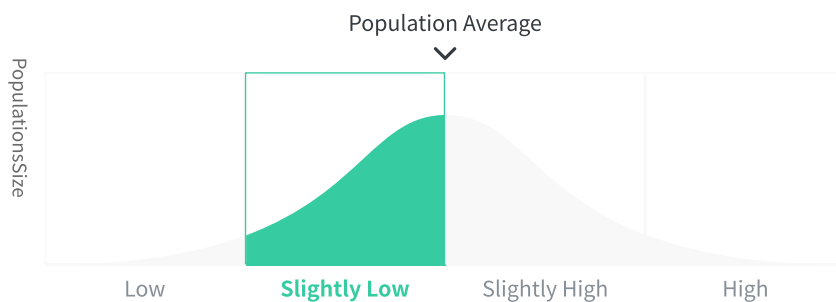
Treatment and management

There is no specific treatment for chronic fatigue syndrome, but there is research showing that aerobic exercise can help. Walking in nature, biking, or swimming in the cool water can help with stress and relieve stress. If you start radically, you can increase your fatigue, so it is best to gradually increase your workout.

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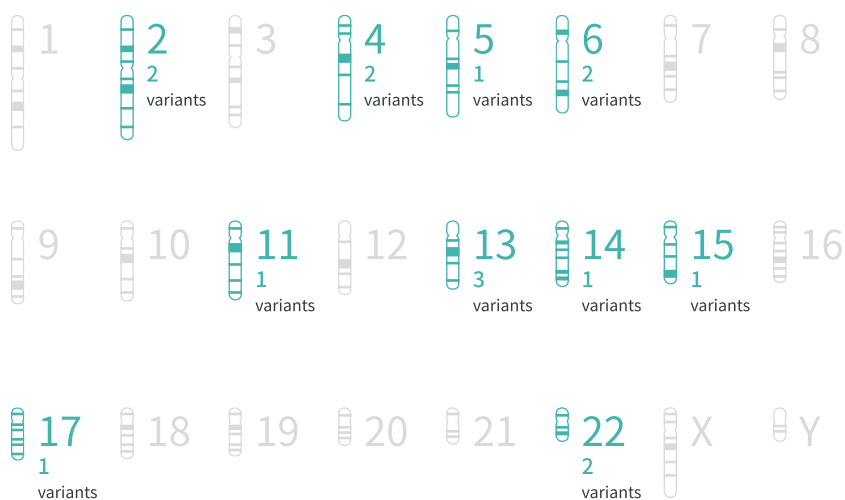
You fall under the group where the likelihood of chronic fatigue syndrome is **slightly low**.



Genetic information

From analyzed 35 genetic markers, we have found **16** effect allele.

The credibility score is **50** points.
because studies used for the analysis of this test item's genes are based on a very small sample size.

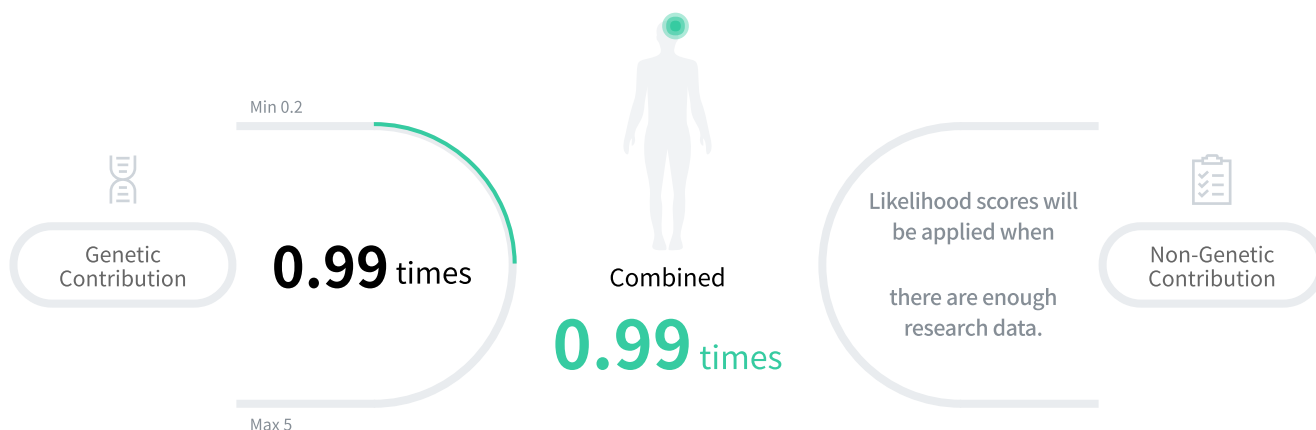


0 genetic markers with unknown location.

Age and Cognitive Function

Cognitive function is described as the capacity for memory, reasoning and comprehension skills. Aging is known to cause cognitive decline, but some earlier or more severely than others.

Likely Decline of Cognitive Ability From Aging:



Based on above results, the likelihood of your cognitive ability declining from aging is **slightly low**.

Even though your risk is low, it is important to take precautionary actions such as routine exercise and frequently eating nuts for your brain health.



Exercise and cognitive function

Brain function gradually declines with age, and memory, perceptual speed, decision-making and processing speed become inferior. One factor that slows cognitive decline is proper physical activity. Aerobic exercise such as walking stimulates the brain's motor function, which can positively affect cognitive function and lower risk of cerebrovascular diseases.



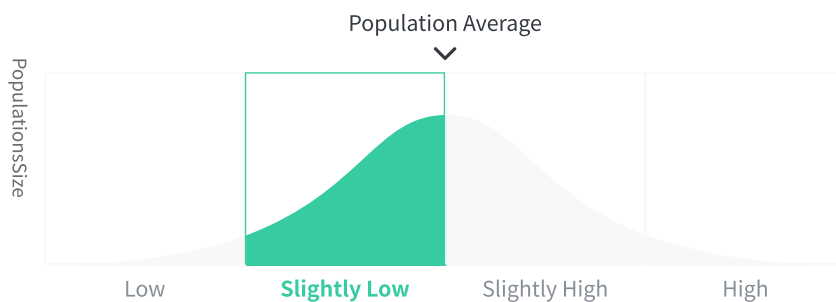
Delirium

It is a decline in cognitive function at old age, similar to dementia; however, delirium can be cured by treating and removing the root cause. Delirium occurs suddenly from brain or cardiovascular disease, or brain injury caused by trauma or infection, etc. In addition, sleeping disorders, nervousness, tremor, and other symptoms occur.

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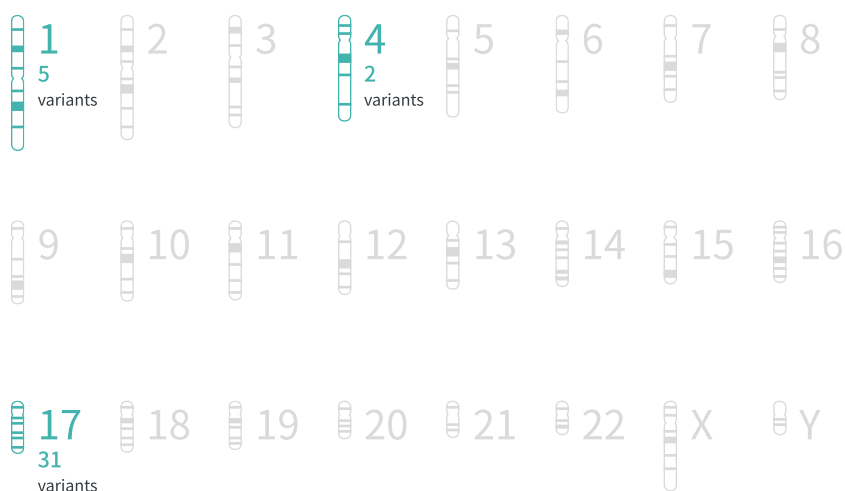
You fall under the group with a **slightly low** tendency of experiencing cognitive ability decline from aging.



Genetic information

From analyzed 93 genetic markers, we have found **38** effect allele.

The credibility score is **79** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Peripheral Vascular Disease

Peripheral vascular disease is a disease that causes restricted blood flow to the arms, legs, or other body parts.

Likelihood of Peripheral Blood Vessel Narrowing:



According to above results, your likelihood of developing PVD is **slightly low**.

Lower your risk even further by maintaining a healthy weight and cholesterol level.

Types of PVD

A disease where blood clots block blood flow is called atherosclerosis. Hardening of blood vessels is called arteriosclerosis. These are collectively referred to as arterial disease. Peripheral vascular disease is the accumulation of fat on the inner walls of the arterial blood vessels leading to the arms and legs, reducing blood flow and oxygen supply.

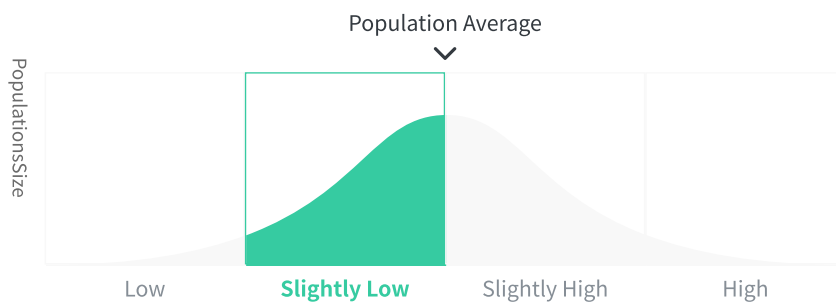
Symptoms

Initially, there is no symptom. With insufficient blood supply, numbness and soreness in arm/leg muscles are experienced during walking or exercise. Climbing uphill or up the stairs causes pain in the leg muscles. Although pain disappears with rest, it will reoccur if physical activity is resumed. This distinct symptom is called creeping gait.

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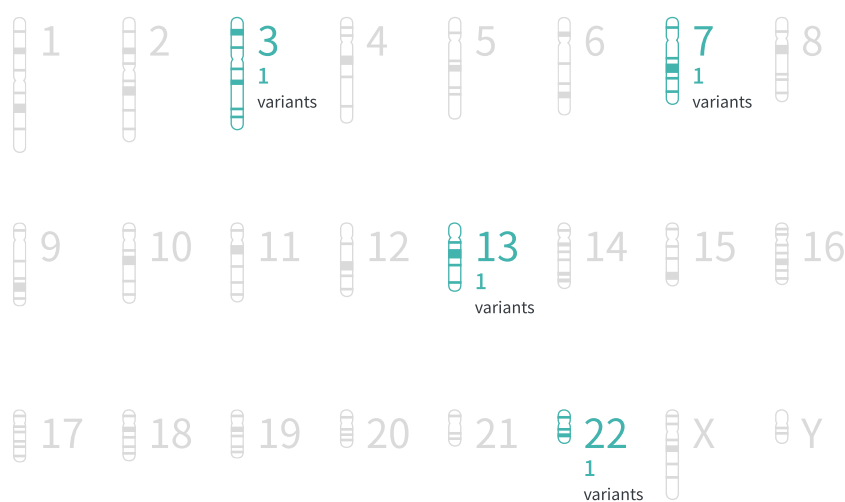
You fall under the group with a **slightly low likelihood** of developing PVD.



Genetic information

From analyzed 8 genetic markers, we have found **4** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Small Vessel Stroke

A small vessel stroke is an interruption in blood flow in a small artery in the brain. It injures only the portion of the brain supplied by the small blood vessel, often referred to as the vascular territory of the small artery.

Likelihood of Stroke Occurring Due to Small Vessel Disease:



According to above results, your likelihood of small vessel stroke occurring is **slightly low**.

Although you have a low risk, it is still good to avoid risk factors including high blood pressure and diabetes.

What is small vessel stroke?

High blood pressure, diabetes, and smoking are the major causes of small blood vessel damage/degeneration in the brain. Lacrimal infarction, a major small vessel stroke, occurs with small blood vessels blockage. Most cases are asymptomatic at the beginning and can cause neurological disorders such as paralysis, Parkinson's disease, and dementia.

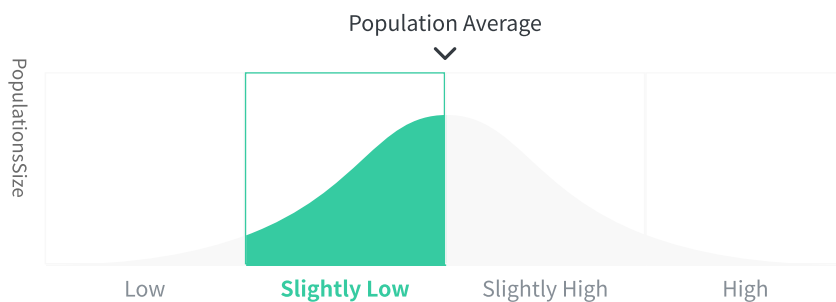
Lifestyle habits

Avoid long and sudden exposure to cold temperatures. Especially for individuals with high blood pressure or obesity, take caution in places with drastic temperatures changes or that induce blood pressure changes, such as bathrooms. Moderate exercise is good for relieving stress, insomnia, and obesity prevention.

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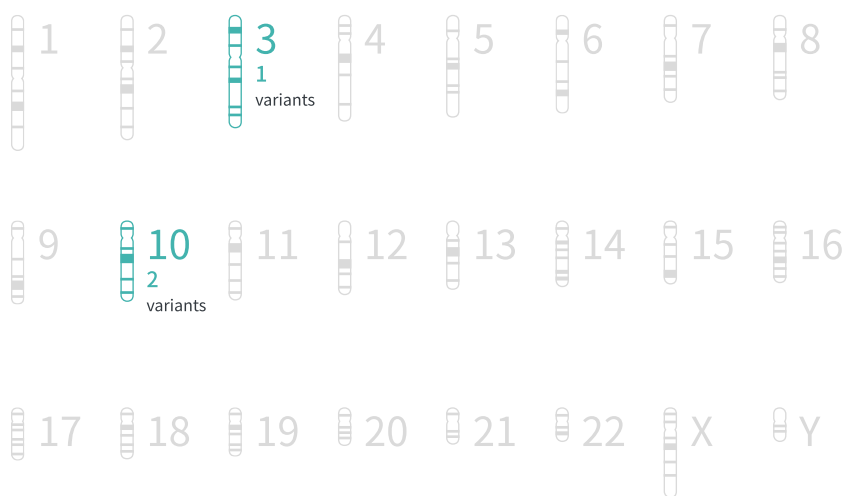
You fall under the group with a **slightly low likelihood** of small vessel stroke occurring.



Genetic information

From analyzed 6 genetic markers, we have found **3** effect allele.

The credibility score is **90** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Kidney Stone

Kidney stones are stone-like urine substances formed in the kidneys. Large stones can move around inside the kidneys and cause severe hematuria (bloody urine) by irritating nearby tissues.

Likelihood of Developing Mineral Deposit in Kidney:



Based on above results, your likelihood of developing kidney stones is **slightly low**.

Even though you have low risk, drinking plenty of water helps to prevent kidney stones.

What are kidney stones?

Kidney stones are urine substances that form stone-like structures in the kidney, causing symptoms and complications. While small stones are released through urine, large stones move and irritate surrounding tissues, causing severe hematuria (bloody urine). If it is large enough to block urine flow, it may cause severe side pain.

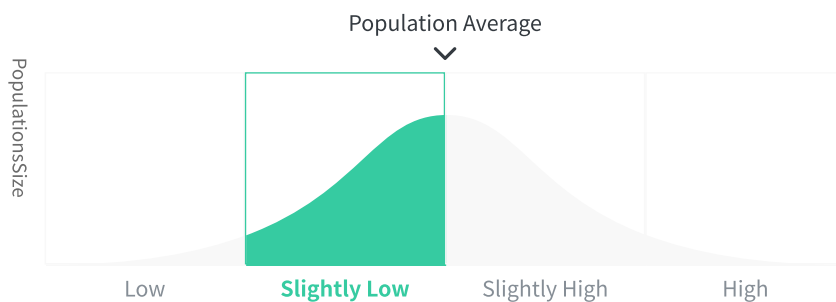
Preventing kidney disease

Regular exercise controls blood pressure and sugar, reducing risk of kidney disease. Eat plenty of antioxidant-rich vegetables/fruits and don't eat too much salt. Quit smoking, as it blocks kidney blood flow. Drink more than 2 L of water a day to prevent concentrated toxic substances in your urine, but consult a specialist if you already have kidney disease.

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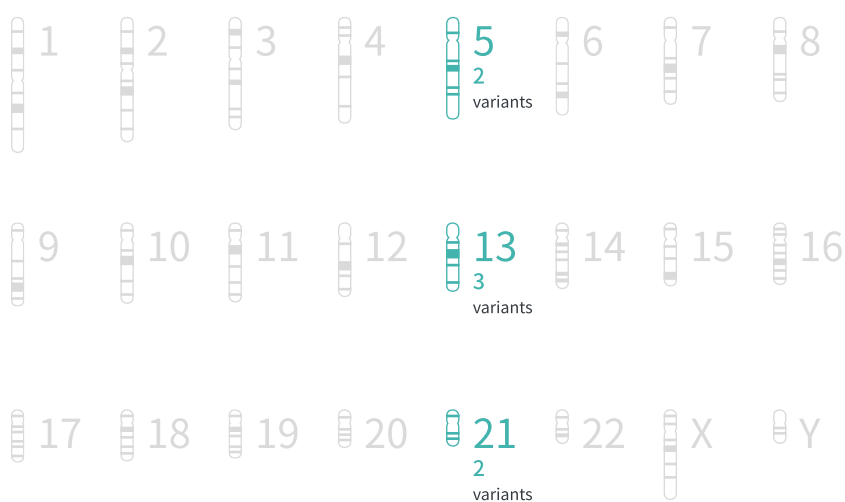
You fall under the group with a **slightly low likelihood** of developing kidney stones.



Genetic information

From analyzed 12 genetic markers, we have found **7** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

High BP Due to Salt Intake

Blood pressure is known to decrease as salt intake decreases, but this may not always be the case. Those with a higher sensitivity towards salt may react to salt intake differently.

Likelihood of Developing High Blood Pressure From Salt Intake:



Based on above results, your likelihood of having an elevated blood pressure due to salt intake is **slightly low**.

Even if your salt sensitivity is low, do not forget that alcohol consumption and smoking are risk factors for high blood pressure.

Salt-sensitivity

If you have a salt-sensitive gene, salt is not released from your body as efficiently as others, and this causes blood pressure to go up. This is why different people respond to salt intake differently. Those with salt sensitivity are more susceptible to cardiovascular disease and would require more effort in reducing salt intake.

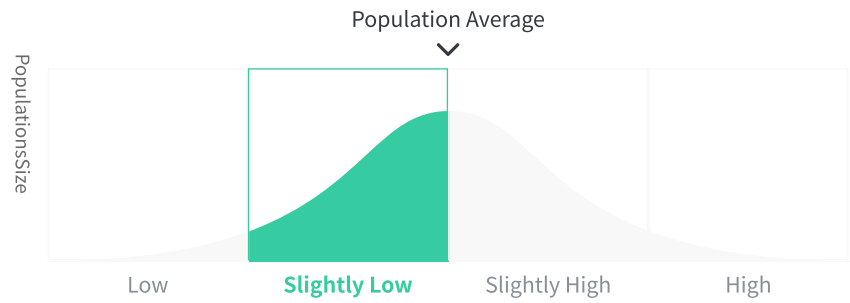
Low salt diet

Even if you don't have salt-sensitive genes, overeating salty food will still add stress to your body. Train your taste buds to enjoy food with low salt. Start slow and add in spices (ie. pepper, ginger, cumin) to add flavor. Lemon and vinegar can enhance the taste of salt, so try splashing a bit of lemon over your food, instead of salt.

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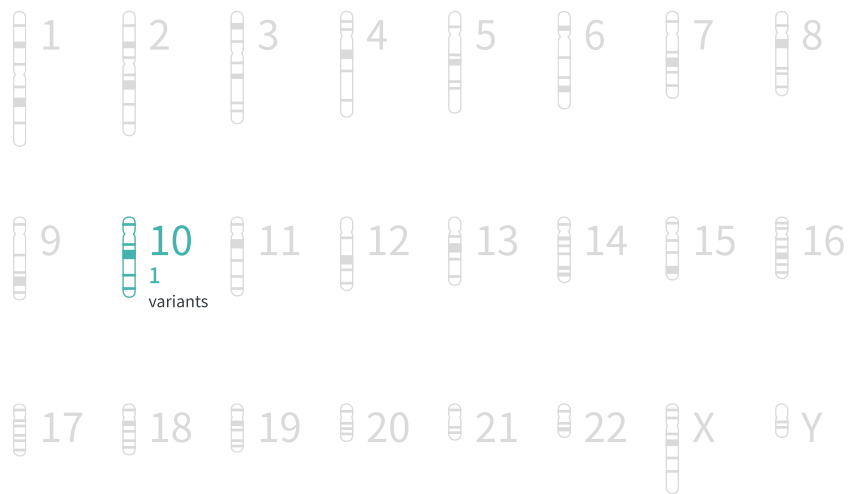
You fall under the group where salt sensitivity for blood pressure is **slightly low**.



Genetic information

From analyzed 3 genetic markers, we have found **1** effect allele.

The credibility score is **83** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Headache

Headache is one of the most common conditions people experience. It refers to the pain arising from the head or upper neck. Causes and symptoms may vary depending on different types of headaches.

Likelihood of Headaches Occuring:



Based on above results, your likelihood of having headache is **slightly low**.

Developing a coping mechanism in stressful situation is crucial in preventing headaches.

What is a headache?

Headache can be categorized into vascular, tension, and vasculitis headaches. Vascular headache occurs when blood vessels expand and put pressure on the nerves. Tension headache arises due to increase in stress and muscle tension in the face. Vasculitis headache is a condition where blood vessels in brain become inflamed, and its symptoms do not improve.

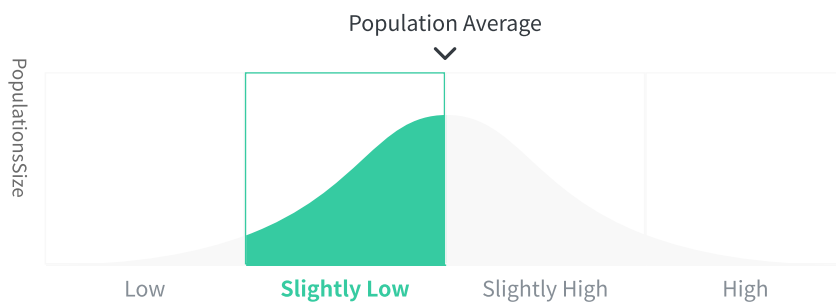
Prevention

It is recommended to avoid foods that might cause headaches. Sleep deprivation and reduced sleep quality can also be causes of headaches. Thus, developing and maintaining regular sleeping habits is essential in preventing headaches with changes in lifestyle. Relieving stress through exercise or hobby can be beneficial in decreasing the likelihood of experiencing headaches.

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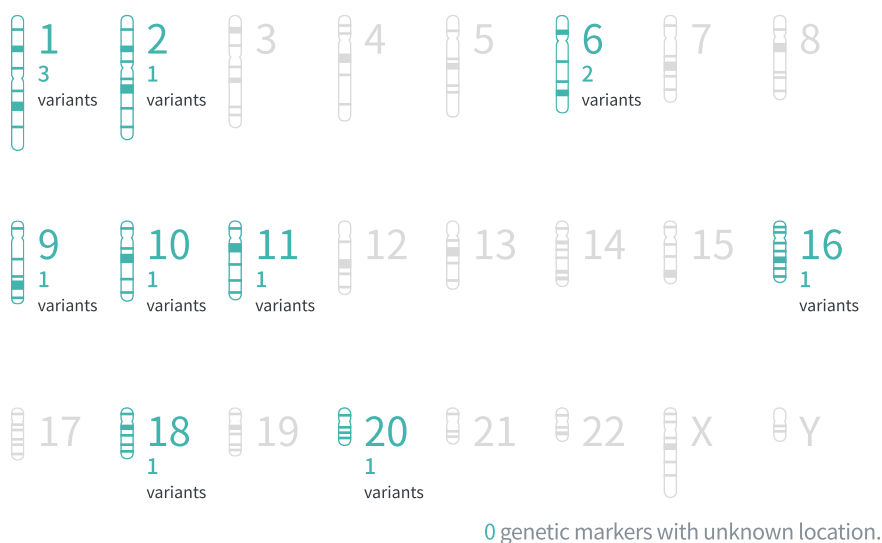
You fall under the group with a **slightly low likelihood** of having headaches.



Genetic information

From analyzed 25 genetic markers, we have found **12** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.



Parkinson's Disease

Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing (“dopaminergic”) neurons in a specific area of the brain called substantia nigra.

Likelihood of Development:



According to above results, your likelihood of developing Parkinson's disease is **slightly low**.

Even though you have low risk, maintain your brain health by eating nuts and fish rich in good fats.



What is Parkinson's disease?

Parkinson's disease, a representative degenerative brain disease, occurs when dopamine-secreting neurons are gradually lost or destroyed in the midbrain. When dopamine neurotransmitter becomes insufficient, motor function disorders are typical. It commonly affects individuals older than 60 years and risk increases with further aging.



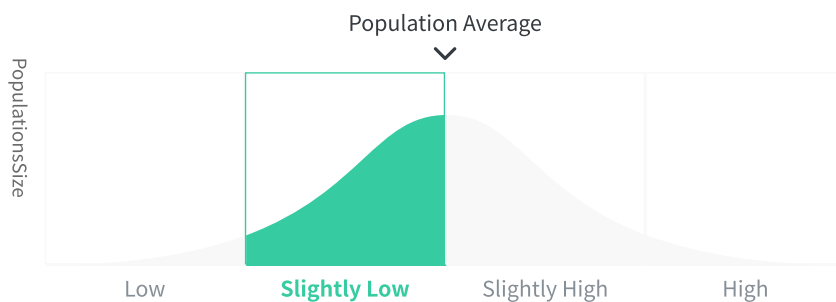
Risk factors

Cause of loss/destruction of dopamine-secreting neurons is not yet fully understood. Only about 5% of Parkinson's disease cases are hereditary, and most patients develop it without family history or distinct genetic abnormalities. Though still uncertain, exposure to harmful substances such as carbon monoxide or environmental factors may be the cause.

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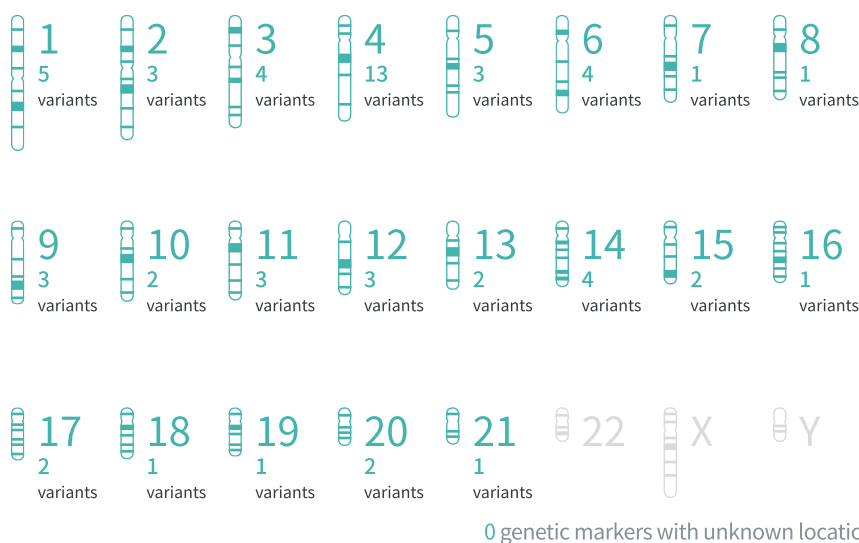
You fall under the group with a **slightly low likelihood** of developing Parkinson's disease.



Genetic information

From analyzed 111 genetic markers, we have found **61** effect allele.

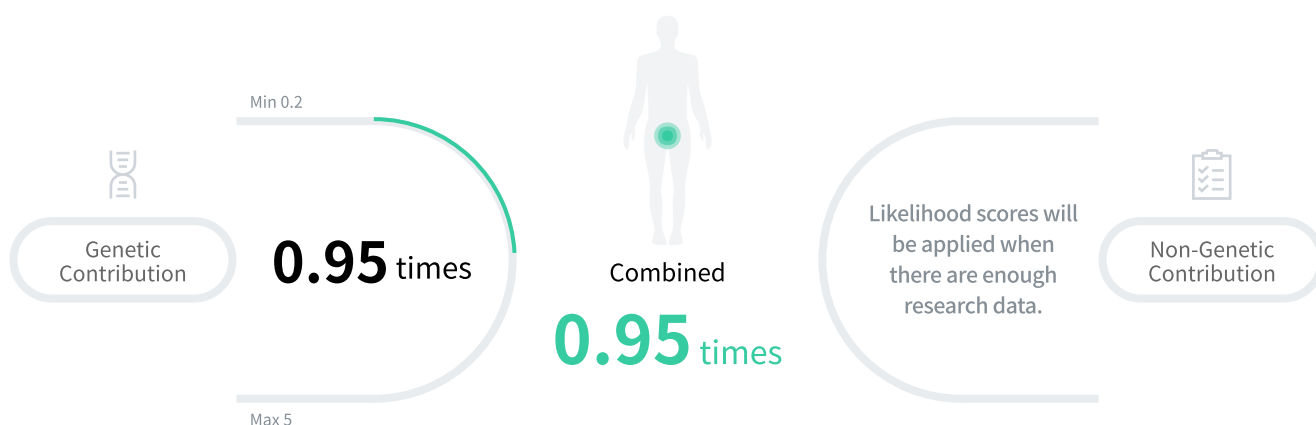
The credibility score is **83** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Inguinal Hernia

Inguinal hernia is when tissue, such as part of the intestine, protrudes through a weak spot in the abdominal muscles. The resulting bulge can be painful, especially when you cough, bend over or lift a heavy object.

Likelihood of Intestine Bulging into Groin Area:



According to above results, your likelihood of inguinal hernia occurring is **slightly low**.

Lower your risk even further by avoiding conditions that increase abdominal pressure, such as constipation and chronic cough.

What is inguinal hernia?

A hernia refers to when an organ, that should be present in the peritoneal cavity, pushes out of the abdominal cavity through the weak part of the abdominal wall. When this happens via the groin, it's called an inguinal hernia. Direct hernia is protrusion through the inguinal posterior abdominal wall. Indirect hernia is protrusion through the open inguinal tube.

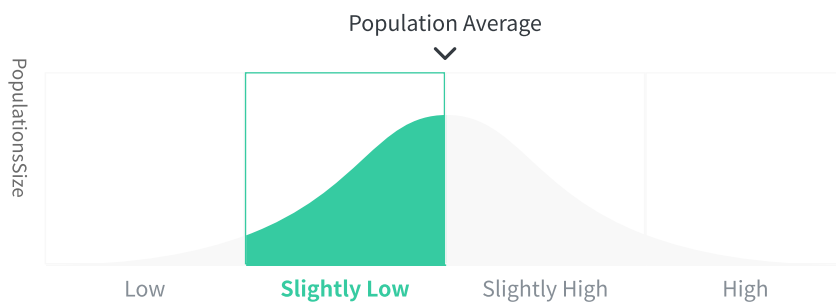
Symptoms

Occasional swelling of the groin occurs, usually associated with contraction or standing for extended periods of time. Discomfort can be experienced on one side of the groin even though no lumps exist. In these cases, symptoms may appear if you clench abdominal muscles while defecating or coughing.

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The Group That I Belong To

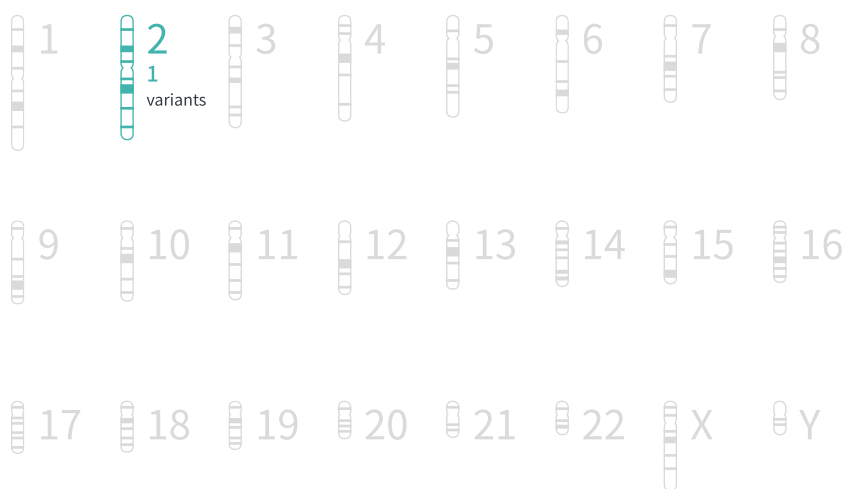
You fall under the group with a **slightly low likelihood** of inguinal hernia occurring.



Genetic information

From analyzed 4 genetic markers, we have found **1** effect allele.

The credibility score is **86** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Atherosclerosis

It is a disease in which plaque builds up inside your arteries. Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. Over time, plaque hardens and narrows your arteries.

Likelihood of Plaque Building Up in Arteries:



Based on above results, your likelihood of developing atherosclerosis is **slightly low**.

Despite your low risk, remember to include colorful vegetables in your diet.

Dietary guide

Atherosclerosis is caused by diseases such as hyperlipidemia and diabetes, so avoid high-fat foods. Instead of foods high in saturated and trans fats, consume vegetables high in fiber and fish/nuts high in non-saturated fats. Also, excessive drinking increases cholesterol levels and can worsen inflammation. Thus, it is important to limit alcohol consumption.

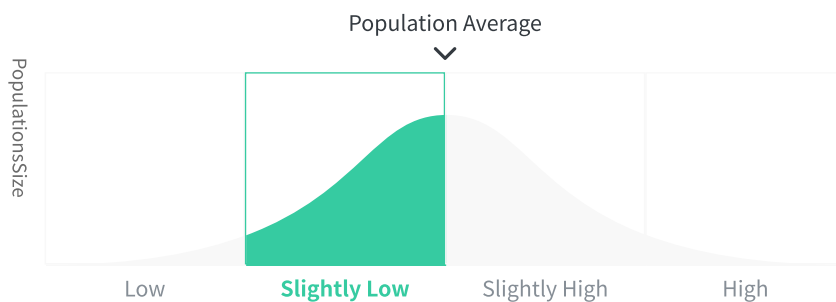
Maintaining vascular health

Exercising regularly can help you maintain a healthy weight and lower cholesterol levels. Doing medium intensity exercises including speed walking, biking, and swimming 5 times per week is good. Improved effects can be gained with additional weight lifting exercises. Also, quit smoking as it induces high blood pressure, and subsequent atherosclerosis.

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The Group That I Belong To

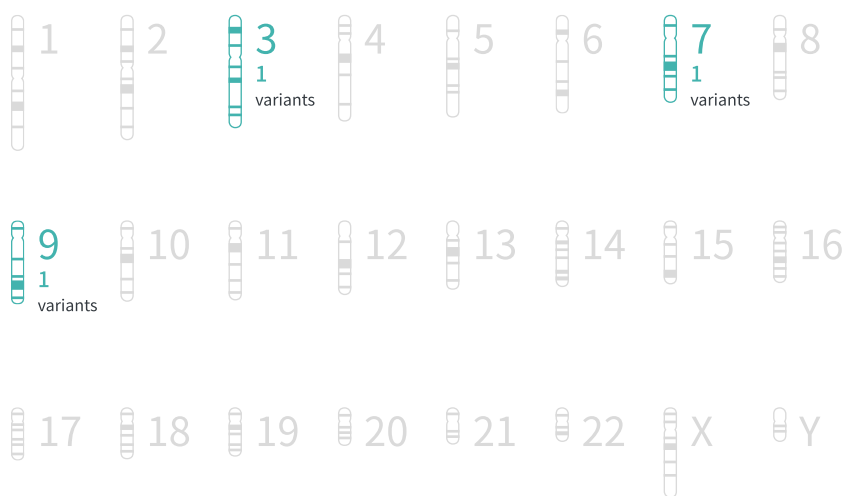
You fall under the group with a **slightly low likelihood** of developing atherosclerosis.



Genetic information

From analyzed 16 genetic markers, we have found **3** effect allele.

The credibility score is **75** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Shingles Infection

Shingles is also called herpes zoster and occurs due to viral infection. It is characterized by painful skin rashes and blisters. Virus that causes chickenpox can remain dormant in your body for years. When reactivated, it causes shingles.

Susceptibility to Shingles Infection:



Based on above results, your susceptibility to shingles infection is **slightly low**.

Lower your risk even further by taking care of your immune system. This includes eating foods rich in phytochemicals and exercising regularly.

Causes and risk factors

If you've had chickenpox, the virus may live in the nerves linked to your spinal cord, in an inactive state. It may become active again when your body is weak. Shingles then appear in the skin as the virus multiply. Most attacks of shingles occur for no obvious reasons, but is likely due to old age, lowered immunity (AIDS, leukemia, chemotherapy, surgery), and stress.

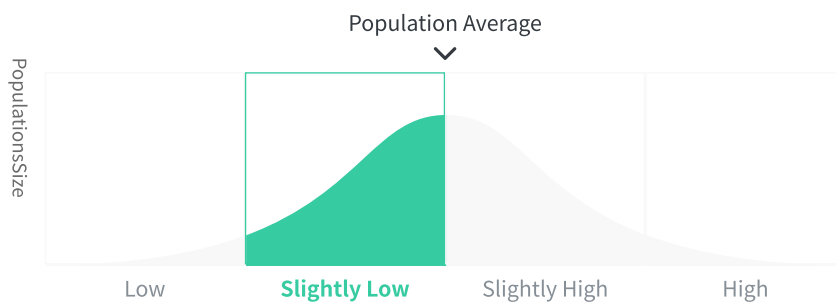
Prevention methods

Shingles vaccination is the only way to protect against shingles and postherpetic neuralgia (PHN), the most common complication from shingles. General recommendations include staying away from those with Shingles, and making sure you follow good hand hygiene protocol especially when you're at a hospital setting.

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The Group That I Belong To

You fall under the group with a tendency to have **slightly low** susceptibility to shingles infection.



Genetic information

From analyzed 24 genetic markers, we have found **20** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

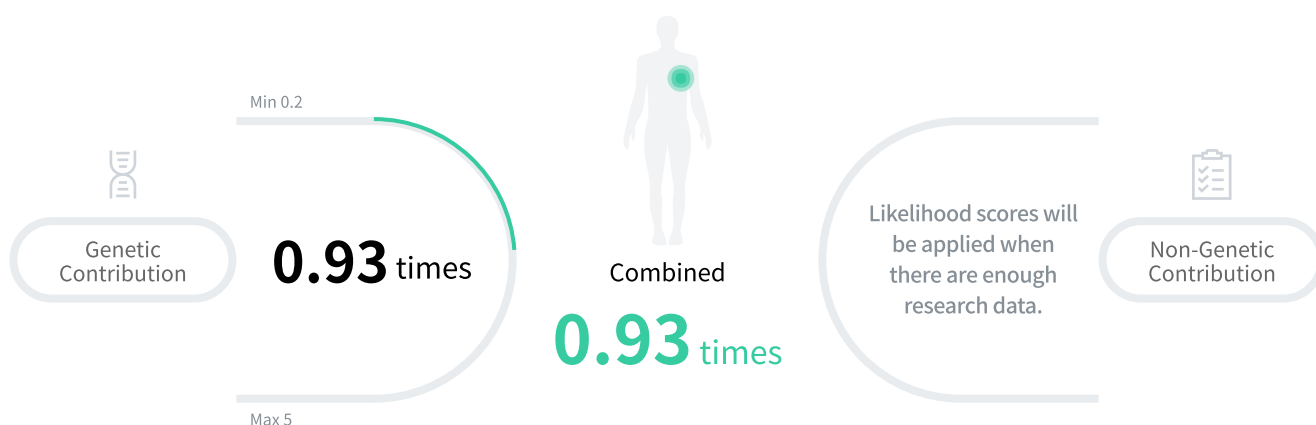


0 genetic markers with unknown location.

Dilated Cardiomyopathy

Dilated cardiomyopathy is a condition in which the heart's ability to pump blood is decreased because the main pumping chamber, the left ventricle, is enlarged and weakened.

Likelihood of Heart's Ventricle Weakening:



According to above results, your likelihood of developing dilated cardiomyopathy is **slightly low**.

Despite your low risk, be attentive to your cardiac health through consistent exercise.

Risk factors

Alcohol consumption and other factors cause dilated cardiomyopathy. It can also be caused by drugs such as antidepressants and antipsychotics. Nutritional imbalances such as selenium deficiency, hypophosphatemia, hypokalemia, chronic tachycardia, hormonal disorders, and severe obesity may also cause dilated cardiomyopathy.

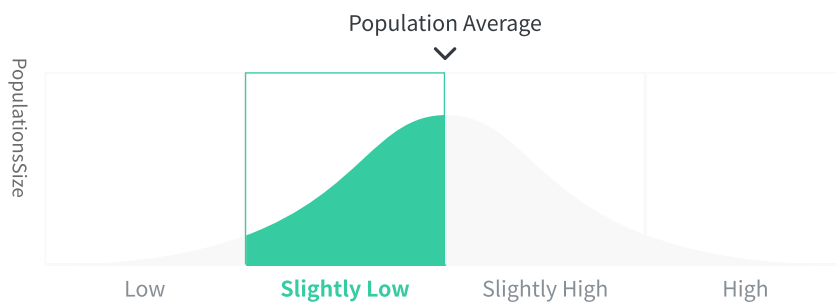
Managment

Avoid excessive alcohol consumption, as it may cause or exacerbate cardiomyopathy. Salty diets are also not good. Develop healthy eating habits to prevent nutrient imbalance and maintain a healthy weight through adequate physical activity. If you are a smoker, quit smoking and do not abuse drugs.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing dilated cardiomyopathy.



Genetic information

From analyzed 3 genetic markers, we have found **1** effect allele.

The credibility score is **75** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

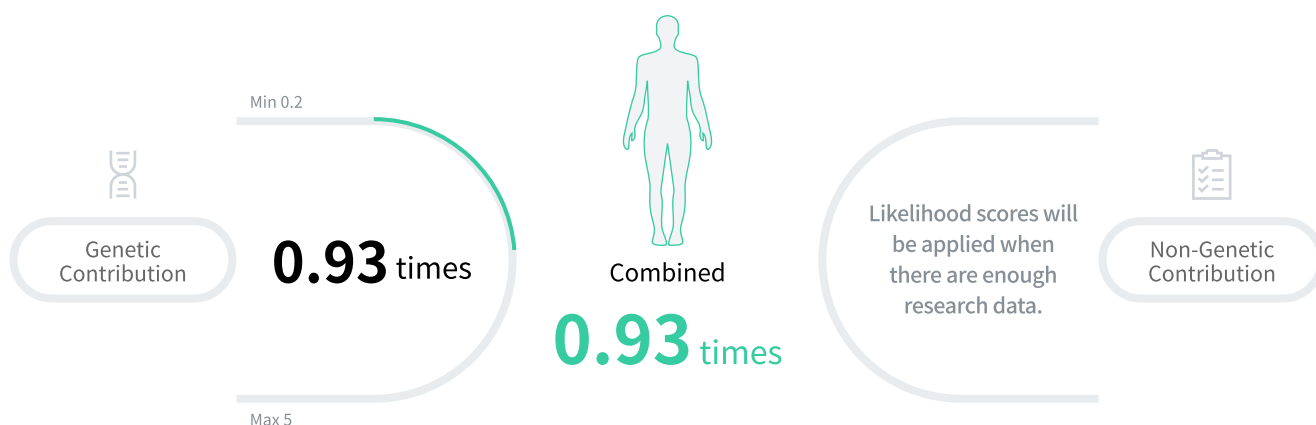


0 genetic markers with unknown location.

Spinal Disc Herniation

A spinal disc herniation is an injury to the cushioning and connective tissue between vertebrae, usually caused by excessive strain or trauma to the spine.

Likelihood of Occurring:



Based on above results, your likelihood of spinal disc herniation occurring is **slightly low**.

Despite your low risk, protect your back health by having good posture and doing exercises that strengthen your back muscles.

Dietary guide

There is no dietary prevention for herniated discs, but it is good to eat foods beneficial for spinal and bone health. Consume foods high in calcium and protein including anchovies, pacific saury, tofu, and chicken breast, and vegetables and fruits high in vitamins and fiber. Avoid smoking and excessive caffeine consumption, which inhibit calcium absorption.

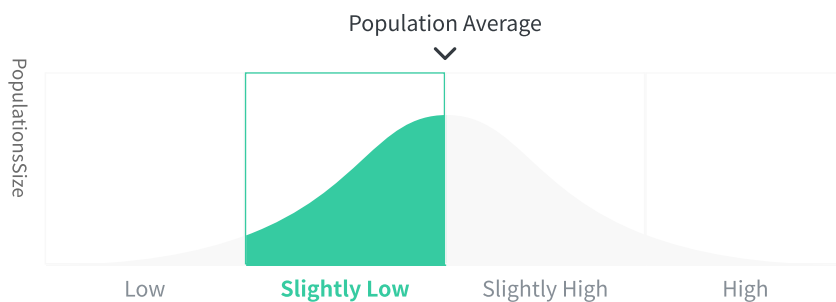
Good posture

When sitting in a chair, position your lower back to the back of the chair and sit upright. Stand with a straight lower back, the shoulders back, and chin pulled in. When standing for long periods, alternate putting one foot on a pedestal about one brick high. When driving long distances, sit deep into the seat with the knees bent about 60 degrees.

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The Group That I Belong To

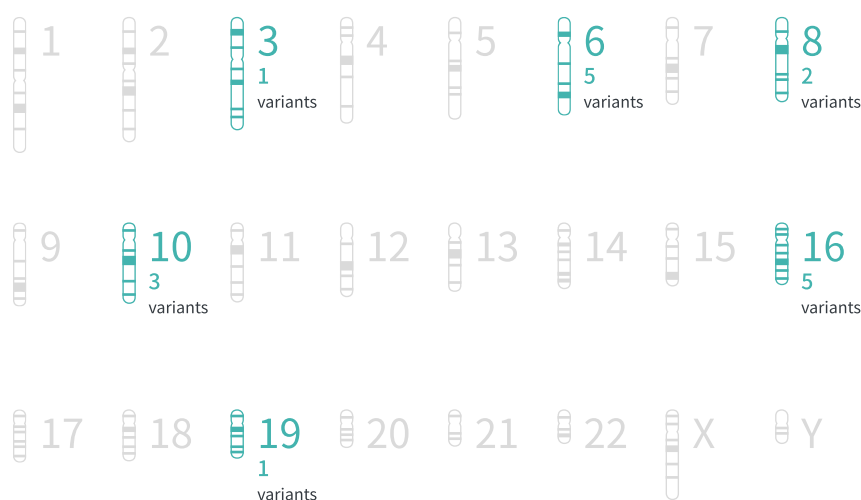
You fall under the group with a **slightly low likelihood** of spinal disc herniation occurring.



Genetic information

From analyzed 37 genetic markers, we have found **17** effect allele.

The credibility score is **70** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

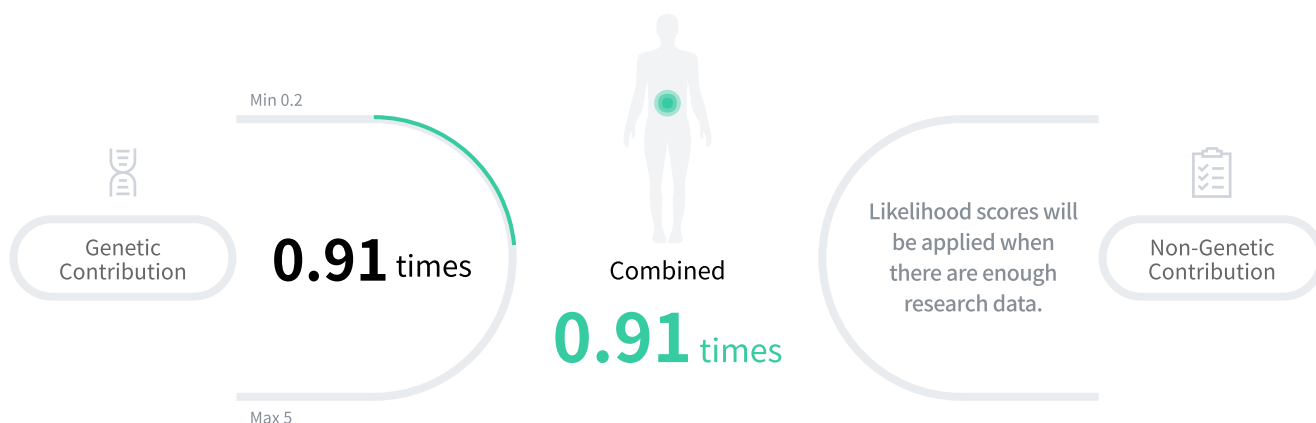


0 genetic markers with unknown location.

Crohn's Disease

Crohn's disease is an inflammatory bowel disease (IBD). It causes inflammation of your digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss and malnutrition.

Likelihood of Developing Digestive Tract Inflammation:



According to above results, your likelihood of developing Crohn's disease is **slightly low**.

Even with your low risk, it is best maintain a balanced immune system through regular exercise and healthy diet.

What is Crohn's disease?

Crohn's disease is a chronic inflammatory bowel disease that can occur anywhere in the digestive system, mouth to the anus. In many cases, inflammation pattern is discontinuous. Most commonly affected area is the ileum where large and small intestines are connected, followed by the large, and small intestine. It is normally a life-long disease that affects health.

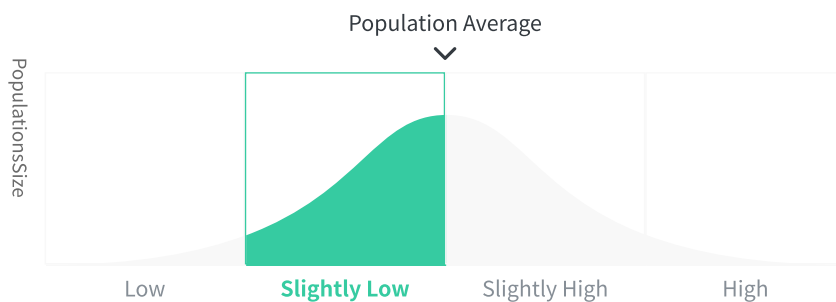
Causes

Cause of Crohn's disease is unknown. Presumed causes are measles virus infection, mycobacterial infection, and the immune system's response to digestive tract bacteria. Environmental factors such as smoking and stress also contribute to the condition, as well as genetic factors, since multiple patients within a family is often observed.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing Crohn's disease.

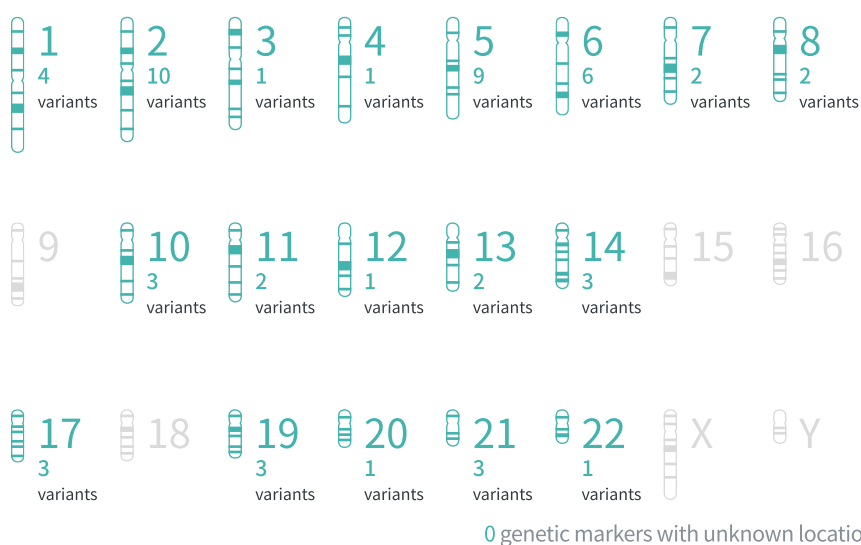


General Disease

Genetic information

From analyzed 115 genetic markers, we have found **57** effect allele.

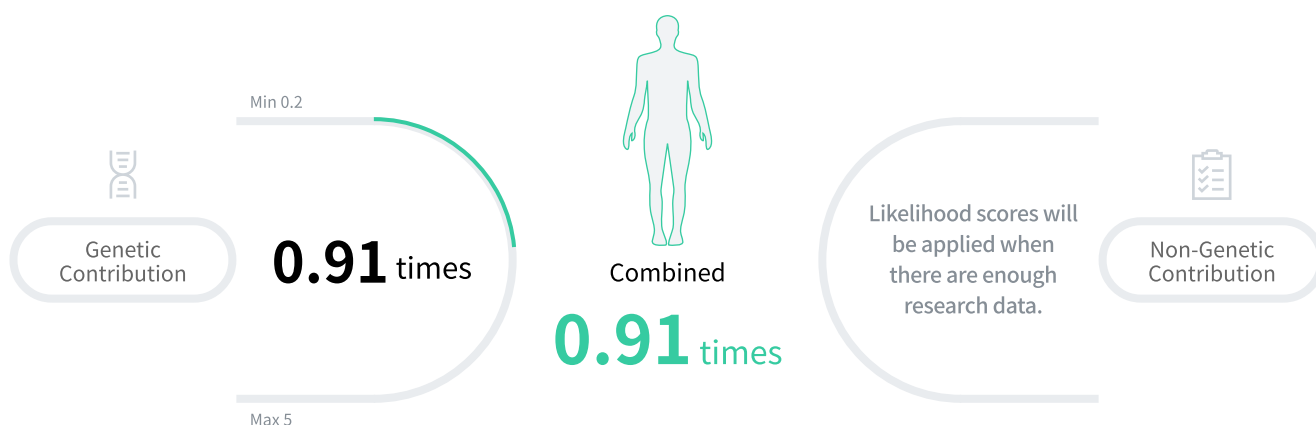
The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Iron Deficiency Anemia

Iron deficiency anemia is condition where your red blood cell level is low due to deficiency of the mineral iron.

Likelihood of Developing Anemia Due to Insufficient Iron:



According to above results, your likelihood of developing anemia from iron deficiency is **slightly low**.

Although your risk is low, eat a diet including red meats for iron consumption.

What is iron deficiency anemia?

Iron is an important component of hemoglobin in erythrocytes (red blood cells). With iron deficiency, hemoglobin and erythrocyte production are reduced, and oxygen is insufficiently supplied to the body. This hemoglobin deficiency is called anemia. Iron-deficiency anemia is the most common childhood anemia, when iron storage is below normal.

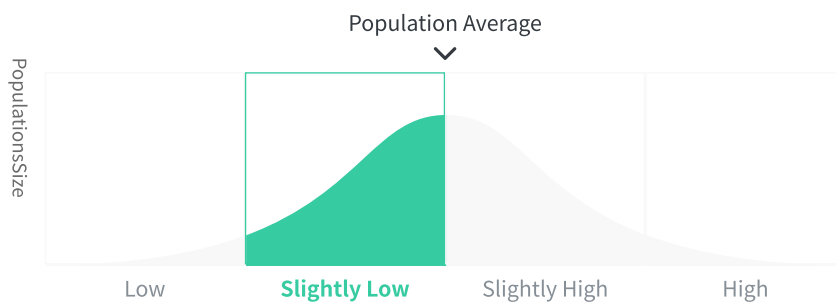
Causes of iron deficiency anemia

The most common cause is iron loss due to excessive bleeding. It can occur in women with high menstrual bleeding or peptic ulcers, and those who have stomach mucosa bleeding. It also occurs with insufficient dietary iron. It is common in vegetarians. Iron is abundantly found in the liver, meat, egg yolk, and raisins. It is helpful to eat them regularly.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing iron deficiency anemia.



Genetic information

From analyzed 2 genetic markers, we have found **1** effect allele.

The credibility score is **65** points. because studies used for the analysis of this test item's genes are based on a small sample size.



0 genetic markers with unknown location.

Nearsightedness (Myopia)

Nearsightedness (myopia) is common vision condition in which you can clearly see objects near to you, but objects farther away are blurry.

Likelihood of Development:



According to above results, your likelihood of developing nearsightedness is **slightly low**.

Although you have a low risk, it is a good idea to take breaks during long periods of reading or close-up work.

What is myopia?

Myopia generally refers to when near objects are easily visualized while far objects are blurry. This occurs when the eyeball is too long, causing the incoming light to be focused in front of the retina. Myopia normally develops during adolescence and does not become severe. It can be corrected with concave lens glasses or with contact lenses.

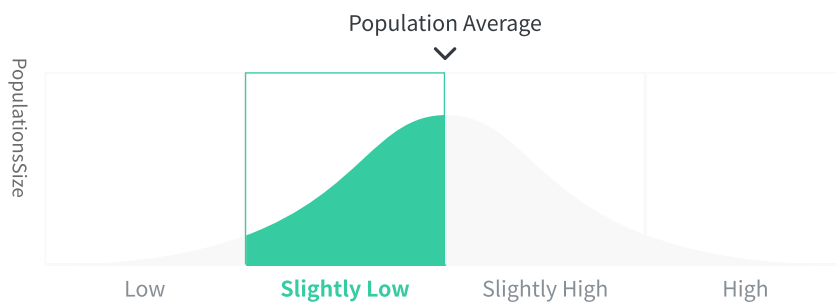
Lifestyle to prevent myopia

Myopia that is already developed cannot be reversed, so it is important to protect your vision in daily life. Avoid reading books and newspapers at a close distance or in a dark setting, and relax your ocular muscles by staring at far objects. Also, receive regular checkups from an eye doctor for early detection of eye disorders including myopia.

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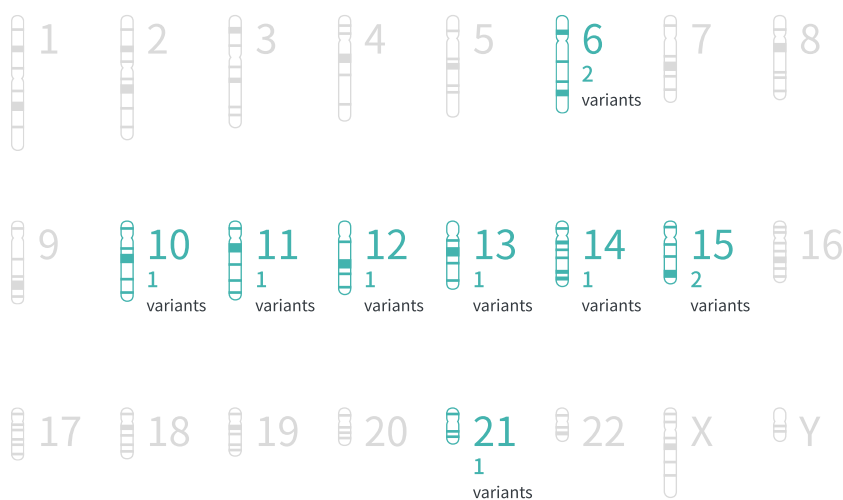
You fall under the group with a **slightly low likelihood** of developing nearsightedness.



Genetic information

From analyzed 27 genetic markers, we have found **10** effect allele.

The credibility score is **86** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Autism

Autism is a range of conditions characterized by challenges with social skills, repetitive behaviors, verbal and nonverbal communication. There are many subtypes, most influenced by a combination of genetic and environmental factors.

Likelihood of Development:



According to above results, your likelihood of developing autism is **slightly low**.

Early detection is most important for treating autism, so receiving diagnosis and treatment from a specialist is optimal.

What is autism?

A type of pervasive developmental disorder, autism occurs when social and communication skills, etc. are underdeveloped. Frequency is normally high in boys younger than 3 years. With signs such as very slow speech, aggressive tendencies, enjoying being alone, and being overly preoccupied with an interest, seek professional diagnosis.

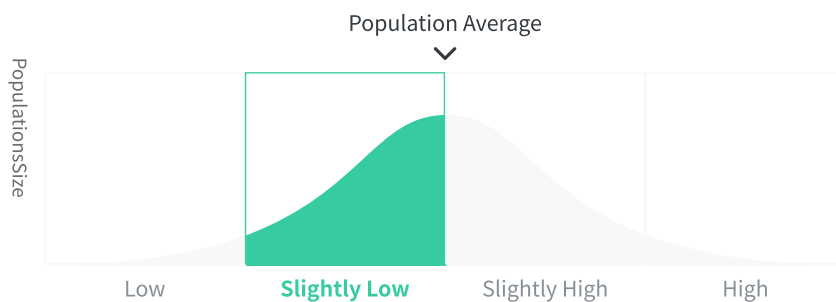
Asperger's syndrome

Similar to autism, it is a pervasive developmental disorder. Asperger's syndrome is strongly affected by genetic factors. Characteristics include limited social interactions, repetitions of certain behaviors, unique linguistic and intonational features. In contrast to autism, language development is not delayed and cognitive development is not an issue.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing autism.



Genetic information

From analyzed 8 genetic markers, we have found **1** effect allele.

The credibility score is **73** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

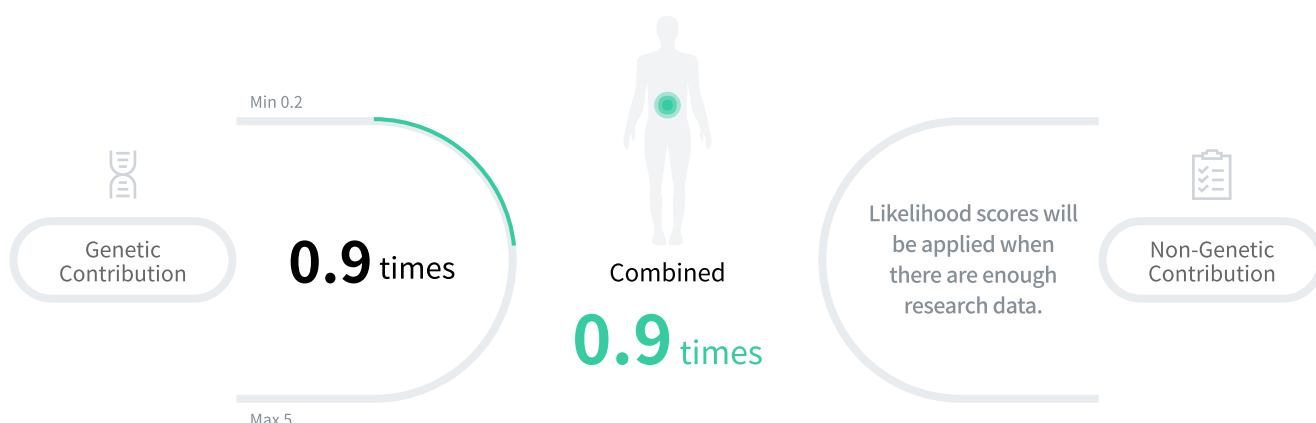


0 genetic markers with unknown location.

NAFLD

Nonalcoholic fatty liver disease (NAFLD) refers to the condition where neutral fat builds up excessively in the liver in people who do not drink alcohol. NAFLD is the most common chronic liver disease and is closely connected to metabolic syndrome.

Likelihood of Developing Nonalcoholic Fatty Liver Disease:



Based on above results, your likelihood of developing NAFLD is **slightly low**.

Even with your low risk, it is important to maintain a healthy weight, exercise regularly, and eat a healthy diet with vegetables, fruits, and whole grains.

Dietary guide

Avoid irregular eating habits and maintain regular and even consumption of five major nutrients daily. It is essential to have healthy eating habits by reducing high-caloric foods, eating slowly, and not overeating. Please note, weight management is the key to avoiding metabolic diseases like obesity.

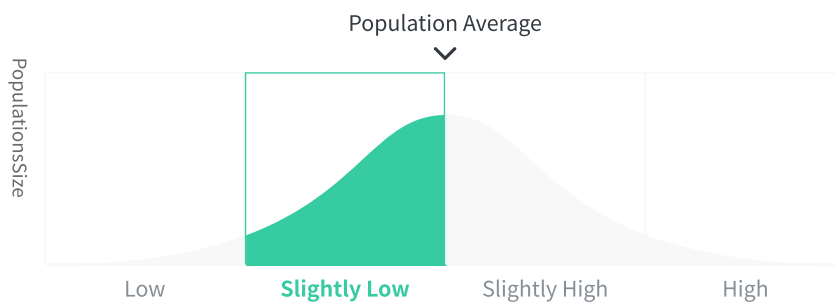
Lifestyle guide

You can prevent metabolic diseases that cause nonalcoholic fatty liver by exercising regularly. Aerobic exercise like cycling, and jogging can lower your blood sugar, pressure, and cholesterol levels. During exercise, drink plenty of water and do not overexercise if you feel pain in your chest or knee.

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The Group That I Belong To

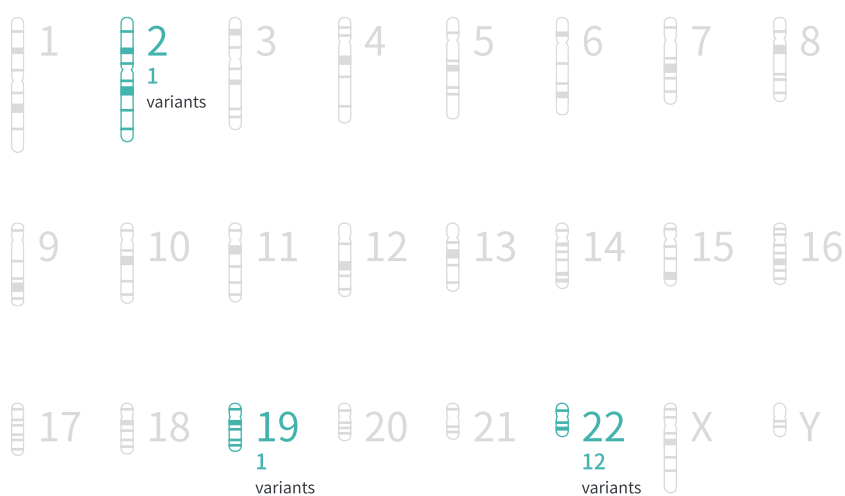
You fall under the group with a **slightly low likelihood** of developing NAFLD.



Genetic information

From analyzed 15 genetic markers, we have found **14** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

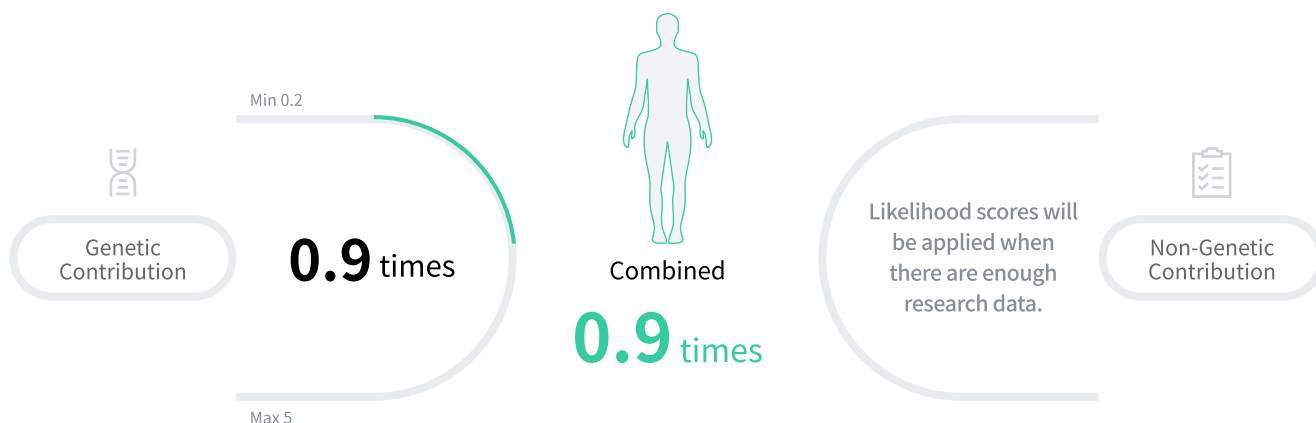


0 genetic markers with unknown location.

Pulse Pressure

Pulse pressure measures the force that the heart generates each time it contracts. It can be affected by conditions such as anemia, hyperthyroidism and atherosclerosis.

Likely Difference Between Upper and Lower Blood Pressure Values:



Based on above results, likely difference between your upper and lower blood pressure values is **slightly low**.

Large differences may indicate cardiovascular defect, but use this result only as a reference since actual blood pressure was never measured.

What is pulse pressure?

It refers to the difference between max and min blood pressures (BP), affected by volume of blood pumped by the heart and artery elasticity. The normal range is about 35~45 mmHg. Systolic BP increases when vessel wall becomes thicker, which loses elasticity with aging. Diastolic BP decreases if dilated artery does not return to its normal state after expanding.

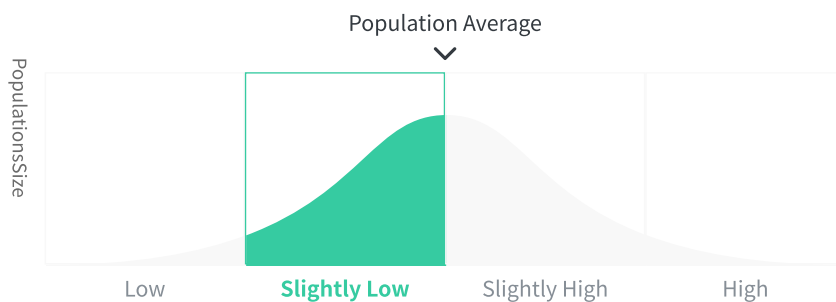
Prevent blood vessel aging!

Smoking damages vascular endothelial cells, and increases blood pressure by stimulating blood coagulation and interfering with blood circulation. Regularly take walks to reduce smoking urges and maintain a healthy weight to reduce atherosclerotic cardiovascular disease. Regular exercise helps to improve metabolic and cardiovascular functions.

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The Group That I Belong To

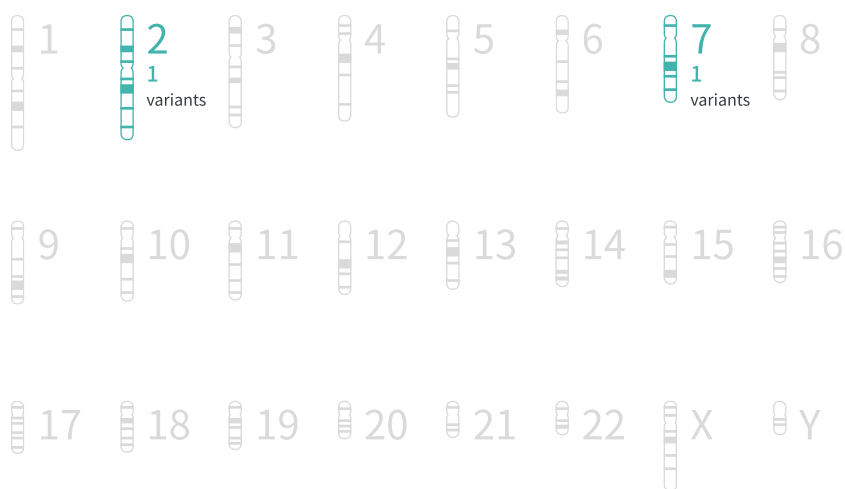
You fall under the group with a tendency to have **slightly low** pulse pressures.



Genetic information

From analyzed 3 genetic markers, we have found **2** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

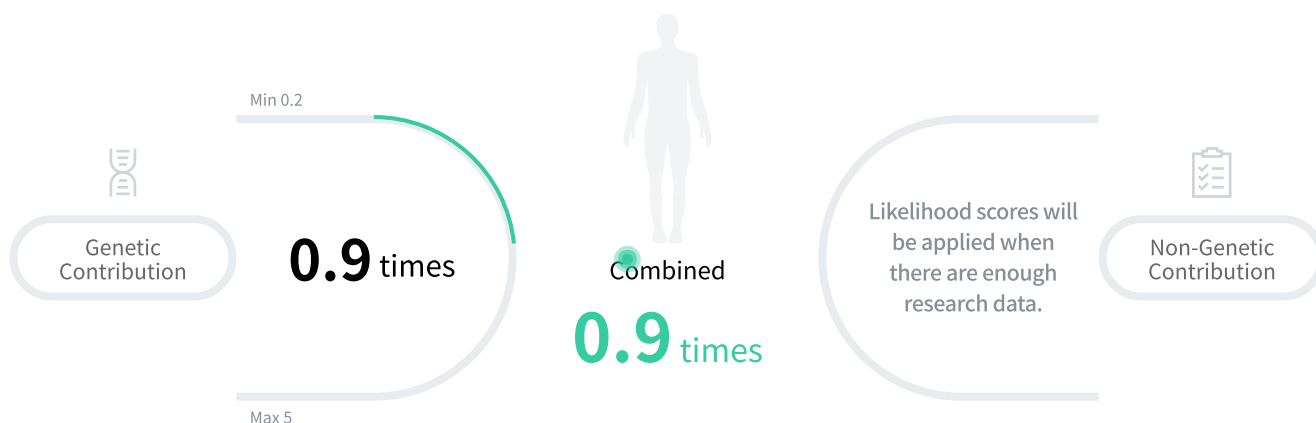


0 genetic markers with unknown location.

Varicose Veins

Varicose veins are twisted, enlarged veins might show through your skin in bumps. It is caused by backflow of blood in the veins due to damaged venous valves.

Likelihood of Developing Enlarged Veins in Legs:



According to above results, your likelihood of developing varicose veins is **slightly low**.

Although your risk is low, avoid standing up for long periods and exercise regularly for good blood circulation.

Risk factors

The risk of varicose veins increases with age because veins become weaker, allowing blood to flow back into your veins. Standing and sitting for long periods, obesity, pregnancy would therefore increase pressure in your veins. If family members have varicose veins, it's likely you will too. Birth control pills and female hormone treatments may increase the risk as well.

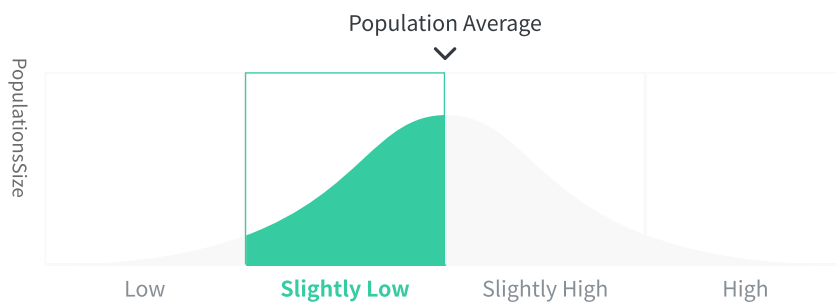
Prevention methods

There is no way to completely prevent varicose veins, but you can reduce your risk by improving your blood circulation and muscle tone. Improve circulation by stretching and elevating your legs, if you tend to sit/stand for long periods. Maintain a proper weight through exercise and a low salt-diet. Avoid high heels and tight hosiery.

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The Group That I Belong To

You fall under the group with a **somewhat low likelihood** of developing varicose veins.



Genetic information

From analyzed 29 genetic markers, we have found **25** effect allele.

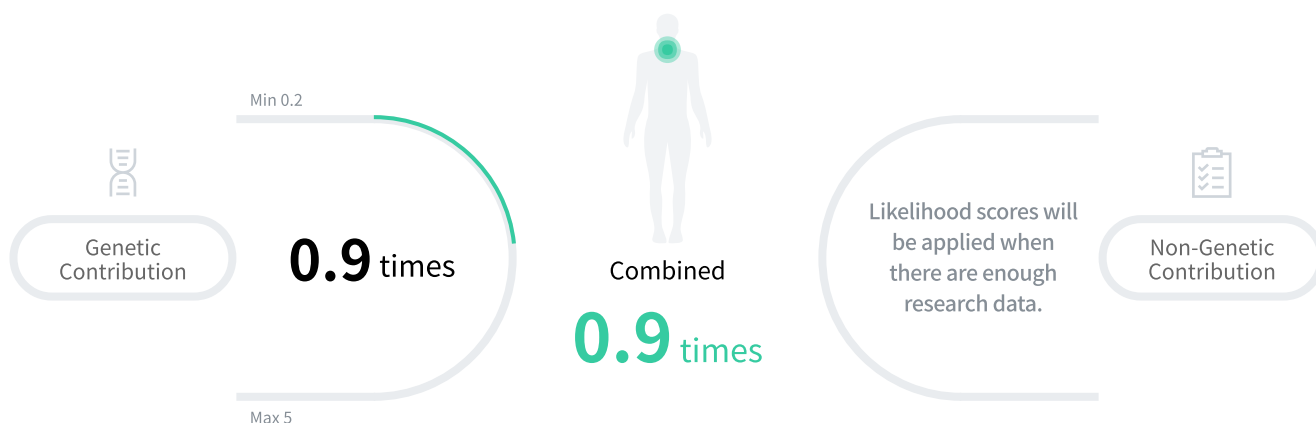
The credibility score is **86** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



AHR

Airway hyperresponsiveness is a hallmark symptom of asthma, where the lung airway is easily irritated by allergens in the air.

Likelihood of Having Airway Hyperresponsiveness:



Based on above results, your likelihood of having AHR is **slightly low**.

Even if your risk is low, it is best to keep your surroundings tidy to minimize exposure to allergens.

What is AHR?

AHR is a feature of asthma and involves stimulation of bronchus, leading to swelling and phlegm formation. Bronchial muscle contraction and narrowing leads to coughing, wheezing, and difficulty when breathing. Most people with asthma suffer from respiratory tract hypersensitivity. This can be temporarily caused by virus infection or allergens.

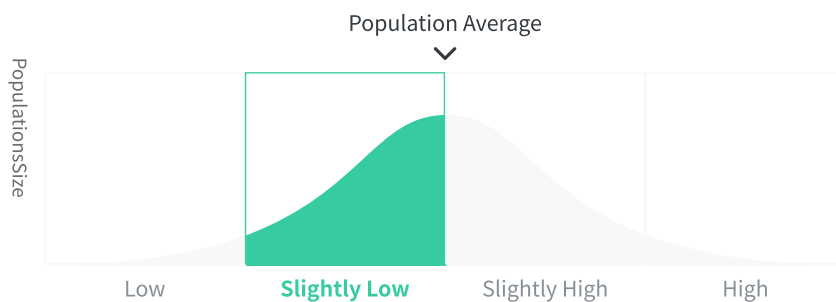
Anaphylaxis

It is a type of allergic reaction, with hypersensitivity to certain substances. It is caused by foods such as peanuts, seafood, fruits, and antibiotics, vaccines, and animals. Also called anaphylactic shock, it can cause rashes, vomiting, coughing, pain, and itchiness. Severe cases can lead to dyspnea, low blood pressure, and loss of consciousness.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of having AHR.



Genetic information

From analyzed 14 genetic markers, we have found **14** effect allele.

The credibility score is **70** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

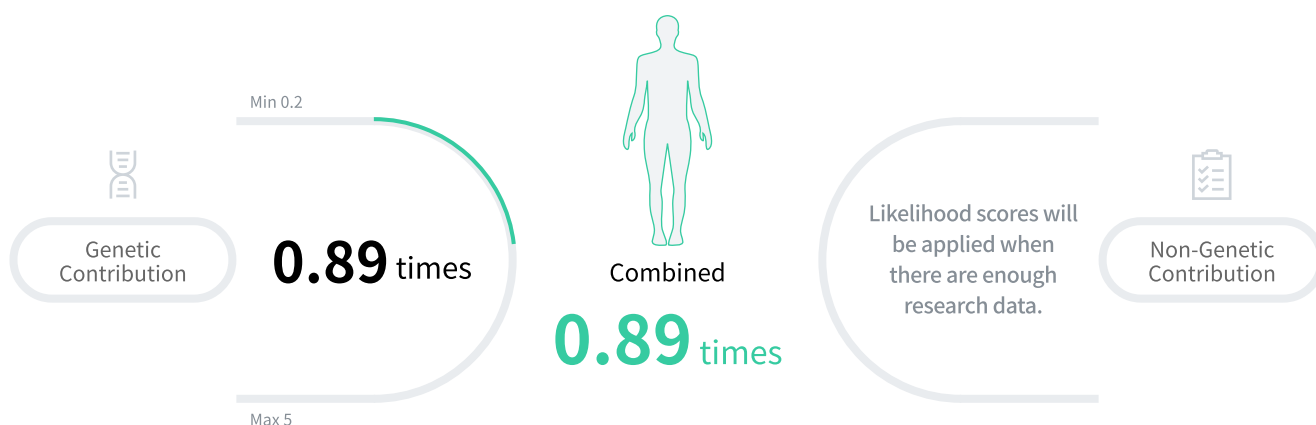


0 genetic markers with unknown location.

Nocturnal High Blood Pressure

It is a complication involving elevated blood pressure during the night. Blood pressure is normally lower at night while you're sleeping. Your blood pressure starts to rise a few hours before you wake up, peaking in the mid-afternoon.

Likelihood of High Blood Pressure at Nighttime:



Based on above results, your likelihood of having high blood pressure at nighttime is **slightly low.**

Despite your low risk, it is good to avoid overworking and reduce your stress.

What is nocturnal high BP?

Blood pressure (BP) is usually 10 to 20 percent lower during night time than daytime. Higher nighttime BP than daytime BP occurs to hypertension patients. Studies of hypertension patients have shown that night systolic BP affects mortality and cardiovascular accident rates more than daytime systolic BP. Hormones and metabolic disorders are causes.

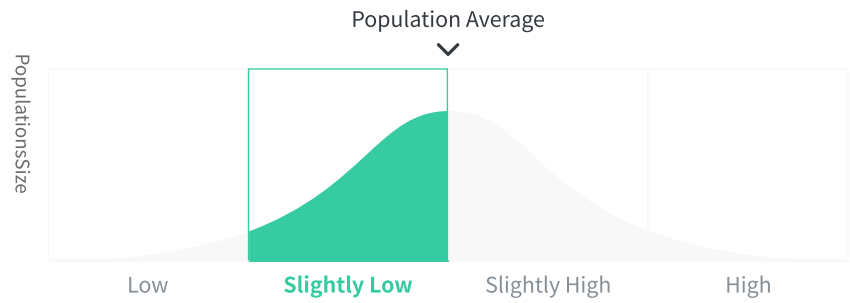
Controlling nighttime BP

As with the treatment of normal high blood pressure (BP), lifestyle habits need improvement. Reducing salt intake is of the utmost importance, as well as sleep quality. If you have sleep disorders, you may have difficulty adjusting your BP. It also helps to regulate BP through moderate exercise; yoga is recommended for BP stabilization.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of having high blood pressure during nighttime.



Genetic information

From analyzed 2 genetic markers, we have found **1** effect allele.

The credibility score is **80** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Corticobasal Degeneration

Corticobasal degeneration is a rare disorder characterized by cell loss and deterioration of specific areas of the brain. Affected individuals often initially experience motor abnormalities in one limb that eventually affect all the arms and legs.

Likelihood of Development:



Based on above results, your likelihood of developing corticobasal degeneration is **slightly low**.

Even with low risk, maintain your brain health by eating nuts and fish rich in good fats.

Corticobasal degeneration?

Corticobasal degeneration is a rare neurodegenerative disease that occurs with Parkinson's disease. Defects in basal ganglia and motor sensory function, such as stiffness in arm/leg of one side, do not occur; however, a variety of symptoms including cerebral cortex defects, including not being able to do normal movements, occur.

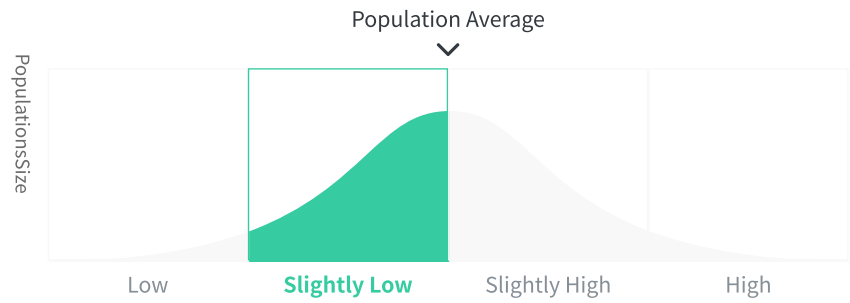
Type of neurodegenerative diseases

Main neurodegenerative diseases include dementia from Alzheimer's disease in elderly and Parkinson's disease, which causes tremor and gait disorder. Another disease is amyotrophic lateral sclerosis (ALS), which causes motor neuron death, numbness, and usually death within 5 years. Also, Huntington's disease causes chorea, personality changes, etc.

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The Group That I Belong To

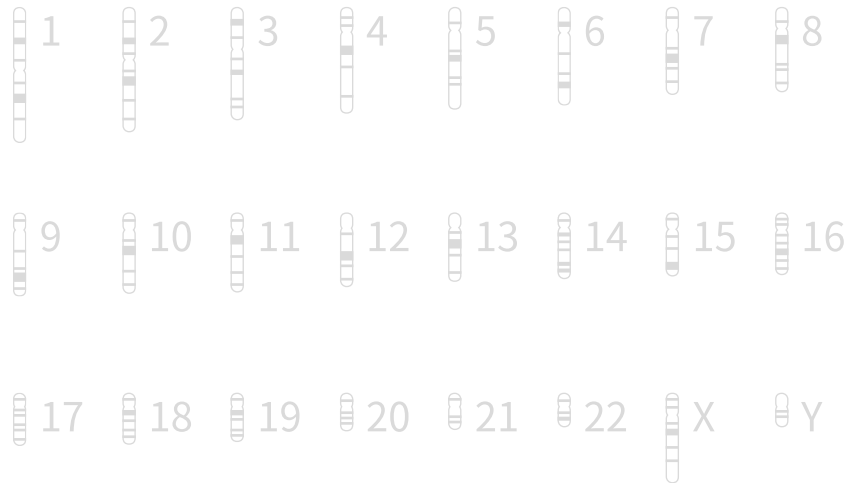
You fall under the group with a **slightly low likelihood** of developing corticobasal degeneration.



Genetic information

From analyzed 4 genetic markers, we have found no effect allele.

The credibility score is 60 points, because studies used for the analysis of this test item's genes are based on a small sample size.



0 genetic markers with unknown location.

Amyloidosis

Amyloidosis is a disease where a substance called amyloid builds up in your organs. Amyloidosis can affect different organs in different people, and there are different types of amyloid.

Likelihood of Amyloid Buildup in Organs:



Based on above results, your likelihood of developing amyloidosis is **slightly low**.

Despite your low risk, it is best to avoid chronic infection and inflammatory conditions. These may lead to amyloidosis.

What is amyloidosis?

It is a disorder in which abnormal protein production causes proteins called amyloid to accumulate in tissues or organs, causing dysfunction in affected areas. Amyloid deposits are stable and accumulate faster than they are broken down. Localized amyloidosis damages one organ or tissue, and generalized amyloidosis causes symptoms throughout the body.

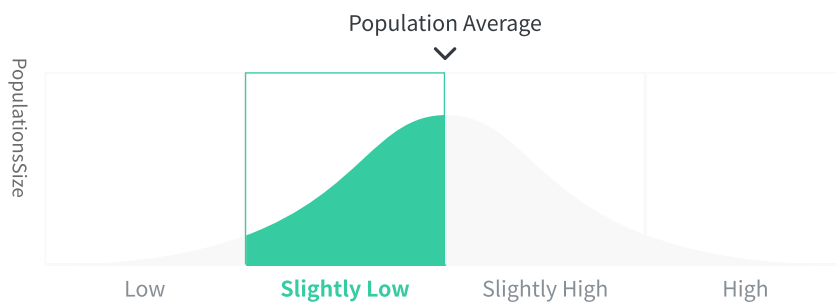
Symptoms

There are often no initial symptoms. Symptoms vary depending on the tissues and organs affected. The kidneys, heart, liver, nerves, etc. are affected, leading to their enlargement and loss of functionality. Fatigue, difficulty breathing, weight loss, skin rashes, sensory abnormalities, numbness, tingling, and a sense of weakness may occur.

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The Group That I Belong To

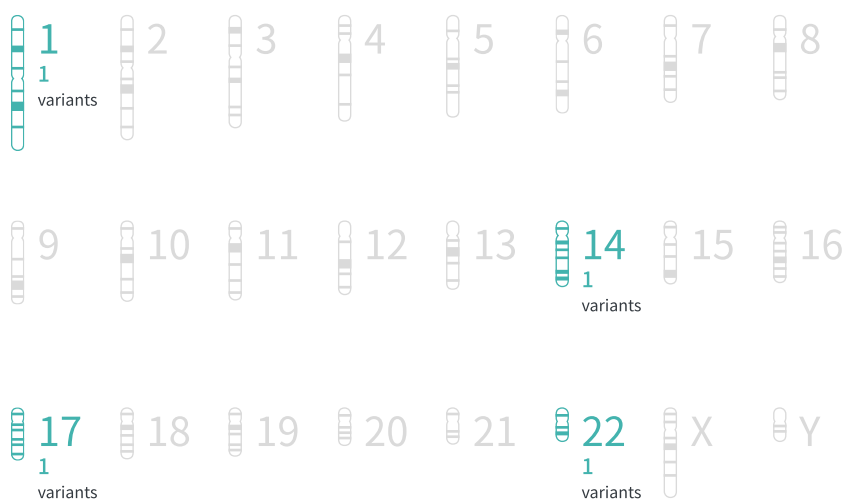
You fall under the group with a **slightly low likelihood** of developing amyloidosis.



Genetic information

From analyzed 7 genetic markers, we have found **4** effect allele.

The credibility score is **64** points. because studies used for the analysis of this test item's genes are based on a small sample size.

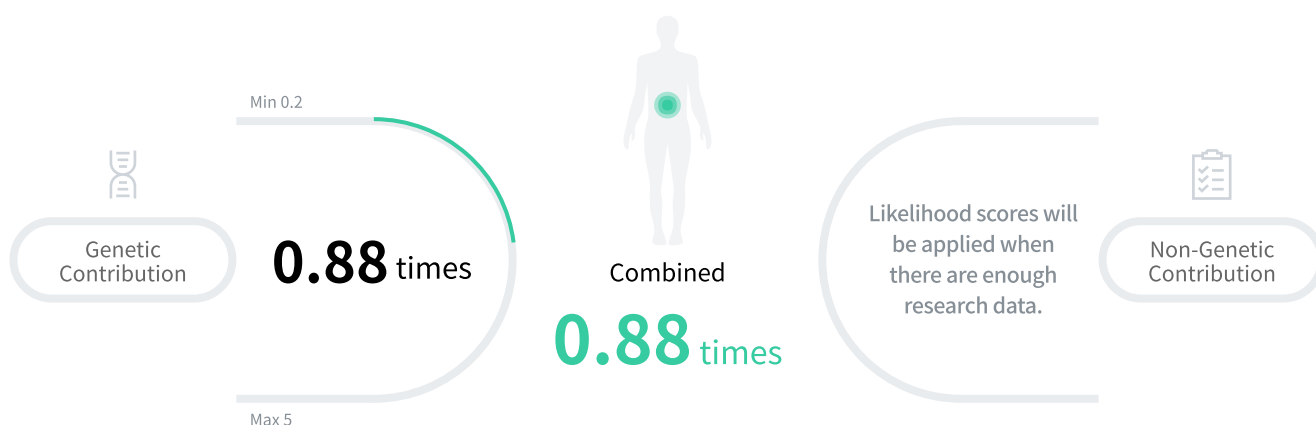


0 genetic markers with unknown location.

Chronic Kidney Disease

Kidneys filter waste products from blood into urine and regulate electrolyte concentration. Chronic kidney disease occurs when your kidney functions deteriorate, causing systematic issues.

Likelihood of Kidney Function Deteriorating:



Based on above results, your likelihood of developing chronic kidney disease is **slightly low**.

Despite your low risk, it is important to not smoke, avoid foods with high fat content, and exercise regularly.

What is chronic kidney disease?

The kidney filters out blood waste products, drains them into the urine, controls blood electrolyte concentration and blood pressure, and has various other functions. Chronic kidney disease is a condition when the kidney is has functional deterioration, causing systemic issues. There are no symptoms even when kidney function is reduced by 35%~50%.

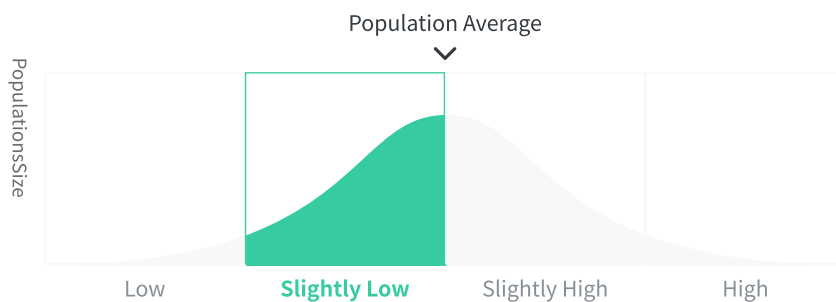
Risk factors for kidney disease

Risk for kidney disease is higher with diabetes and high blood pressure. 70% of chronic kidney disease cases are caused by these two diseases. This is because high blood sugar and pressure causes kidney damage. Acute renal disease is caused by a sudden decrease in body fluid volume or infection, and risk is higher with diabetes or chronic kidney disease.

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You fall under the group with a **slightly low likelihood** of developing chronic kidney disease.

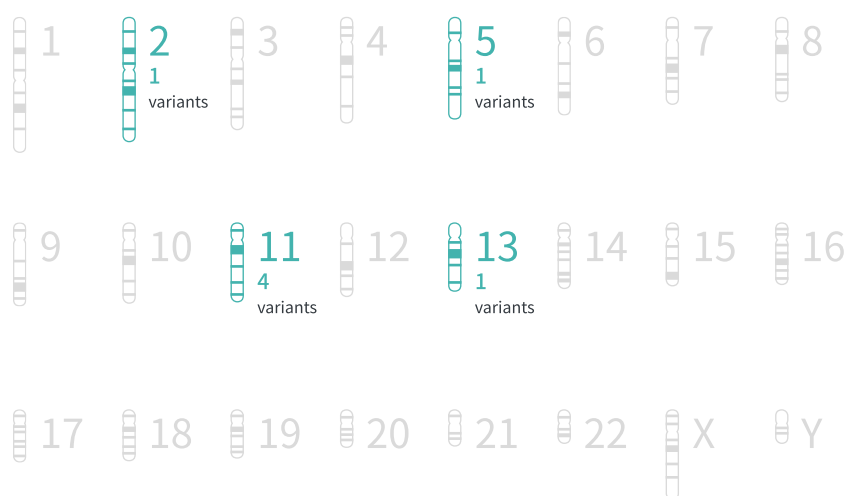


General Disease

Genetic information

From analyzed 18 genetic markers, we have found **7** effect allele.

The credibility score is **82** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Myasthenia Gravis

Myasthenia gravis is a disorder characterized by weakness and rapid fatigue of any of the muscles under your voluntary control. It's caused by a breakdown in the normal communication between nerves and muscles.

Likelihood of Skeletal Muscles Weakening:



Based on above results, your likelihood of developing myasthenia gravis is **slightly low**.

Despite your low risk, it is always good to keep your immune system in check by eating a healthy diet and exercising regularly.

Risk factors

Clear cause is unknown, but autoimmune response is thought to cause myasthenia gravis. At the contact point between muscle and nerve cells, acetylcholine secreted by nerve cells bind the receptors on muscle cells, causing muscle contraction. Affected patients have lower acetylcholine receptor levels, resulting in muscles not easily contracting and easily tiring.

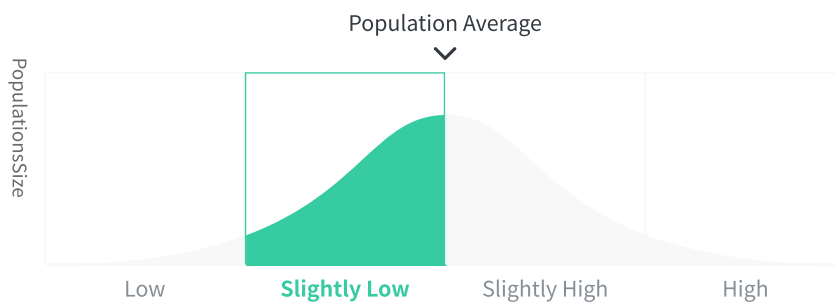
Dietary guide

In addition to a balanced diet, sufficient protein consumption is good. Most symptoms including swallowing difficulties and muscle weakness occur at night, so consume high-caloric and nutritionally dense foods in the morning. In between meals, consume easy to eat snacks for nutritional supplement and avoid foods that induce coughing and vomiting.

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You fall under the group with a **slightly low likelihood** of developing myasthenia gravis.



Genetic information

From analyzed 7 genetic markers, we have found **2** effect allele.

The credibility score is **76** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

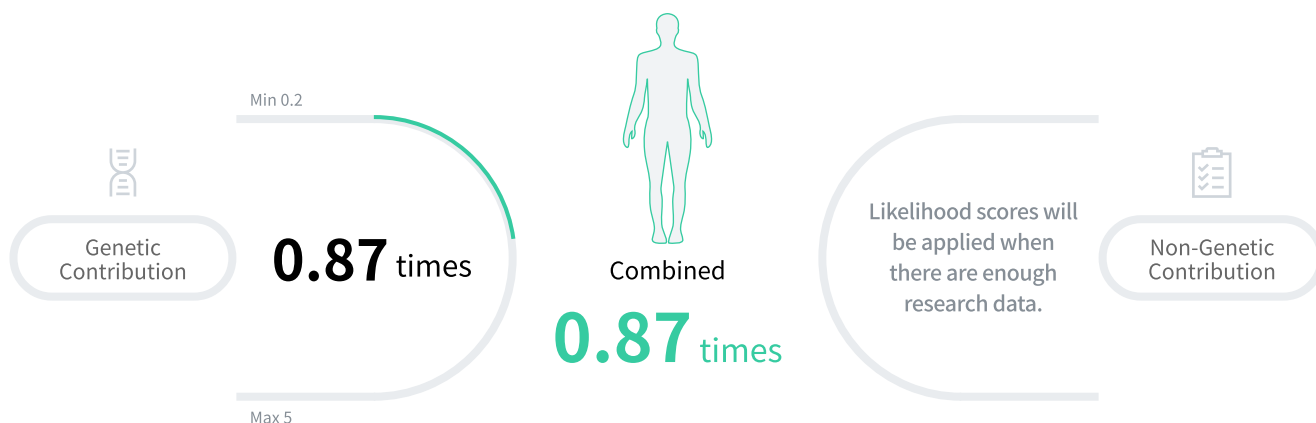


0 genetic markers with unknown location.

Sjogren's Syndrome

Sjögren's is an autoimmune disease that affects the entire body. Along with symptoms of extensive dryness, other serious complications include profound fatigue, chronic pain, major organ involvement, neuropathies and lymphomas.

Likelihood of Developing Dry Eyes and Mouth:



Based on above results, your likelihood of developing Sjogren's syndrome is **slightly low**.

Jogging can lower your risk even further by boosting your blood circulation.

Risk factors

Sjogren syndrome occurs when an immune system attacks its own body. It is characteristic of lymphocytes permeating exocrine glands. Its exact cause is unknown, but genetic factors, abnormal immune response to infection, autonomic immune system defects, and hormone abnormality are presumed to be causes.

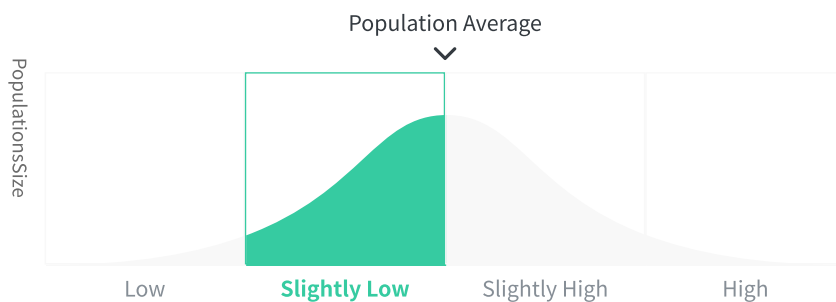
Avoiding dry eyes and skin

Windy outdoor conditions can irritate dry eyes, so staying inside is good. When going outside, wearing sunglasses helps to reduce irritation. Also, make sure to blink your eyes and use artificial tears when reading a book or using a computer screen for a long time. Applying lotion to prevent dry skin is also good.

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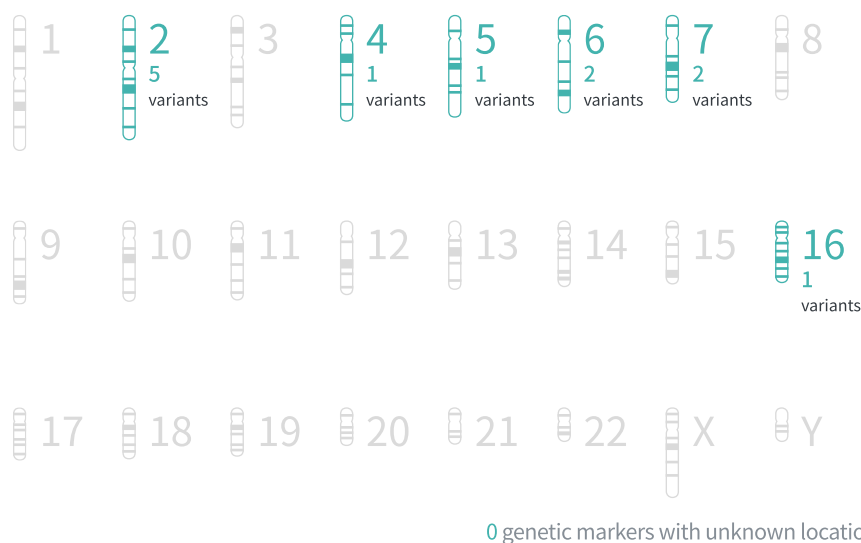
You fall under the group with a **slightly low likelihood** of developing Sjogren's syndrome.



Genetic information

From analyzed 28 genetic markers, we have found **12** effect allele.

The credibility score is **84** points. because studies used for the analysis of this test item's genes are based on a big sample size.



Hyperacusis

Hyperacusis is a hearing disorder characterized by an increased sensitivity to certain sound frequencies and volume ranges. Those affected would find many everyday noises unbearable and painfully loud.

Likelihood of Development:



Your likelihood of developing hyperacusis is **slightly low**.

Reach psychological stability through meditation.

What is hyperacusis?

Hyperacusis is a condition that is accompanied by hypersensitivity to general sounds. Scientific research on hyperacusis is still ongoing. There are differences in clinical results, related diseases, mechanism, incidence, and diagnosis methods. It can occur regardless of presence or absence of hearing problems, and can worsen tinnitus (ear ringing).

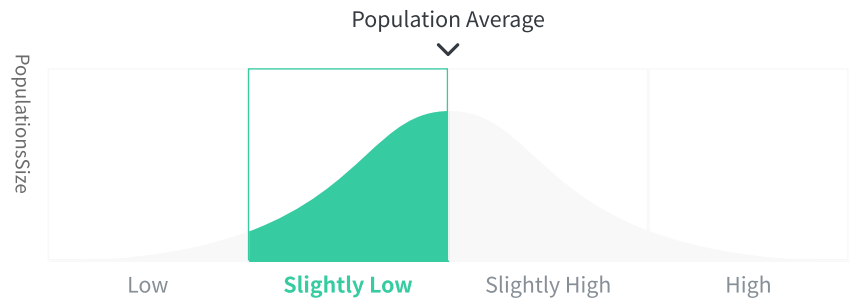
Treatment

Hyperacusis is also sometimes called selective noise hypersensitive syndrome or misophonia. Typical treatment is sound treatment therapy, which involves continual exposure to external sounds for gradual adaptation. Since hyperacusis does not have a definitive treatment, it requires long treatment times and persistent will from the patient.

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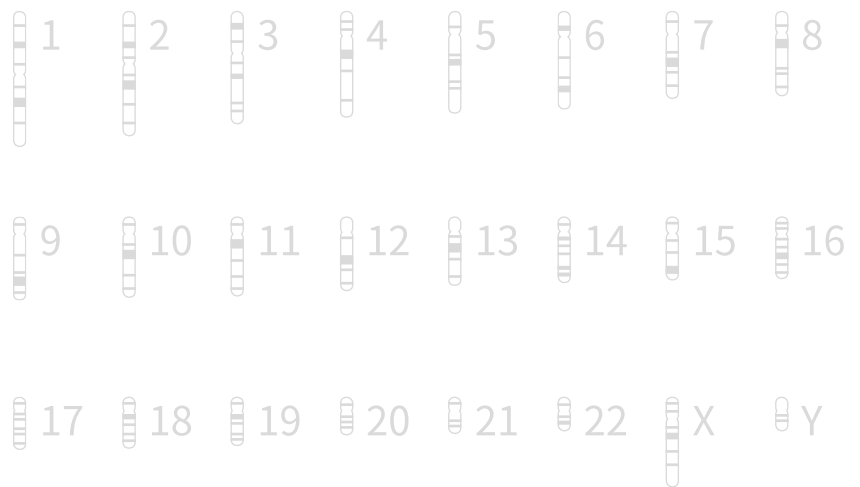
You fall under the group with a **slightly low likelihood** of developing hyperacusis.



Genetic information

From analyzed 1 genetic markers, we have found no effect allele.

The credibility score is 50 points. because studies used for the analysis of this test item's genes are based on a very small sample size.

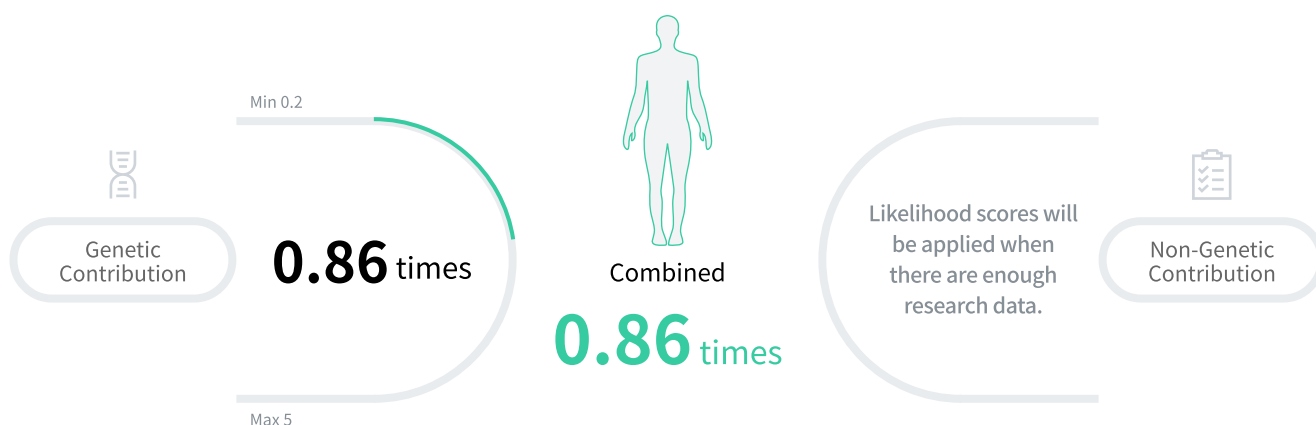


0 genetic markers with unknown location.

Epilepsy - Generalized Seizure

Epilepsy is a neurological disorder characterized by seizures. When these bursts occur throughout the whole brain, it's known as a generalized seizure.

Likelihood of Abnormal Activity in All Brain Areas:



According to above results, your likelihood of having generalized seizures during an epileptic attack is **slightly low**.

If you have epilepsy, find out what triggers you and avoid them.

What are generalized seizures?

Generalized seizure is one type of epileptic seizure. It affects both cerebral hemispheres (sides of the brain) and people would lose consciousness, either briefly or for longer period. It can be further sub-categorized due to the variation in symptoms.

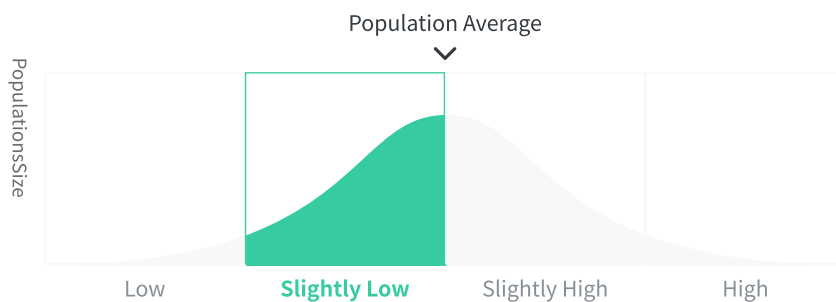
Management through diet

Ketogenic diet is a method of controlling epileptic seizures using anti-seizure effect of ketones. In order to induce ketosis, limit carbohydrate consumption, eat only the required amount of protein, and significant caloric intake should be from fats. By doing this, brain cells use ketone bodies from fat as their main energy source instead of glucose.

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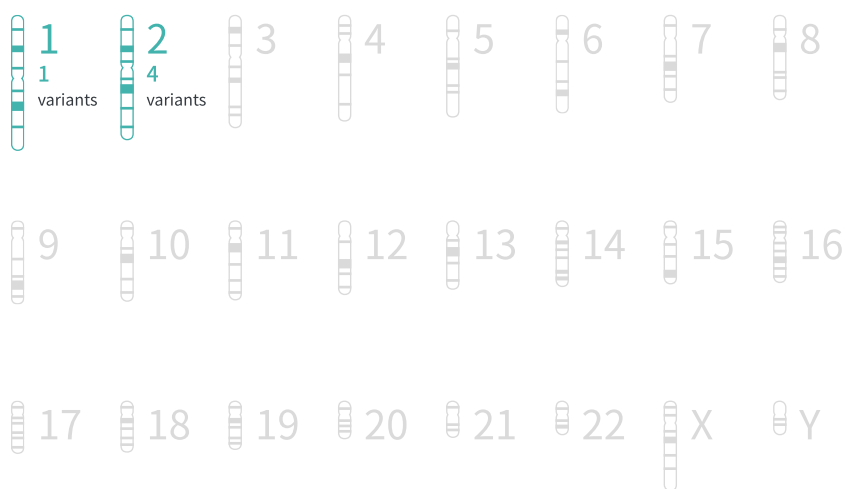
You fall under the group where the likelihood of generalized is **slightly low**.



Genetic information

From analyzed 10 genetic markers, we have found **5** effect allele.

The credibility score is **73** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Chronic Back Pain

Chronic back pain is defined as pain that persists for 12 weeks or longer, even after an initial injury or underlying cause of acute low back pain has been treated.

Likelihood of Chronic Back Pain Occurring:



According to above results, your likelihood of developing chronic back pain is **slightly low**.

Decrease your risk even further by having good posture and exercising regularly.

Risk factors

A slouched posture eliminates the normal curve of the lumbar spine, flattening it. Standing for long periods leads to lower back tilting and pain. Also, imbalance between the abdominal and lower back muscles induces lower back ache. Normally occurs because of weak lower back from inadequate exercise, fatigue, or suddenly lifting a heavy object.

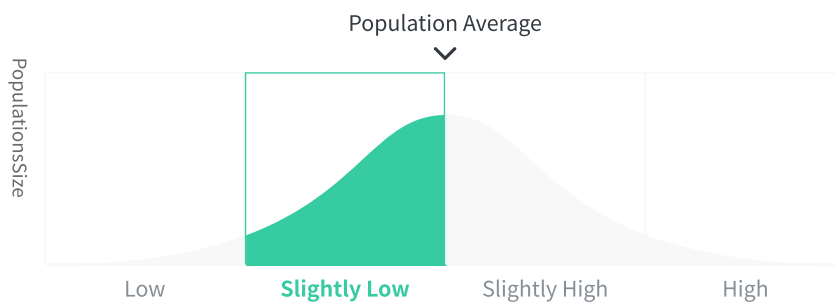
Stretching

Purpose of stretching is to increase the flexibility of the back muscles and ligaments, relieving stiffness and increasing the range of movement. When doing movements that use the back, having good form is good for preventing chronic back pain. Stretching your lower back backwards, adequate nutrient consumption, and quitting smoking also help.

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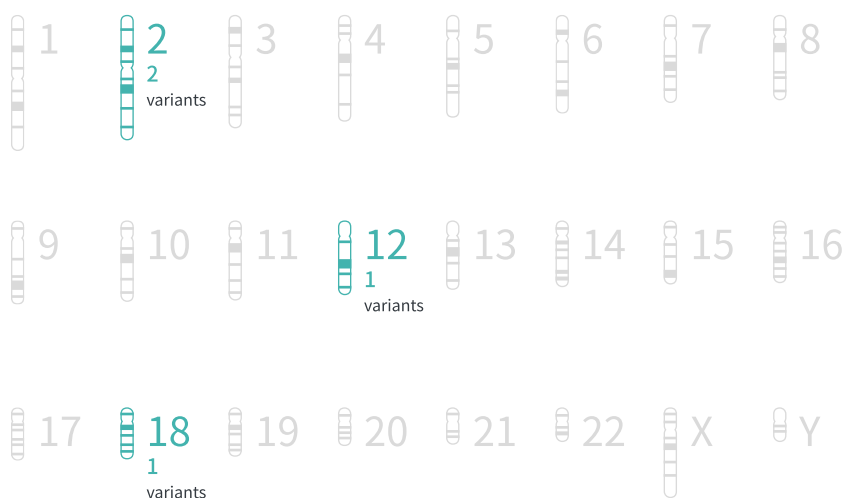
You fall under the group with a **slightly low likelihood** of experiencing chronic back pain.



Genetic information

From analyzed 18 genetic markers, we have found **4** effect allele.

The credibility score is **84** points. because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Alcoholic Chronic Pancreatitis

Alcoholic chronic pancreatitis is an inflammatory disease due to excessive drinking. Pain is one symptom of this disease. Interestingly, patients sometimes do not experience any pain, unlike patients with acute pancreatitis.

Likelihood of Chronic Pancreatitis From Alcohol:



Based on above results, your likelihood of developing alcoholic chronic pancreatitis is **slightly low**.

Avoid excessive and frequent alcohol consumption to lower your risk even more.

What is alcoholic pancreatitis?

Alcohol-induced chronic pancreatitis is an inflammation caused by alcohol consumption, characterized by irreversible pancreatic changes from acinar cell loss and fibrosis. In contrast to acute conditions, chronic pancreatitis pain may be persistent, intermittent, or even nonexistent. Pain tends to continue, and does not improve even with antacids.

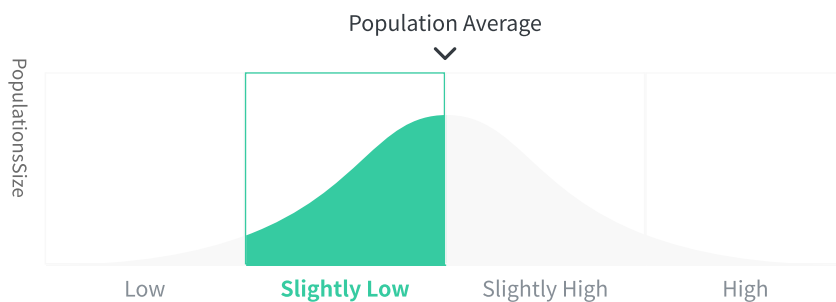
Quit alcohol for a healthy pancreas

Alcohol is the most common cause of chronic pancreatitis. Drinking 150 g of alcohol every day for 10~15 years causes pancreatitis. So for a healthy pancreas, quitting alcohol consumption is key. Even if you already have chronic pancreatitis, quitting or decreasing alcohol consumption can improve this condition.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing alcohol-induced chronic pancreatitis.



Genetic information

From analyzed 188 genetic markers, we have found **36** effect allele.

The credibility score is **74** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Dental Caries (Cavity)

Tooth decay is influenced by a combination of environmental and behavioral factors (dietary behaviors, bacterial flora, fluoride intake, oral hygiene, salivary flow rate), and genetic predispositions.

Likelihood of Development:



Your likelihood of developing dental cavity is **slightly low**.

Practice good teeth brushing habits and receive regular dental checkups.

What is dental caries (cavity)?

Dental caries, or tooth cavity, is a common oral disease, like cold, and is one of the most prevalent chronic diseases in the world. Development of dental caries is caused by tooth damage from *S. mutans* germ converting sugar into acids. Severe dental caries in children includes nursing and rampant dental caries.

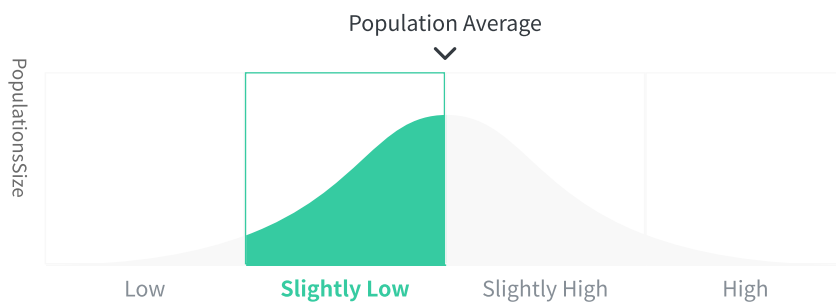
Brushing teeth correctly

Brush the boundary between your teeth and gums with a slight circular motion and vibration. Upper teeth should be brushed from the top going downwards. Do the opposite for lower teeth. Brush front teeth with the bristles placed as close to the inner teeth as possible. With molar teeth, place the bristles close to the tooth-gum boundary to clean the inner teeth.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing dental cavity.



Genetic information

From analyzed 11 genetic markers, we have found **4** effect allele.

The credibility score is **65** points. because studies used for the analysis of this test item's genes are based on a small sample size.

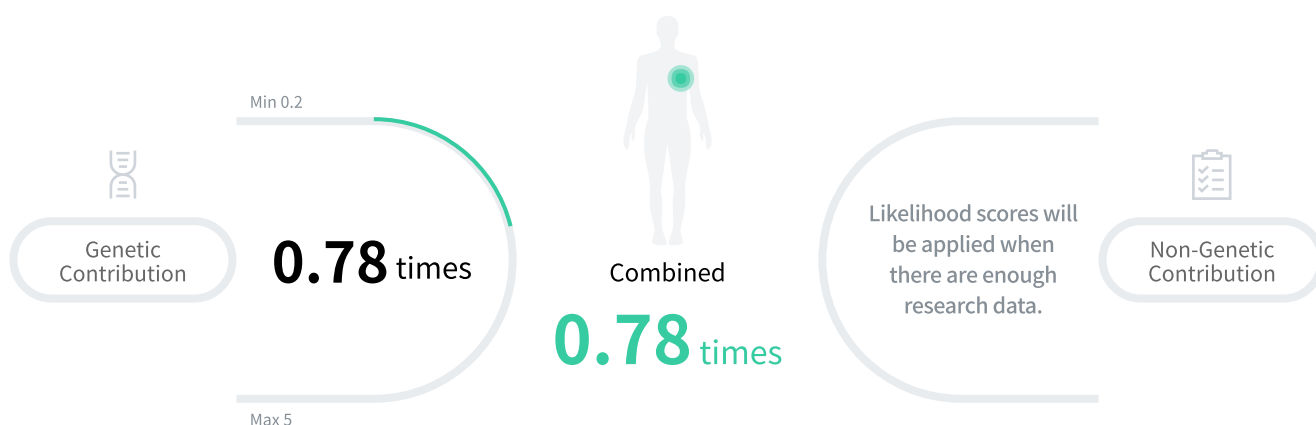


0 genetic markers with unknown location.

Atrial Fibrillation

Atrial fibrillation (aka arrhythmia) is a common abnormal heart rhythm that happens when the atria (top chambers of the heart) quivers irregularly. It can lead to blood clots, stroke, heart failure and other heart-related complications.

Likelihood of Developing Abnormal Heart Rhythm:



According to above results, your likelihood of developing atrial fibrillation is **slightly low**.

Even with low risk, it may be beneficial to have methods of de-stressing such as hobbies.

Dietary guide

Potassium deficient hypokalemia, high fat intake, obesity, etc. contribute to atrial fibrillation onset. Eating potassium-rich foods such as seaweed and banana, reducing processed and instant food consumption, and avoiding high-caloric foods are recommended. Furthermore, restricting high caffeinated foods and beverages is also recommended.

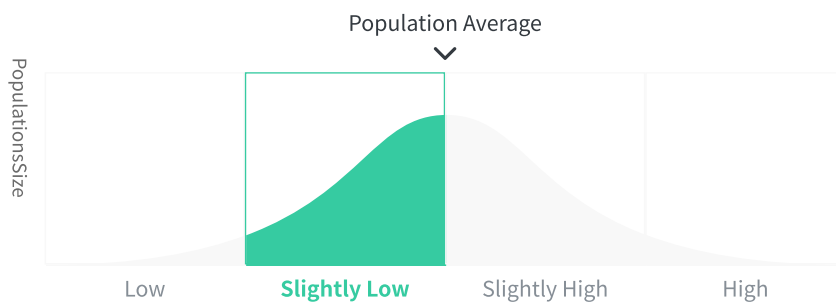
Lifestyle guide

To prevent atrial fibrillation, it is important to refrain from overworking, reduce stress, exercise regularly, and maintain a regular lifestyle. It commonly occurs to alcoholics and smokers, so quitting drinking and smoking is recommended. If you experience heart palpitations frequently, receive electrocardiogram test and start treatment early.

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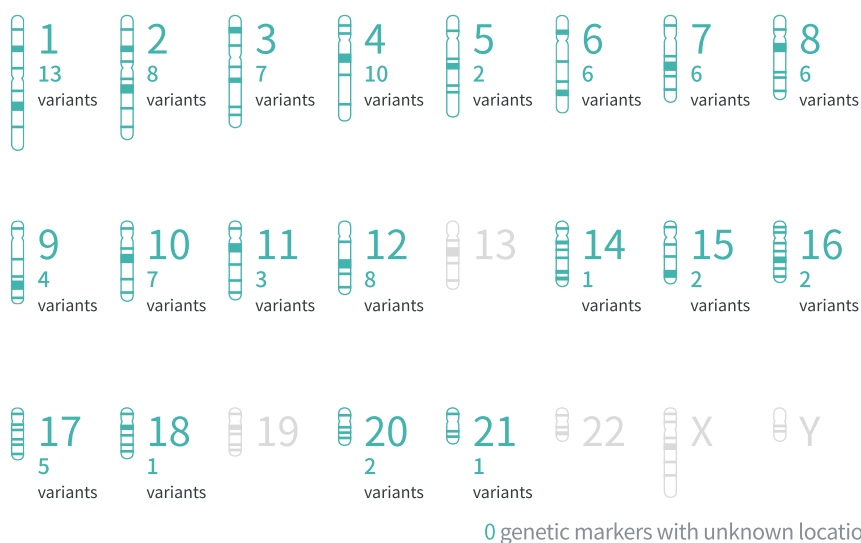
You fall under the group with a **slightly low likelihood** of developing atrial fibrillation.



Genetic information

From analyzed 164 genetic markers, we have found **94** effect allele.

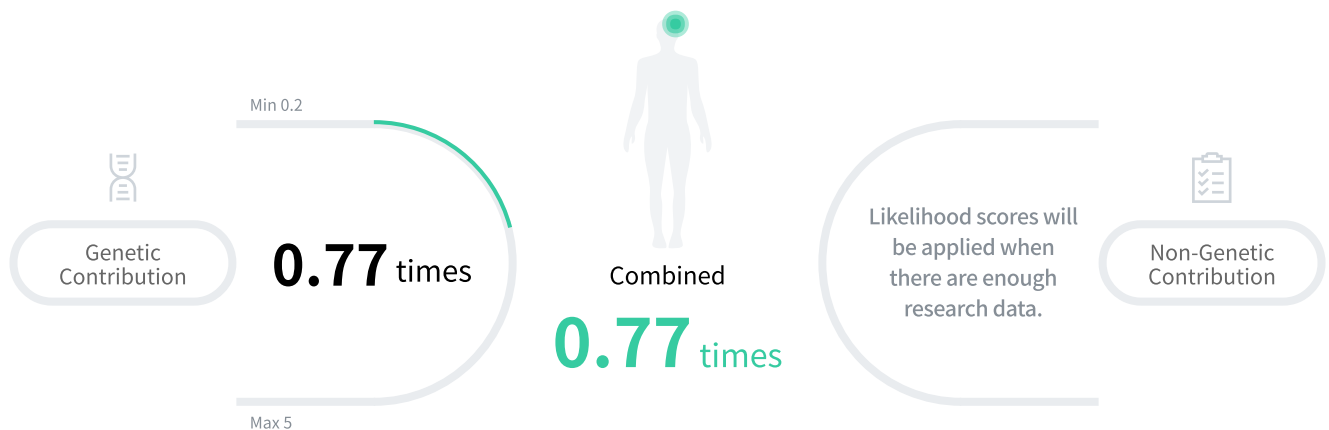
The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



Pituitary Adenoma

Pituitary adenoma is a type of non-cancerous tumor that not spread to other parts of the body. The pituitary gland is the master hormone gland that regulates the body's hormones.

Likelihood of Pituitary Adenoma:



Based on above results, your likelihood of developing pituitary adenoma is **slightly low**.

Although your risk is low, always listen to your body's signals for possible health issues.

Risk factors

Causes of pituitary adenoma are not clearly known, but two theories exist. Hypothalamus theory suggests that hypothalamus malfunction results in continual pituitary hormone secretion leading to tumor formation. Pituitary theory suggests no relationship with hypothalamus and tumor formation due to pituitary gland alone.

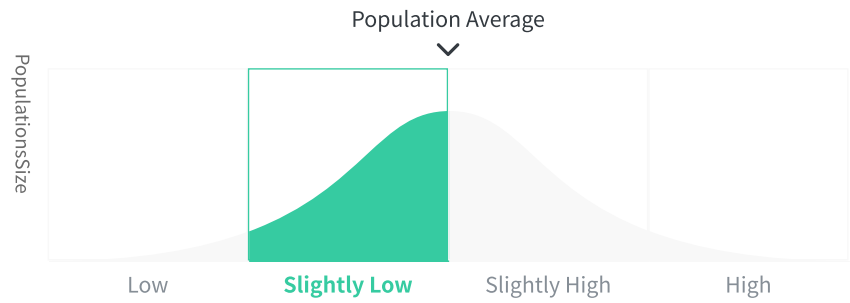
Prevention

Cause of brain tumor is unclear, so no particular prevention method exists. Early diagnosis and treatment are the best methods. Symptoms depend on the tumor location. So it is easy to mistake decreased vision for eye disorder, dysuria as urinary disorder, and mental symptoms as dementia or Alzheimer's disease.

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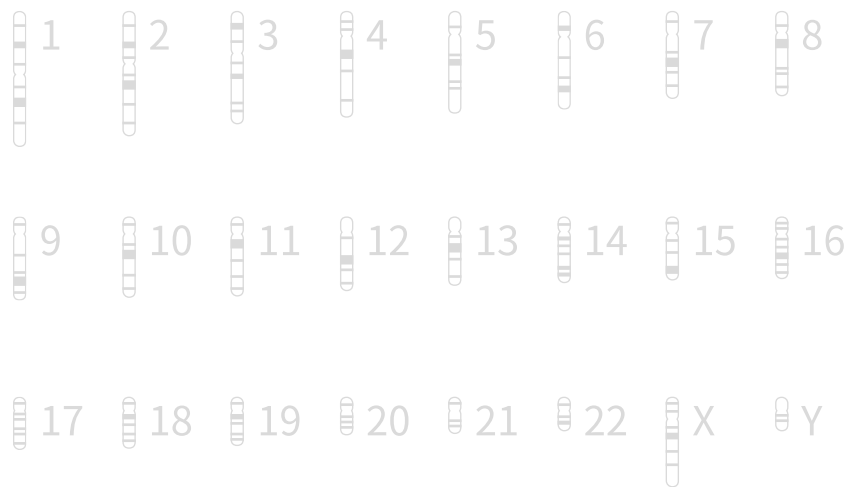
You fall under the group with a **slightly low likelihood** of developing pituitary adenoma.



Genetic information

From analyzed 5 genetic markers, we have found no effect allele.

The credibility score is **92 points**, because studies used for the analysis of this test item's genes are based on a big sample size.

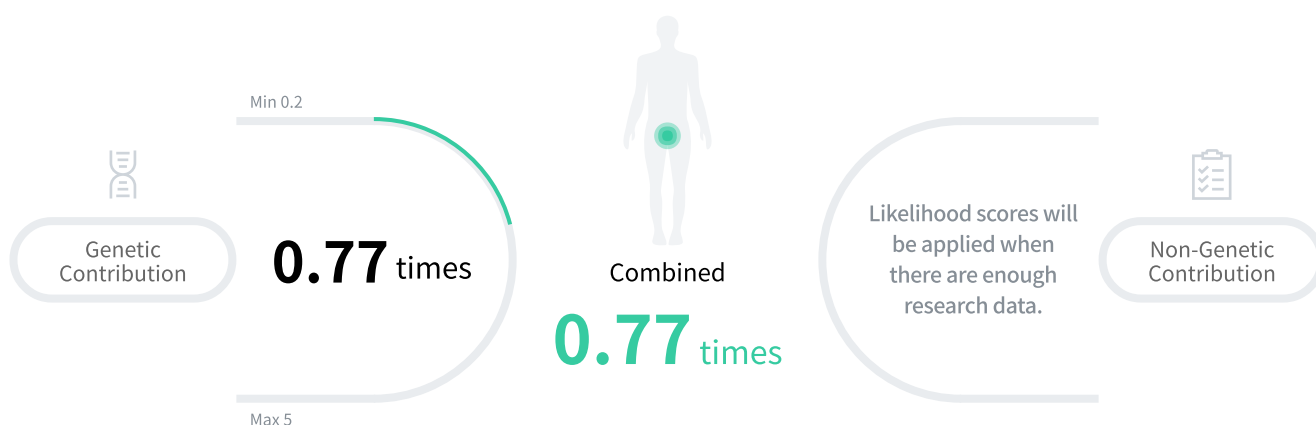


0 genetic markers with unknown location.

Idiopathic ONFH

Idiopathic osteonecrosis of the femoral head (ONFH) is a disorder that causes bone necrosis of the femoral head, resulting in hip joint dysfunction.

Likelihood of Development:



Based on above results, your likelihood of developing idiopathic ONFH is **slightly low**.

Even though you have a low risk, maintain good blood circulation through regular stretching.

What is ONFH?

It is a condition in which blood supply to the bone is blocked and necrosis (cell death) occurs due to insufficient blood supply. It mainly affects hip (femur head), knee, shoulder bones, etc., and affects the hip joint most commonly. Risk factors include drinking, hip joint injury, gout, and adrenocortical steroids. Drinking blocks blood flow and often causes bone death.

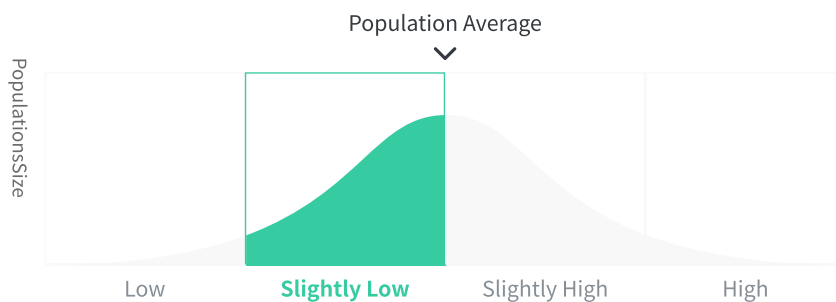
Management through diet

Regular exercise and calcium-rich diet help prevent osteoporosis. It is also important to maintain adequate vitamin D levels through sunlight exposure and/or diet. Avoid consuming alcohol, caffeine, instant food, and soft drinks. When sodium is excreted through urine, calcium also is excreted. So a low salt diet is recommended.

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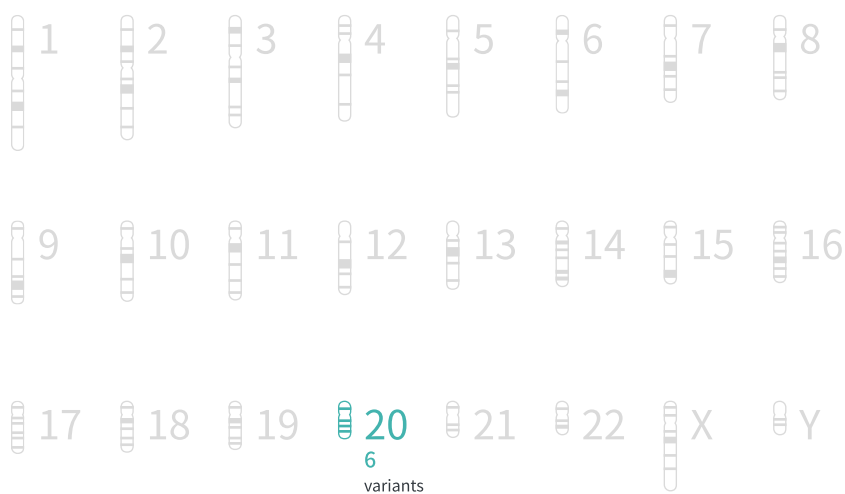
You fall under the group with a **slightly low likelihood** of developing idiopathic ONFH.



Genetic information

From analyzed 13 genetic markers, we have found **6** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

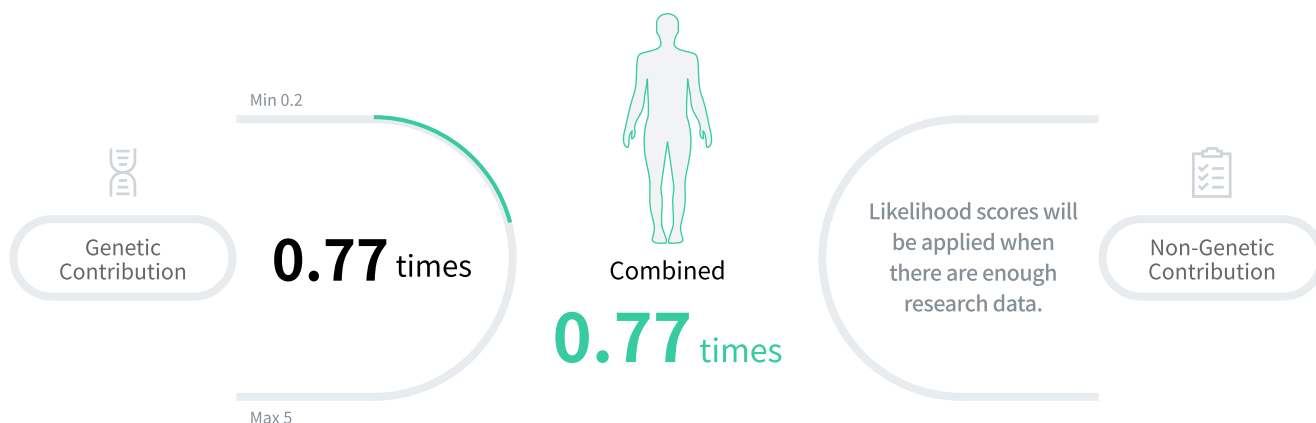


0 genetic markers with unknown location.

Aspergillus Infection

Aspergillus is a fungus whose spores are present in the air we breathe, but does not normally cause illness. There may be genetic factors that predispose individuals to falling sick to aspergillus.

Susceptibility to Aspergillus Infection:



According to above results, your susceptibility to aspergillus infection is likely **slightly low**.

Take good care of your immune system, as it can naturally fight off Aspergillus.

What is Aspergillus?

Aspergillus is a fungus whose spores are present in our environment (air) but does not normally cause illness. However, it may cause disease in those with a weakened immune system, damaged lungs or with allergies. Diseases caused by Aspergillus are grouped together to call Aspergillosis.

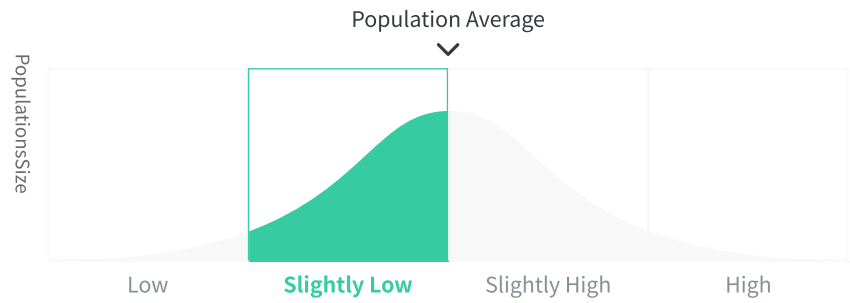
Preventative methods

Since Aspergillus normally do not cause issues to those who have a healthy immune system and lungs, strengthening these two aspects would lower your risks. Maintain your lung function by doing more aerobic exercise and avoiding tobacco and chemical fumes. Increase food that boost your immune system and make sure your air-condition is regularly cleaned!

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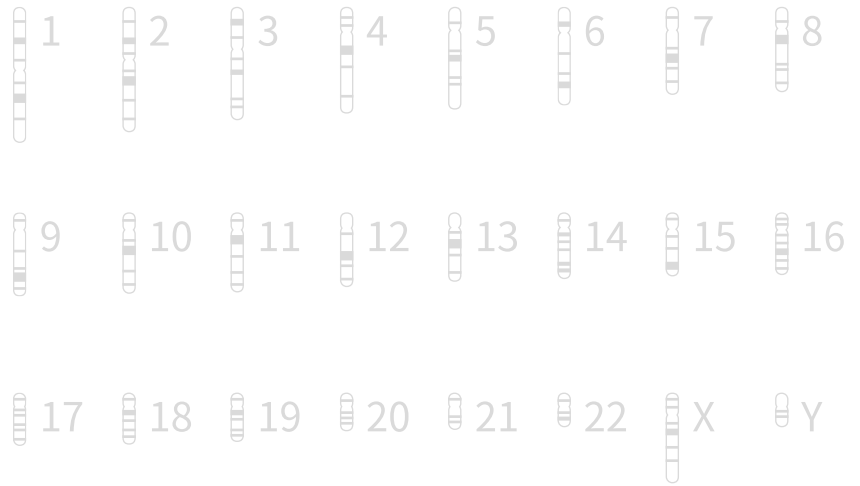
You fall under the group with a tendency to have **slightly low** susceptibility to aspergillus infection.



Genetic information

From analyzed 4 genetic markers, we have found no effect allele.

The credibility score is **50 points**, because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

Sudden Cardiac Arrest

Sudden cardiac arrest (SCA) is a condition in which the heart suddenly and unexpectedly stops beating. Death usually follows if not treated within minutes. Known causes of SCA include myocardial infarction, heart muscle diseases, and aortic diseases.

Likelihood of Occurring:



Based on above results, your likelihood of sudden cardiac arrest occurring is **slightly low**.

Even though you have low risk, be attentive to your heart health through consistent aerobic exercises such as walking and climbing.

What is sudden cardiac arrest?

Sudden cardiac arrest refers to death by natural cause within 1 hour of symptom onset, due to cardiac function defects. It is known to be caused by structural defects in the heart. This is in turn caused by coronary artery, myocardial, aortic, and valve diseases. It is the most common of the coronary artery diseases.

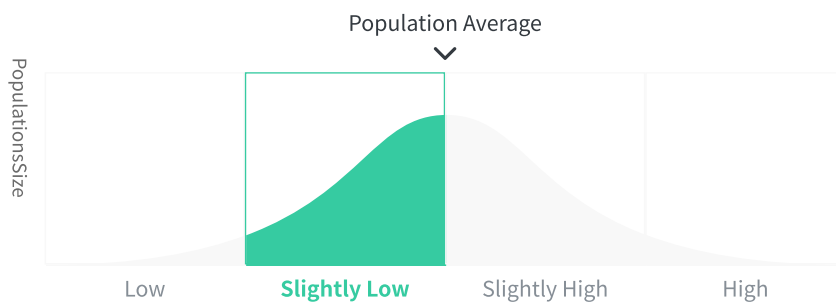
Keep up the cardio exercise

It is good to do cardio exercises such as walking, hiking, jogging, swimming, and jump roping at least three times a week. Before the exercise warm-up for 5~10 minutes, and spend 30-60 minutes for the actual exercise. Try not to overdo it from the beginning and gradually increase the intensity. Cool down exercise should last 5~10 minutes.

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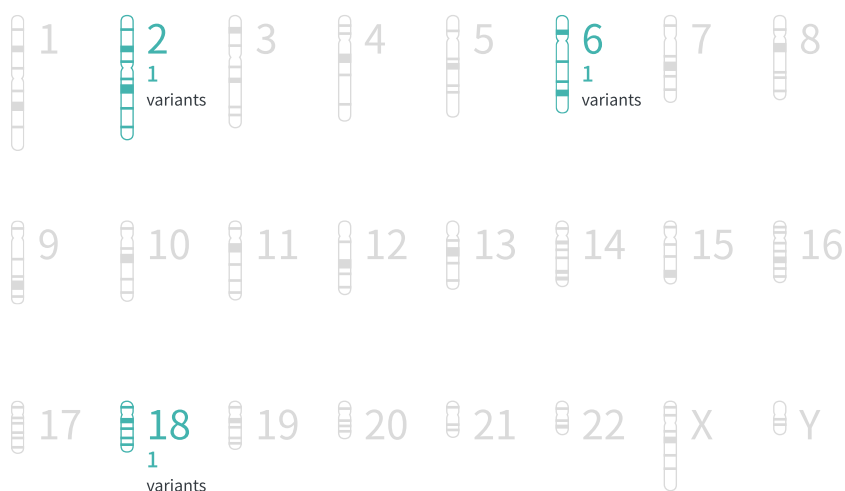
You fall under the group with a **slightly low likelihood** of sudden cardiac arrest occurring.



Genetic information

From analyzed 12 genetic markers, we have found **3** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

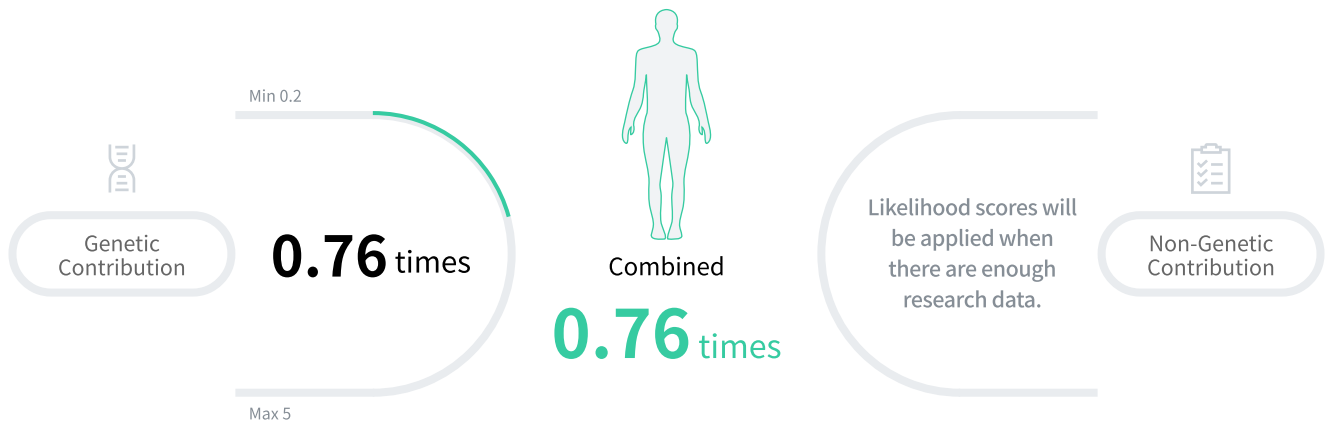


0 genetic markers with unknown location.

Behcet's Disease

Behcet's disease is an autoimmune disease that causes ulcers, inflammation, or long-lasting wounds in the mouth, eyes and genitals.

Likelihood of Developing Blood Vessel Inflammation:



According to above results, your likelihood of developing Behcet's disease is **slightly low**.

Despite your low risk, it is a good idea to look after your immune system through consistent exercise and healthy diet.

Risk factors

The exact cause is unknown, but immune abnormality, genetic factors, and infection are presumed to contribute together. Behcet disease is categorized as systemic vasculitis (blood vessel inflammation), and reasons for immune abnormality is unknown. Genetically inheriting HLA gene mutations has been reported to be correlated to Behcet disease.

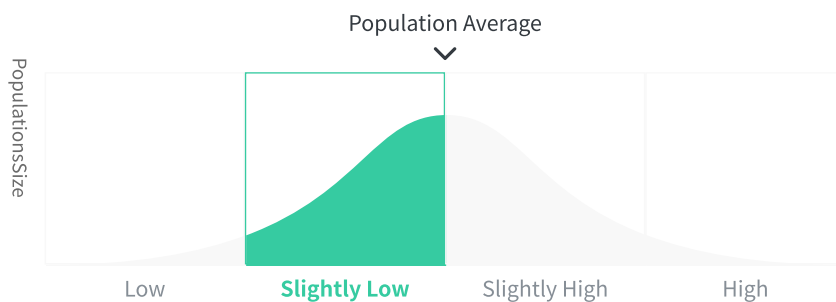
Lifestyle guide

Experiencing frequent fatigue or tension can worsen Behcet disease. Individuals that exhibit fatigue-mediated mouth ulcer need ample sleep, and to relax and de-stress. Avoid immune weakening from smoking or alcohol consumption. Instead, eat fresh vegetables and fruits with every meal for boosting the immune system.

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The Group That I Belong To

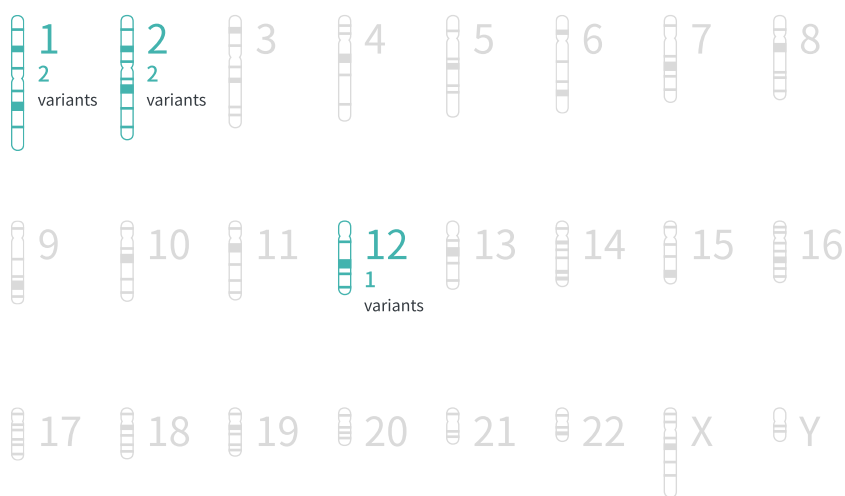
You fall under the group with a **slightly low likelihood** of developing Behcet's disease.



Genetic information

From analyzed 6 genetic markers, we have found **5** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



ANCA Vasculitis

ANCA vasculitis is a disease characterized by destruction and inflammation of small vessels. The clinical signs vary and affect several organs. Skin lesions, such as purpura and urticaria, result when blood from small vessels leaks under the skin.

Likelihood of Development:



Based on above results, your likelihood of developing ANCA vasculitis is **slightly low**.

Exact cause of this autoimmune condition is unknown, so listen to your body for signals that may indicate health issues.

What is ANCA vasculitis?

ANCA vasculitis is an autoimmune disease. ANCA are antibodies against a cytoplasmic protein present in neutrophils, a type of immune cell. The disease is caused when immune defects lead to ANCA circulation in the blood, attacking blood vessel wall. Classification depends on the size of vessels invaded. Mainly affects capillaries, arterioles, and venules.

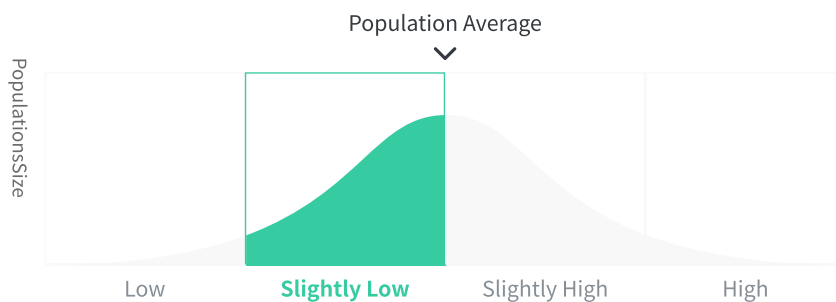
Symptoms

High fever, discomfort, muscle pain, joint pain, weight loss and other systemic symptoms appear. Small red or blue rashes may appear on the arms and legs. Oral and genital ulcers can occur, and keratitis and uveitis may occur in the eyes. Protein and blood in urine are symptoms of kidney function abnormality, and dialysis may be necessary in severe cases.

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The Group That I Belong To

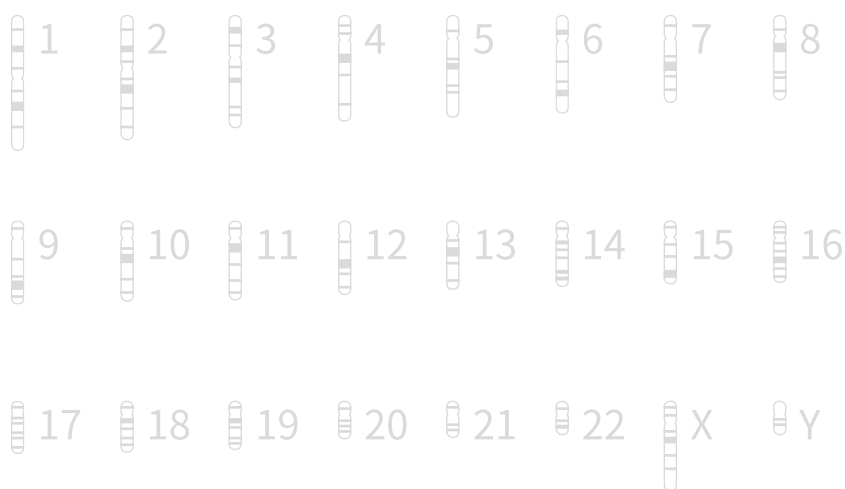
You fall under the group with a **slightly low likelihood** of developing ANCA vasculitis.



Genetic information

From analyzed 4 genetic markers, we have found no effect allele.

The credibility score is **50 points**, because studies used for the analysis of this test item's genes are based on a very small sample size.

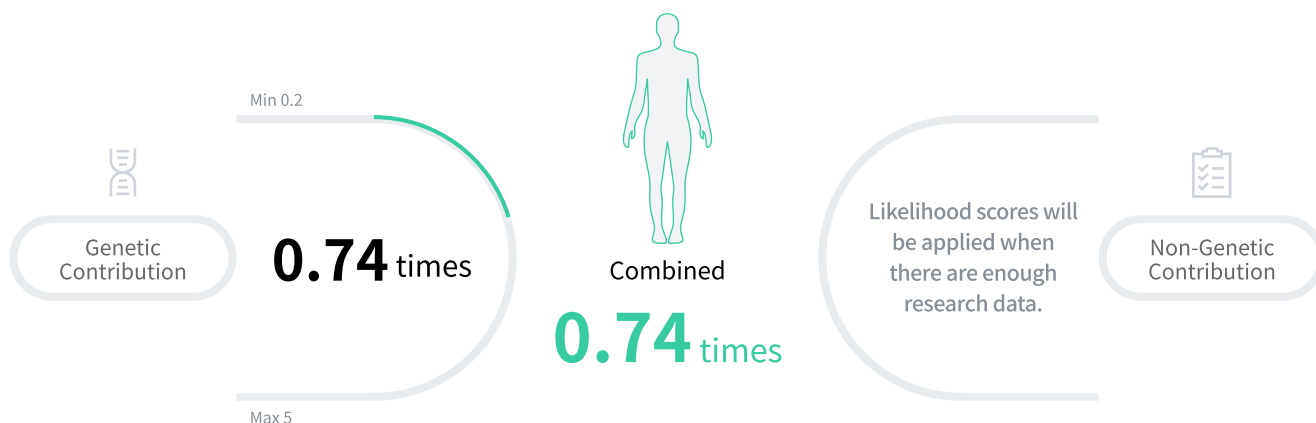


0 genetic markers with unknown location.

Psoriasis

Psoriasis is a chronic skin condition characterized by rapid growth of the outer skin layer, resulting in thick, silvery flakes on inflamed skin.

Likelihood of Development:



Based on above results, your likelihood of developing psoriasis is **slightly low**.

Lower your risk even more by moisturizing your skin and maintaining a healthy weight.

What is psoriasis?

Psoriasis is a chronic inflammatory skin disease characterized by excessive proliferation of skin cells. Unlike normal skin, skin affected by psoriasis is not easily hydrated, making it easy to dry out. The cause is unclear, and it is not easy to prevent from reoccurring. It can also affect the scalp and nails.

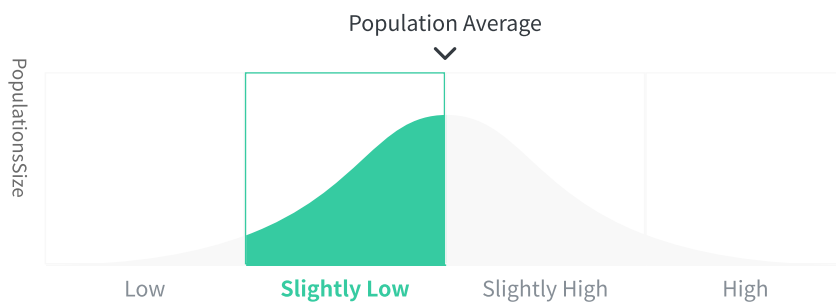
How to manage psoriasis

Psoriasis is not easy to manage, as constant care is required. First you must prevent your skin from losing moisture. Second, understand what triggers your psoriasis and avoid them. Common triggers are heavy alcohol consumption, smoking, stress and injury to the skin (sunburn, scratch, insect bites).

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The Group That I Belong To

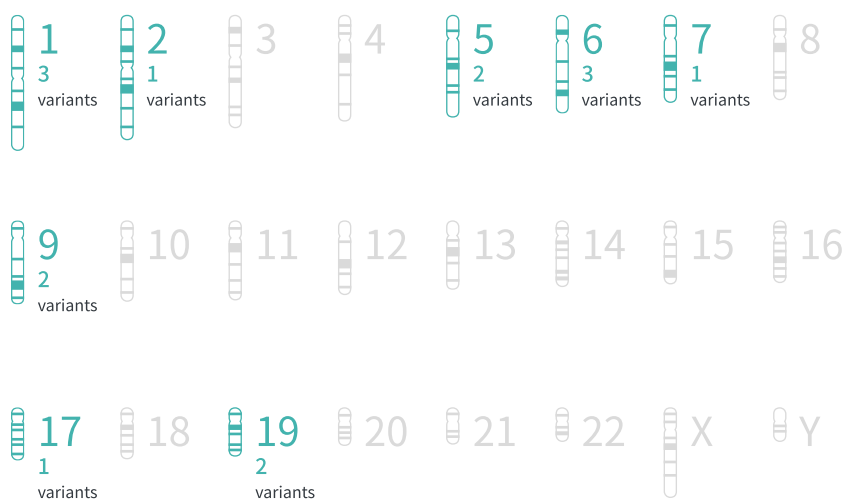
You fall under the group where the likelihood of psoriasis is **slightly low**.



Genetic information

From analyzed 24 genetic markers, we have found **15** effect allele.

The credibility score is **50** points.
because studies used for the analysis of this test item's genes are based on a very small sample size.

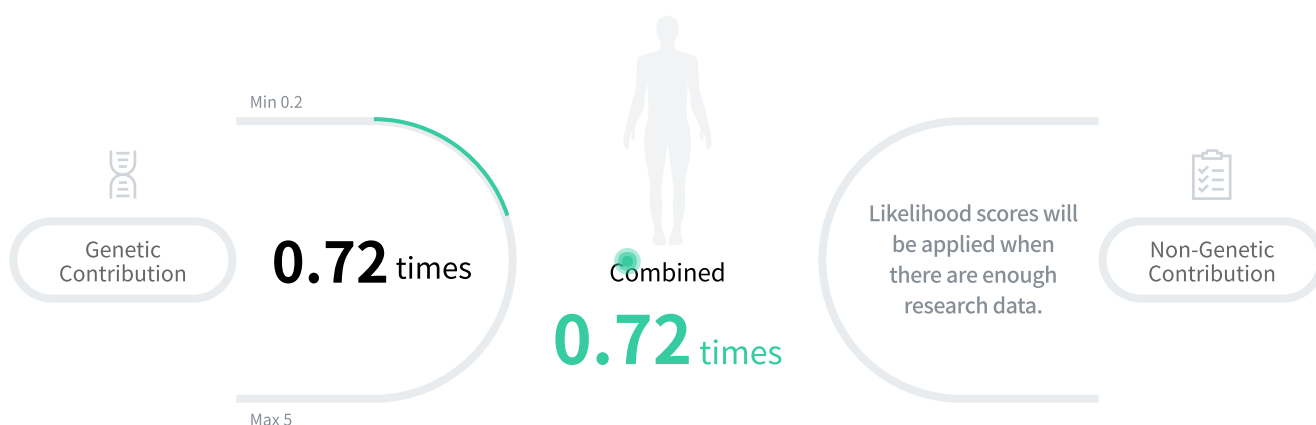


0 genetic markers with unknown location.

Bunions

Bunion is a bony bump on the joint at the base of your toe. In result, big toe turns in towards other toes, causing soreness around the joint. It is more common in women who wear high heels. Both genetic and environmental factors can cause bunions.

Likelihood of Developing Bunions:



Based on above results, your likelihood of developing bunions is **slightly low**.

Although your risk is low, it is a good idea to avoid tight-fitting shoes and high heels.

What is a bunion?

Bunion is a bony bump on the joint at the base of your big toe. This causes your big toe to turn in towards the other toes and forces the joint at the base of your big toe to stick out. A bunion can lead to other complications such as inflammation around the area and foot deformities. Environmental factors including wearing tight-fitting shoes and high heels cause this condition to occur.

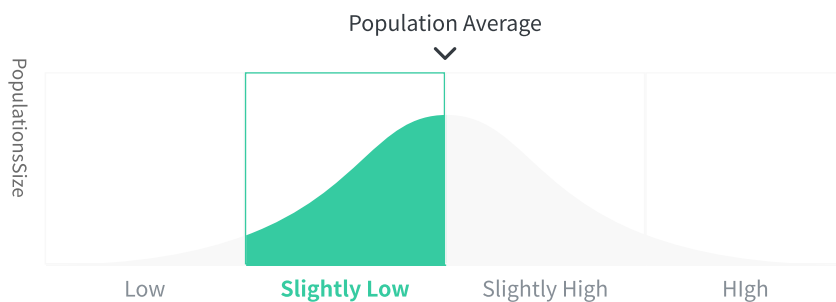
Symptoms

First signs of a bunion are a red swelling around the joints and a bulging bump at the base of your big toe. You can also feel occasional pain around the bump. If this condition becomes severe, callus might form on the joint and ongoing pain might make it difficult for you to move your big toe and wear shoes.

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The Group That I Belong To

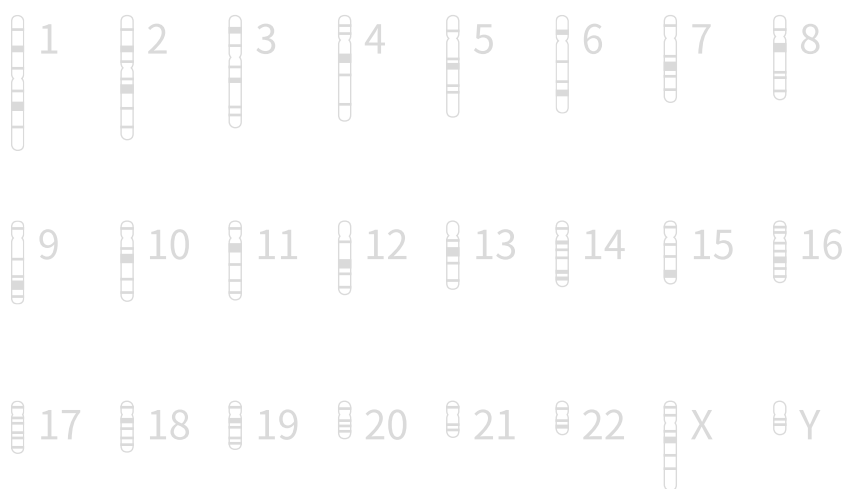
You fall under the group with a **slightly low likelihood** of developing bunions.



Genetic information

From analyzed 2 genetic markers, we have found no effect allele.

The credibility score is **50 points**, because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

Dermatomyositis

Dermatomyositis is a disorder of skin and muscle tissue. The cardinal symptom is a skin rash that precedes or accompanies progressive muscle weakness.

Likelihood of Muscle Inflammation and Weakness:



Based on above results, your likelihood of developing dermatomyositis is **slightly low**.

Exact cause of this condition is not yet known, but early detection and intervention can prevent severe symptoms.

What is dermatomyositis?

Dermatomyositis is a progressive disease with autoimmune inflammation of muscles and skin. It is known to be caused primarily by humoral immune reactions. It commonly affects the sternum, and upper back, shoulders, and ears are also often affected. It occurs in both childhood and adulthood and is more common in women. Affecting 2~7 per million people, incidence is rare.

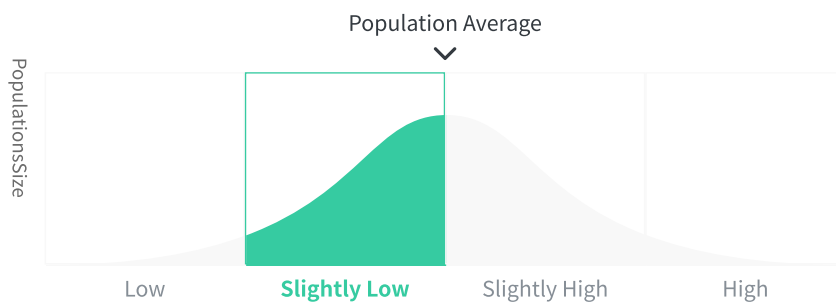
Symptoms

Most symptoms appear as irregularly shaped red spot bulges with a hard, rough surface. Over time, it becomes wider, more brown in color, and harder than the originally damaged area. It may also cause itching or tenderness. Surgical resection of keloid without proper treatment may result in recurrence of a larger keloid.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing dermatomyositis.



Genetic information

From analyzed 12 genetic markers, we have found no effect allele.

The credibility score is **50 points**, because studies used for the analysis of this test item's genes are based on a very small sample size.

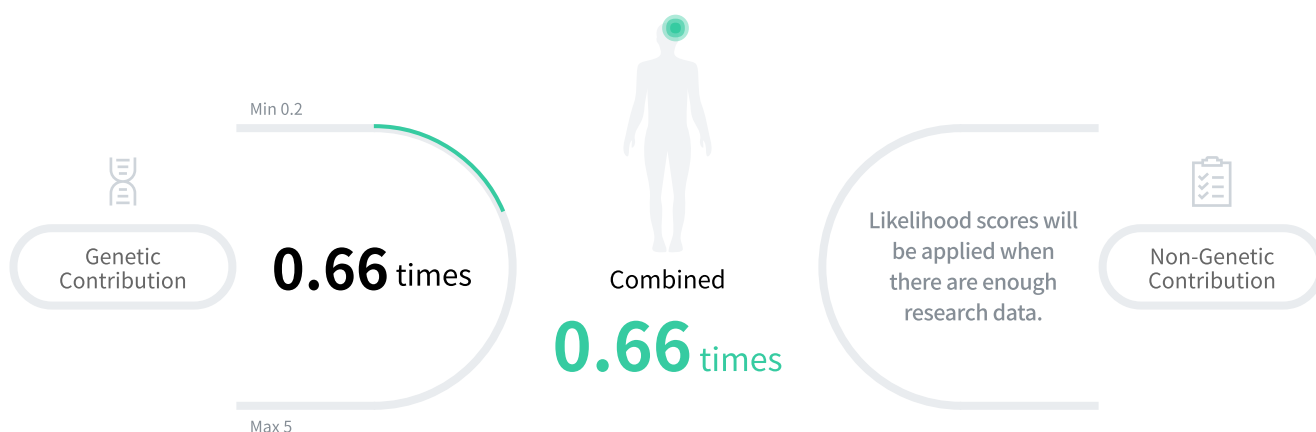


0 genetic markers with unknown location.

Onset Age of FTD

Dementia mostly affects people over 65, but frontotemporal dementia tends to start at a younger age, between 45-65, although it can also affect younger or older people.

Likely Age of Frontotemporal Dementia Onset:



Based on above results, the likely age at which you may develop FTD is **slightly late**.

Even with low risk, be attentive to your brain health by supplementing with fish oil or including fish in your diet.

Hereditary dementia

25%~40% of all frontotemporal dementia patients have family history. In 30% of these patients, mutations are present in the Tau gene, and mutations in genes such as C9ORF72, MAPT, GRN, and CHMP2B have been reported. There is a tendency for heredity effects to be stronger in patients with motor neuron disease.

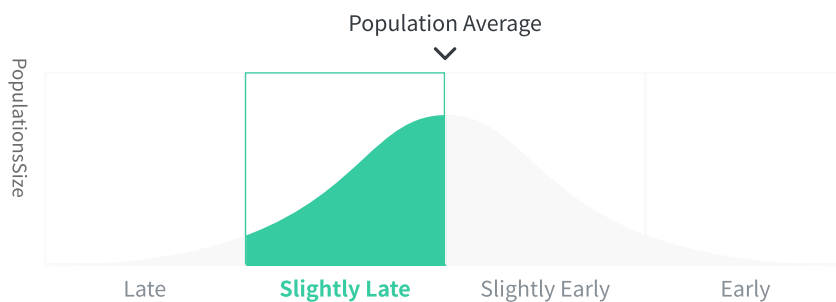
FTD risk factors

Extensive damage to the cerebral nerve cells is the most common cause of dementia. Other causes include age, syphilis, epilepsy, and schizophrenia. Frontotemporal dementia begins with local lesions on frontal and temporal lobes, and spreads to cover larger areas with progression. Overall cortical damage occurs during late stages, affecting cognitive functions.

UP-To-Date, Cochrane Library

The Group That I Belong To

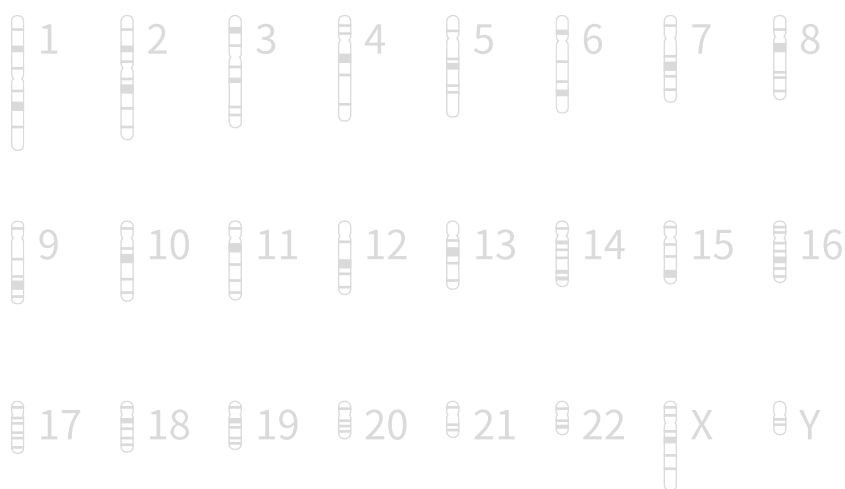
If you develop FTD, you fall under the group with tendency to develop this condition **slightly late** in life.



Genetic information

From analyzed 2 genetic markers, we have found no effect allele.

The credibility score is **63 points**, because studies used for the analysis of this test item's genes are based on a small sample size.

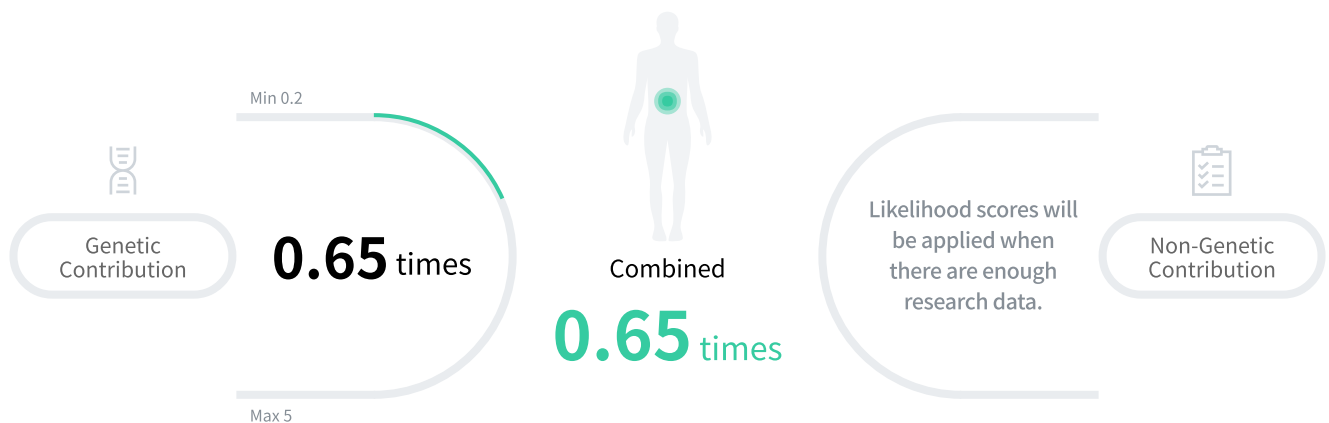


0 genetic markers with unknown location.

Acid Reflux Disease

It is a digestive disorder where contents of your stomach move up into your esophagus. It can cause heartburn, an uncomfortable burning feeling in your chest and throat.

Likelihood of Experiencing Heartburn:



Based on above results, your likelihood of having acid reflux disease is **slightly low**.

Even with your low risk, it is a good idea to avoid excessive alcohol, smoking, and caffeinated drinks.

Symptoms

Common signs and symptoms of acid reflux disease include heartburn, difficulty swallowing, sensation of a lump in your throat, and regurgitation of food or acid. Those with nighttime acid reflux disease may experience disrupted sleep, laryngitis, or chronic cough.

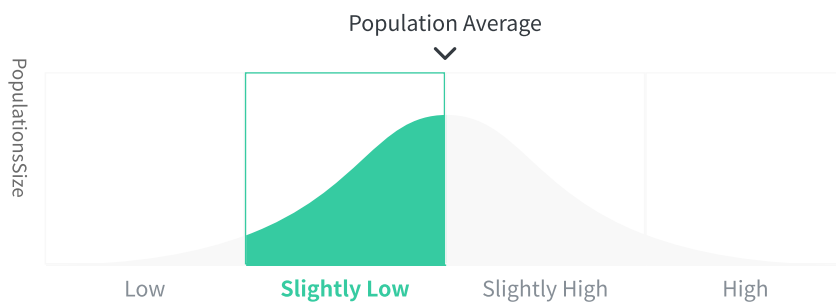
Management methods

Lifestyle changes can alleviate symptoms. Avoid eating citrus fruits, spicy food, chocolate, alcohol, coffee, tea, and soda. You should also avoid overeating, lying down after meals, and smoking. Raising the height of your pillow may help those with night time symptoms.

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The Group That I Belong To

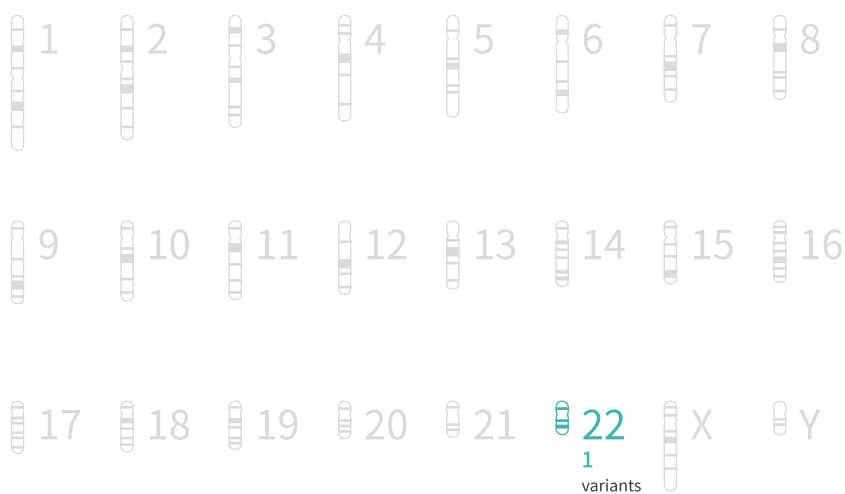
You fall under the group where the likelihood of acid reflux is **slightly low**.



Genetic information

From analyzed 5 genetic markers, we have found **1** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

Osteoporosis

Osteoporosis is a disease that weakens bones, which increases the risk of fractures. Most people reach their peak bone mass by the age of 30. Bone mass starts to decrease from the age of 35, and bone loss accelerates with menopause.

Likelihood of Developing Weak and Brittle Bones:



Based on above results, your likelihood of developing osteoporosis is **slightly low**.

Despite your low risk, it is good to supplement with vitamin D and eat calcium-rich foods.

Management through diet

Regular exercise and calcium-rich diet help prevent osteoporosis. It is also important to maintain adequate vitamin D levels through sunlight exposure and/or diet. Avoid consuming alcohol, caffeine, instant food, and soft drinks. When sodium is excreted through urine, calcium also is excreted. So a low salt diet is recommended.

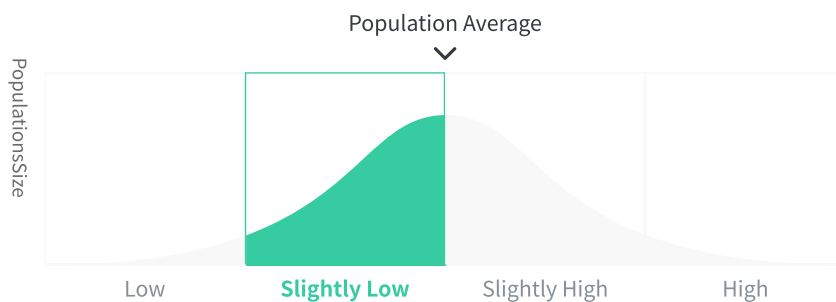
Management through exercise

Body weight workouts are good for maintaining bone mass. Exercises such as walking, aquatic exercise, and hiking can increase muscle strength and delay rate of bone loss. In addition, motor neuron development prevents injuries from falls, and improve heart and lung function. Exercise regularly for at least 30 minutes a day, three days a week.

UP-To-Date, Cochrane Library

The Group That I Belong To

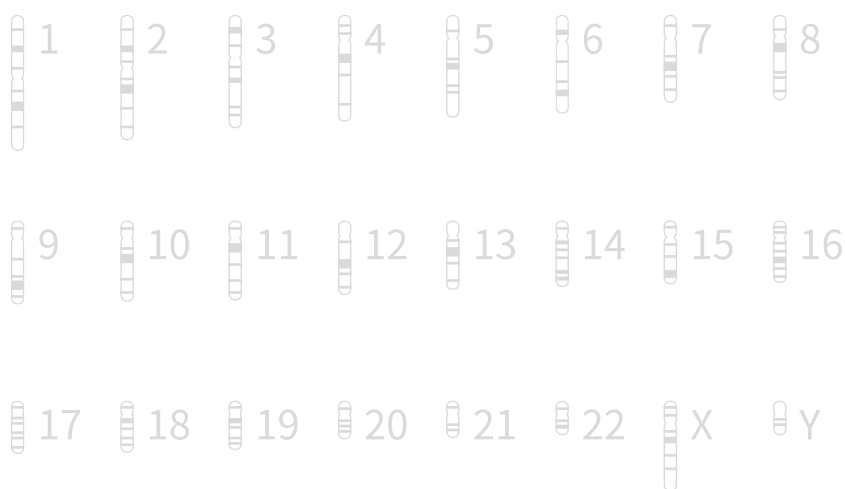
You fall under the group with a **slightly low likelihood** of developing osteoporosis.



Genetic information

From analyzed 3 genetic markers, we have found no effect allele.

The credibility score is **95 points**, because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Normal Tension Glaucoma

Normal tension glaucoma (NTG) is an eye condition where the optic nerve becomes damaged, resulting in vision deterioration. Unlike POAG, there is no high pressure in the eye.

Likelihood of Glaucoma With Normal Eye Pressure:



Based on above results, your likelihood of developing NTG is **slightly low**.

Despite your low risk, it is a good idea to avoid looking at a bright screen for extended periods in a dark setting.

What is NTG?

It is a disease with changes to the optic disc and visual field defects, even when the intraocular pressure is within the normal range (10-21 mmHg). In addition, it is presumed that defects in blood flow to the eye and other factors affect NTG onset. Recently, NTG incidence is increasing in younger population with severe nearsightedness.

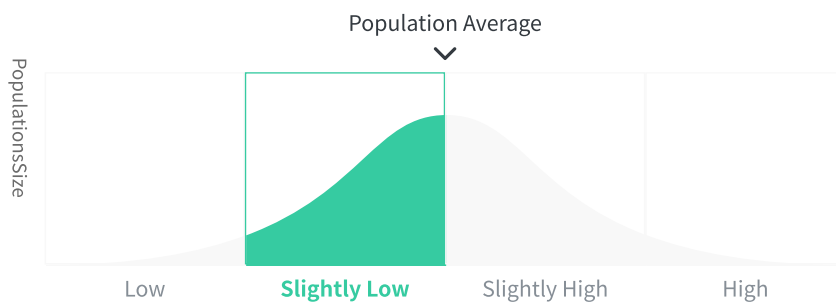
Symptoms

Most glaucoma cases exhibit slow damage to the optic nerve. Peripheral vision damage and field of view narrowing occur gradually, so early detection is difficult. If optic nerve damage is severe, vision becomes very narrow and it is easy to trip over objects. If intraocular pressure rises sharply, symptoms such as eye pain, headache, and nausea appear.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing NTG.



Genetic information

From analyzed 2 genetic markers, we have found no effect allele.

The credibility score is **77 points**, because studies used for the analysis of this test item's genes are based on an acceptable sample size.

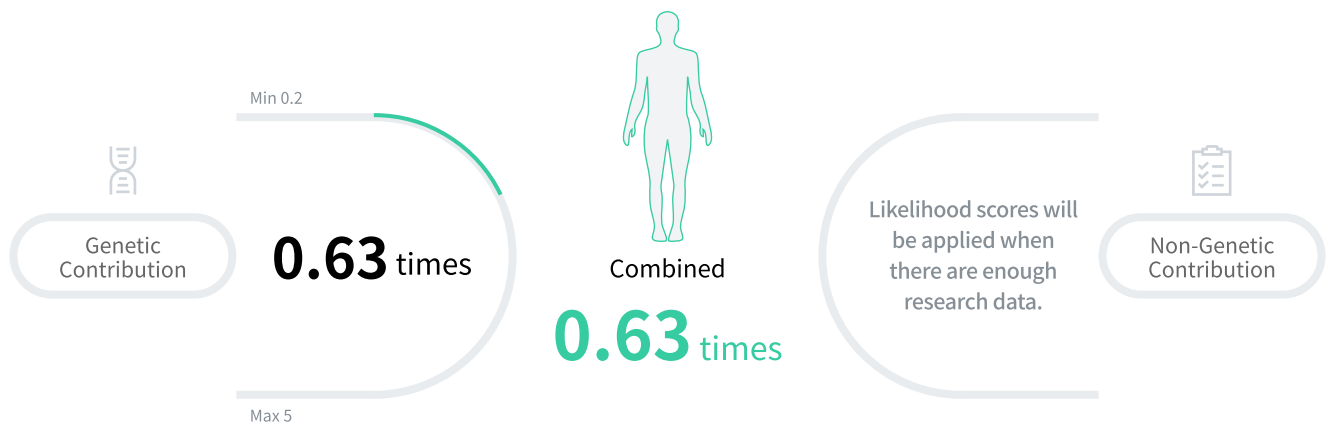


0 genetic markers with unknown location.

Aortic Dissection

An aortic dissection is a serious condition in which the inner layer of the aorta, the large blood vessel branching off the heart, tears. Blood surges through the tear, causing the inner and middle layers of the aorta to separate (dissect).

Likelihood of Aorta's Inner Layer Tearing:



Based on above results, your likelihood of aortic dissection occurring is **slightly low**.

Even though you have low risk, reduce saturated fat and increase dietary fiber consumption.

Dietary guide

Diets low in cholesterol and salt are recommended to prevent high blood pressure and arteriosclerosis. Limit salt intake because it is correlated with blood pressure. Also, lower calorie intake by decreasing foods high in saturated fatty acids and cholesterol, and supply your body with potassium through fruits and vegetables.

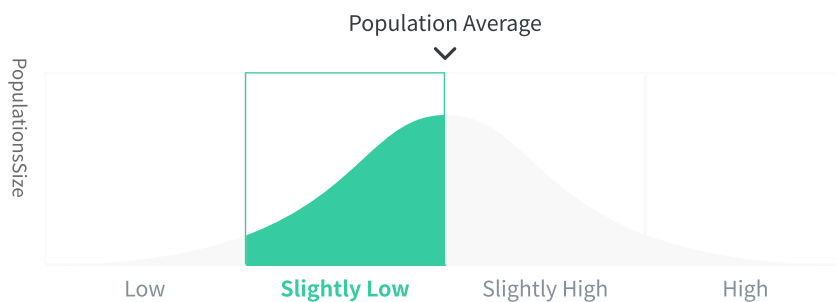
Maintaining vascular health

Prior to exercising, carry out low intensity stretching and joint warmups. Suddenly starting exercises can promote heart disease, cerebrovascular disease, and muscle damage. Doing medium intensity exercises such as speed walking, light jogging, biking, and stair climbing for 30 minutes, 3~5 times per week, is good.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of aortic dissection occurring.



Genetic information

From analyzed 47 genetic markers, we have found **1** effect allele.

The credibility score is **72** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Dengue Virus Infection

Dengue fever is an illness caused by the dengue virus, which is transmitted by the Aedes mosquito. According to some studies, there are genetic variations that determine your susceptibility to the virus.

Susceptibility to Dengue Virus Infection:



According to above result, your likely susceptibility to dengue virus infection is **slightly low**.

Despite your low risk, practice good personal hygiene to protect yourself from other germs.

Risk factors

There is no vaccine developed for dengue virus. Mosquito habitats are being destroyed for preventing infection, but having awareness of your surroundings is still important. When travelling to tropical climates, wear long-sleeved clothing, use a mosquito net and repellent to prevent mosquito bites.

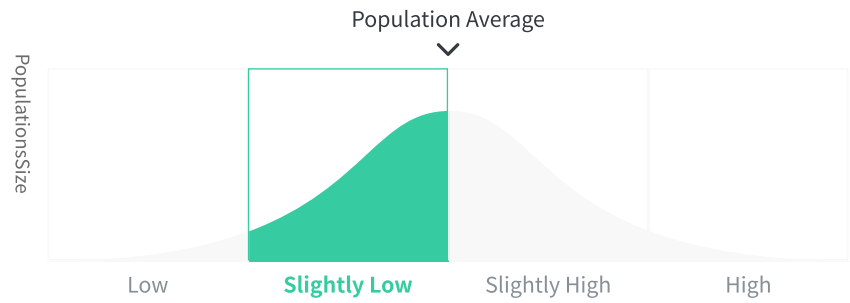
Outbreak regions

Dengue fever outbreak occurs in tropical regions such as Southeast Asia and Southern Africa. It is rarely seen in temperate climates. However, in 2015 August, Tainan and Kaoshiung had many dengue fever reports. Korea also has 30 reported cases of dengue fever annually. Thus, take caution when travelling to both tropical and temperate regions.

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The Group That I Belong To

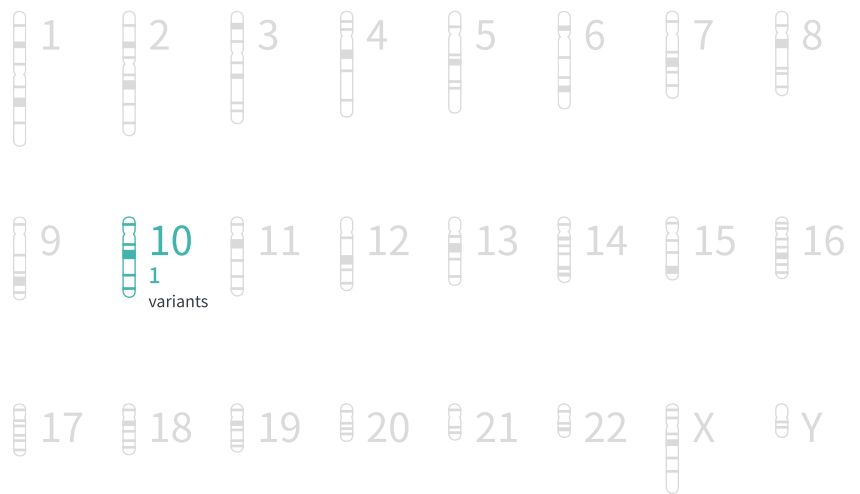
You fall under the group with a tendency to have **slightly low** susceptibility to dengue virus infection.



Genetic information

From analyzed 5 genetic markers, we have found **1** effect allele.

The credibility score is **65** points. because studies used for the analysis of this test item's genes are based on a small sample size.



0 genetic markers with unknown location.

Tourette Syndrome

Tourette syndrome is a neurological disorder characterized by repetitive, involuntary movements and vocalizations called tics.

Likelihood of Having Uncontrollable Tics:



Based on above results, your likelihood of developing tourette syndrome is **slightly low**.

Exact cause of this not yet known. Early detection and treatment are important for this condition so visit a specialist if you have any suspicion.

What is Tourette syndrome?

A tic is a sudden, simple, and repetitive action (motor tic) or sound (vocal tic) that is difficult to control. Tourette's syndrome is a type of neurological disorder, known to be the most common cause of tics. It usually develops at around 8 years of age, and tics normally appear on the face/neck, developing complex patterns as it progresses to the lower body.

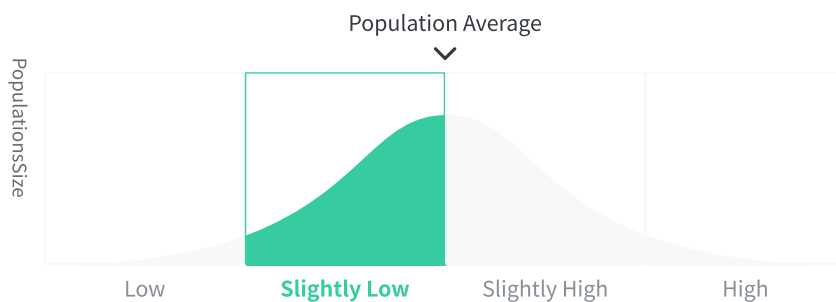
Symptoms

Symptoms may be exacerbated by emotional changes such as anxiety, excitement, anger, and fatigue. On average, around the age of 7, the first tic symptoms start and usually appear on the eyes and face, such as blinking, frowning, and sniffing. Motor tics first appear, followed by vocal tics. They are most severe between 7 and 15 years of age.

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The Group That I Belong To

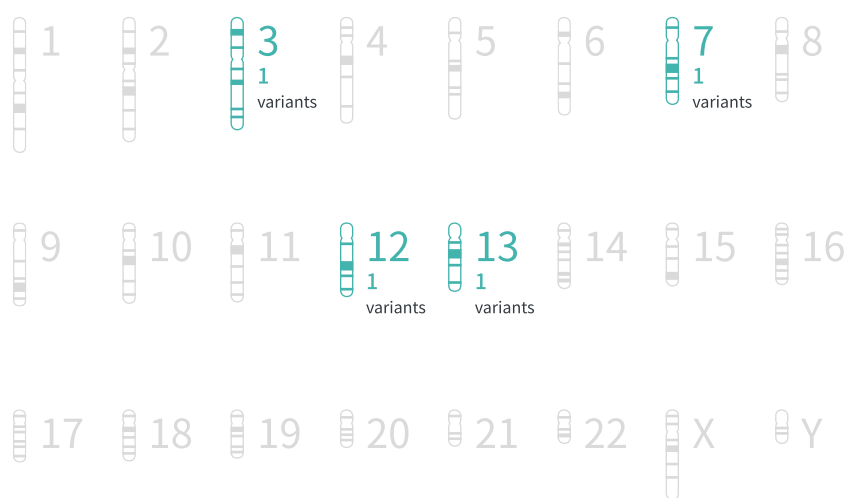
You fall under the group with a **slightly low likelihood** of developing tourette syndrome.



Genetic information

From analyzed 5 genetic markers, we have found **4** effect allele.

The credibility score is **71** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

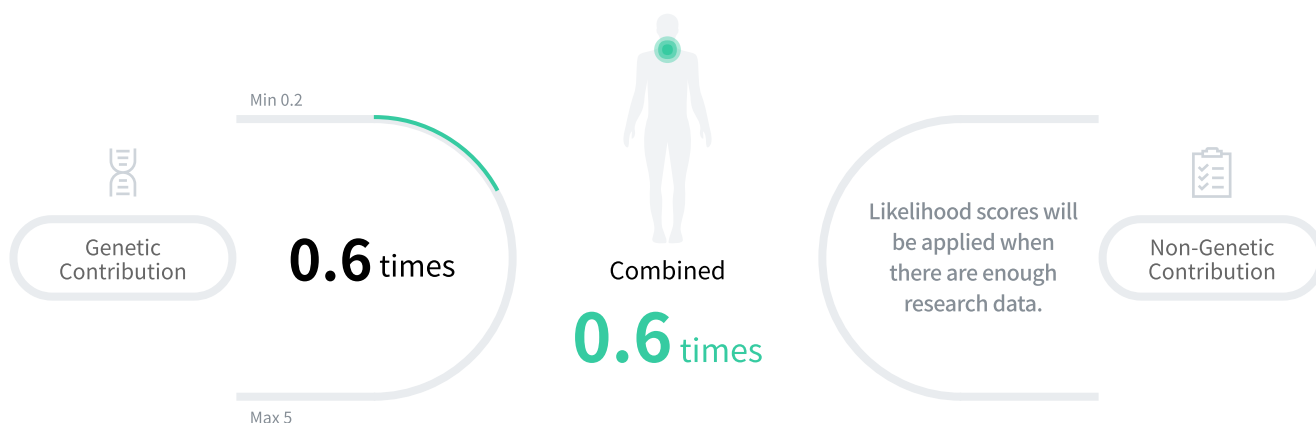


0 genetic markers with unknown location.

Wisdom Tooth

Wisdom teeth are the third and final set of molars that most people get in their late teens or early twenties. Some may not have them at all.

Likelihood of Growing Wisdom Teeth:



Your likelihood of growing wisdom teeth is **slightly low**.

Manage your wisdom teeth through regular dental checkup.

What is a wisdom tooth?

Wisdom tooth is the third molar tooth, and it breaks through the gums last. Some wisdom tooth grow fine and do not cause any cleaning and maintenance issues. However, other cases lack space at the innermost part of the mouth and wisdom teeth growth causes maintenance issues. This also may cause a variety of oral diseases.

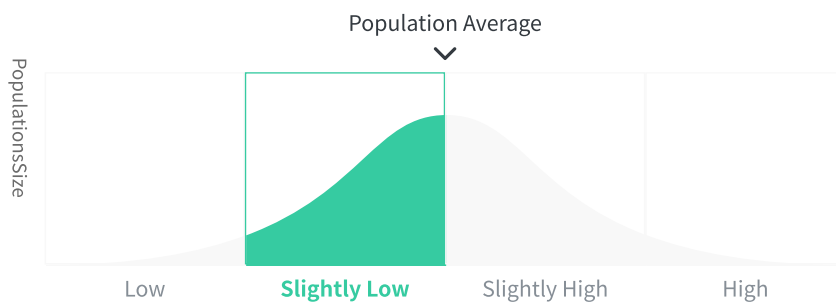
After effects of removing wisdom tooth

Side effects that can occur during wisdom tooth removal is root breakage, adjacent tooth damage, alveolar bone fracture, and nerve damage. Alveolar bone fracture is breaking of the chin bone that surrounds teeth. Nerve damage occurs when neural canal is close to or overlaps with tooth root, and causes pain or sensory abnormality in the tongue or lips.

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The Group That I Belong To

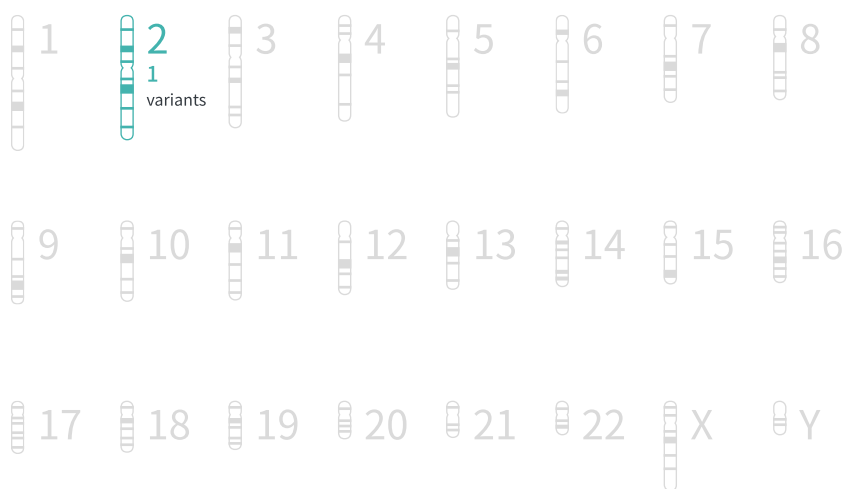
You fall under the group with a **slightly low likelihood** of growing wisdom teeth.



Genetic information

From analyzed 5 genetic markers, we have found **1** effect allele.

The credibility score is **78** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Ulcerative Colitis

Ulcerative colitis is an inflammatory bowel disease where the lining of your large intestine (colon), rectum, or both become inflamed. This inflammation produces tiny sores called ulcers on the lining of your colon.

Likelihood of Developing Colon Inflammation and Ulcers:



According to above results, your likelihood of developing ulcerative colitis is **slightly low**.

Despite your low risk, maintain your immune system health through nutritional and balanced diet.

Cause

Exact cause of this condition is unknown, but genetic factors, non-genetic factors, and autoimmune response to gut microbiome are possible causes. Recent lifestyle changes in Asia to western lifestyle have drastically increased the incidence of ulcerative colitis in Asian populations.

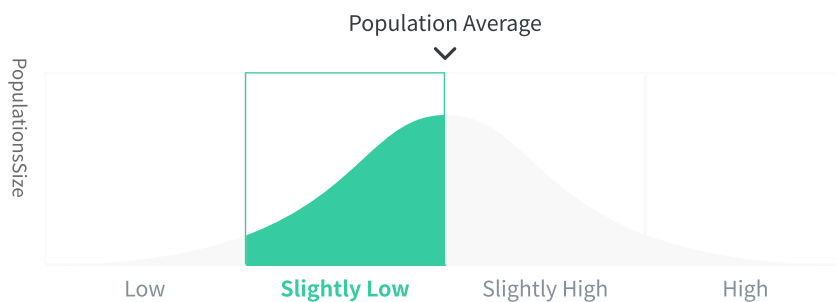
Progression and complications

Majority of patients experience cycles of improvement and worsening. Sometimes, symptoms can be absent for extended periods. About 3% of patients exhibit intestinal perforation, toxic megacolon, and other severe localized complications. If area adjacent to the rectum is affected, it can reoccur even after treatment and can progress to colon cancer.

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The Group That I Belong To

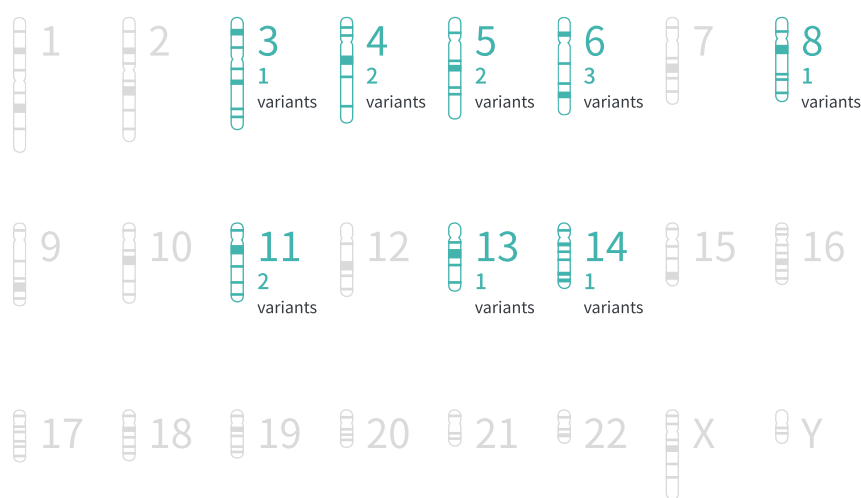
You fall under the group with a **slightly low likelihood** of developing ulcerative colitis.



Genetic information

From analyzed 31 genetic markers, we have found **13** effect allele.

The credibility score is **55** points. because studies used for the analysis of this test item's genes are based on a small sample size.



0 genetic markers with unknown location.

Keloid

Keloid is a smooth, fibrous scar tissue that grows over the wound to repair injury. Keloid is influenced by genetic and environmental factors and usually occurs due to skin damage or inflammation.

Likelihood of Developing Fibrous Scar Tissue After Skin Injury:



Based on above results, your likelihood of developing keloid after skin injury is **slightly low**.

Despite your low risk, it is a good idea to minimize skin damage and inflammation through careful behavior.

What is keloid?

Keloid is a disorder in which abnormal tissue growth occurs during wound healing after skin damage. It is characteristic of growing beyond the size of original wound or inflammation. Keloid is affected by genetic and environmental factors and is generally thought to be caused by skin damage or inflammation.

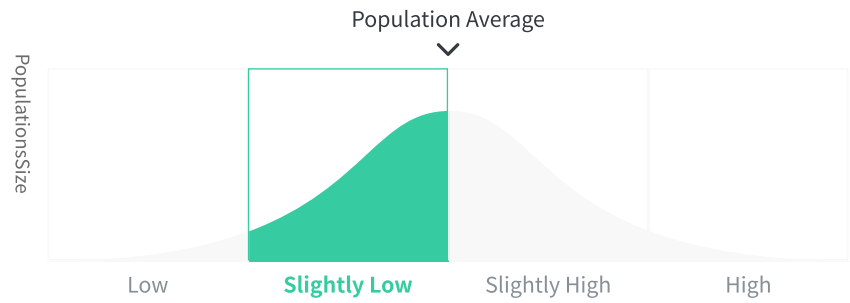
Symptoms

A skin-colored or lightly pigmented spot with hard, rough surface will appear. It can expand beyond the original wound area and into the surrounding normal skin. Symptoms include itching and tenderness. Keloid occurs most commonly around the sternum, and may also occur on the chest, shoulders, back, neck, earlobe, etc.

UP-To-Date, Cochrane Library

The Group That I Belong To

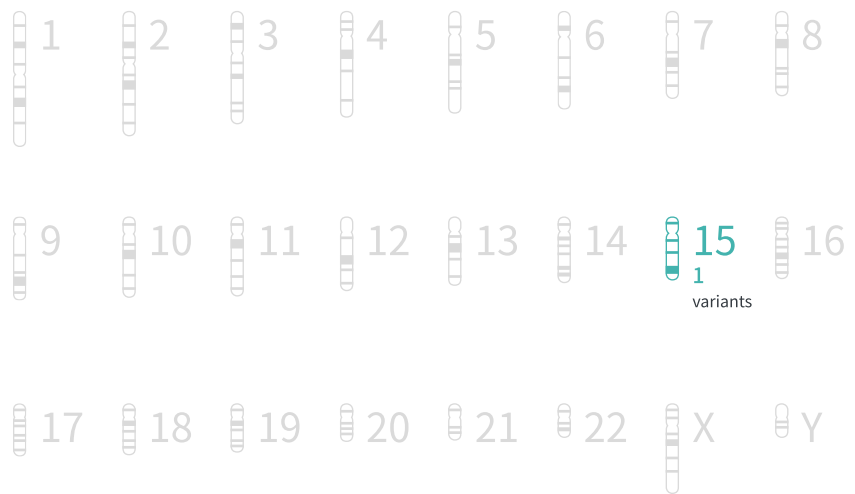
You fall under the group with a **slightly low likelihood** of developing keloid after skin injury.



Genetic information

From analyzed 12 genetic markers, we have found **1** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

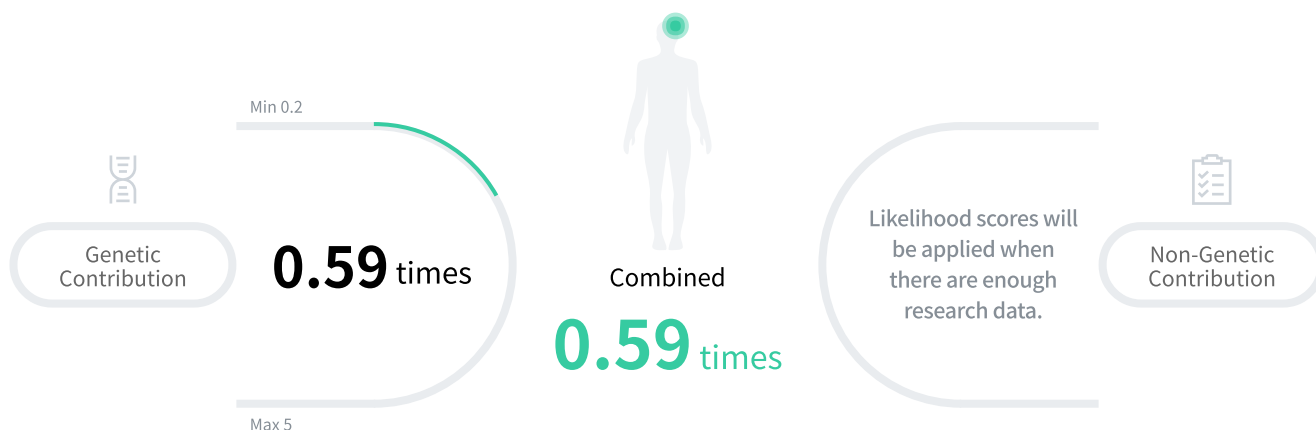


0 genetic markers with unknown location.

Macular Degeneration

Macular degeneration is a condition where your vision worsens over time. It is often age-related.

Likelihood of The Eye's Macula Degenerating:



Based on above results, your likelihood of developing macular degeneration is **slightly low**.

Although you have a low risk, protect your eyes from UV light by wearing sunglasses on sunny days.

Dietary guide

Managing eye health through a healthy diet is recommended. Taking vitamins C, E, beta-carotene, and antioxidants is good. A report showed that consumption of 6~10 mg of lutein every day yielded healthier eye results; if you suffer from kidney stones, anemia, or indigestion, consulting a specialist is recommended.

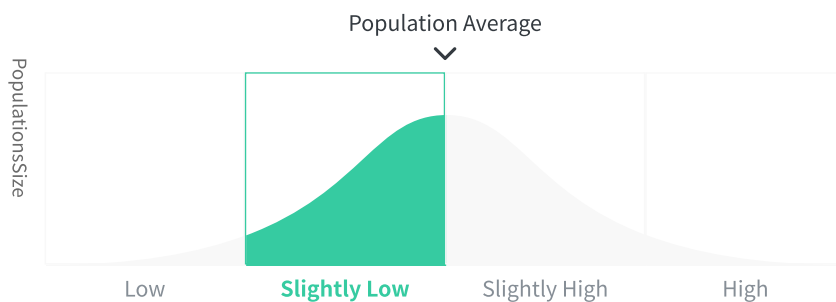
Lifestyle guide

Early stage macular degeneration can be treated and improved, so annual checkup is important for early discovery. Make sure to quit smoking and avoid excessive alcohol consumption. Be aware of high blood pressure, as it can damage the eyes. Also, make sure to protect your eyes by wearing sunglasses outdoors.

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The Group That I Belong To

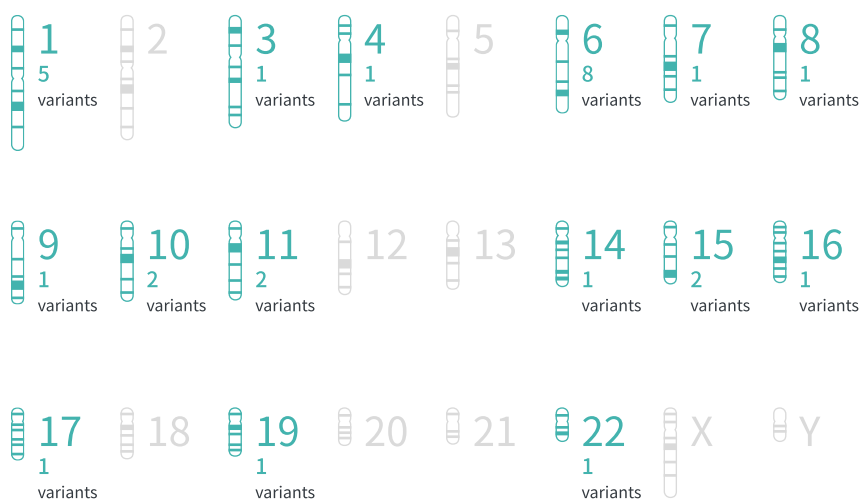
You fall under the group with a **slightly low likelihood** of developing macular degeneration.



Genetic information

From analyzed 48 genetic markers, we have found **29** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Amyotrophic Lateral Sclerosis

Amyotrophic lateral sclerosis (ALS) is a group of rare neurological diseases that mainly affects the nerve cells responsible for controlling voluntary muscle movement, such as chewing, walking, and talking.

Likelihood of Losing Muscle Control:



According to above results, your likelihood of developing ALS is **slightly low**.

Although you have a low risk, look after your brain health by eating plenty of fruits and vegetables rich in phytochemicals.

Risk factors

Cause of ALS onset is unclear, with various hypotheses. 5~10% of patients are affected by genetic cause, and specific mutations have been identified in 20% of these individuals. In addition, an excess of glutamic acid, which sends signals to motor neurons, may cause these motor neurons to die and ALS.

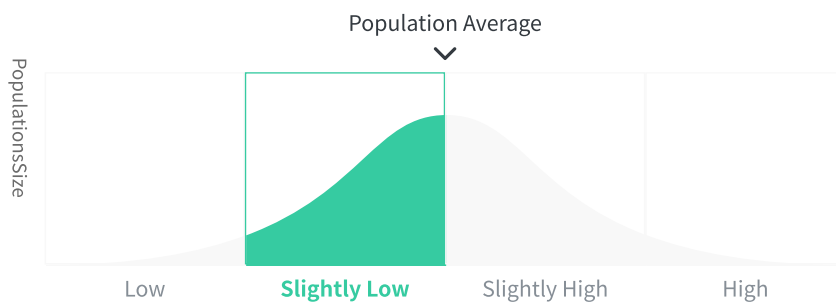
Exercise

To prevent ALS, consistent and regular exercise to enhance your immunity is most important. At early onset, cardio exercise such as walking, stretching, swimming, and biking is good. After disease progression, self-exercising for muscle contraction is good. Tight muscles should be massaged to relieve extravasated blood and prevent nerve damage.

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The Group That I Belong To

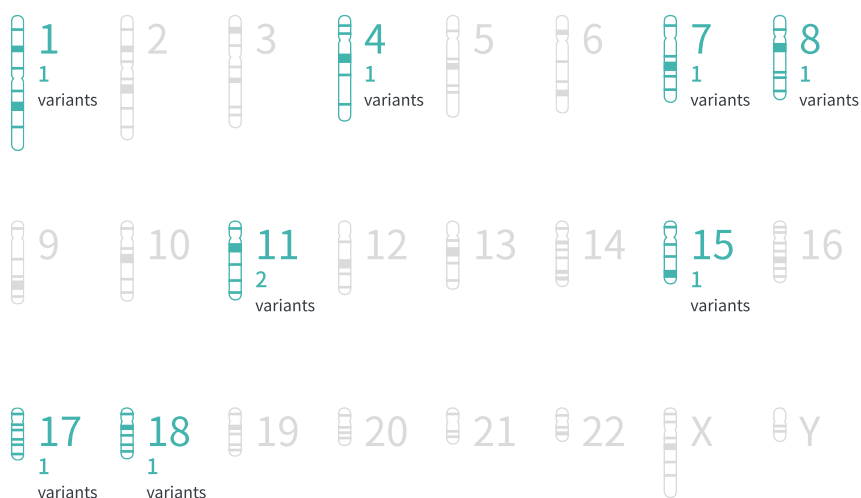
You fall under the group with a **slightly low likelihood** of developing ALS.



Genetic information

From analyzed 24 genetic markers, we have found **9** effect allele.

The credibility score is **75** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.

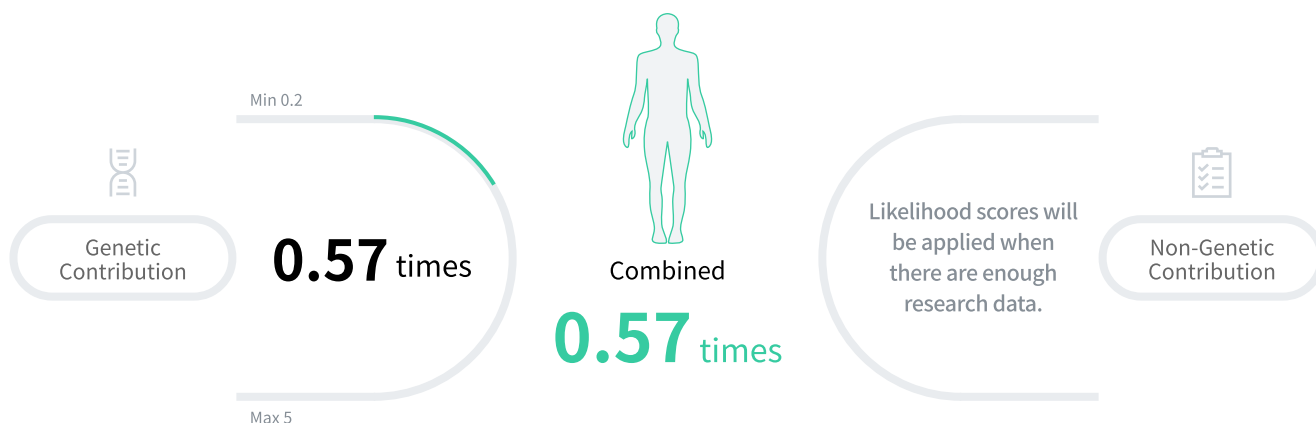


0 genetic markers with unknown location.

Paget's Disease

Paget's disease is a disorder of the bone remodeling process, in which the body absorbs old bone and forms abnormal new bone. This process can lead to weakness in the bones, bone pain, arthritis, deformities, and fractures.

Likelihood of Certain Bones Becoming Fragile:



Based on above results, your likelihood of developing Paget's disease is **slightly low**.

Even though you have a low risk, get your daily sunlight exposure for vitamin D production.

What is Paget's disease

It is a disease with abnormal bone enlargement, resulting in structural weakening and bones breaking easily. Hip bone, collarbone, vertebra, skull, and lower body bones are commonly affected. X-ray can be used to determine bone defects and for diagnosis. Generally, it occurs after age 50, and it affects 1 out of 10 people who over 80 years old.

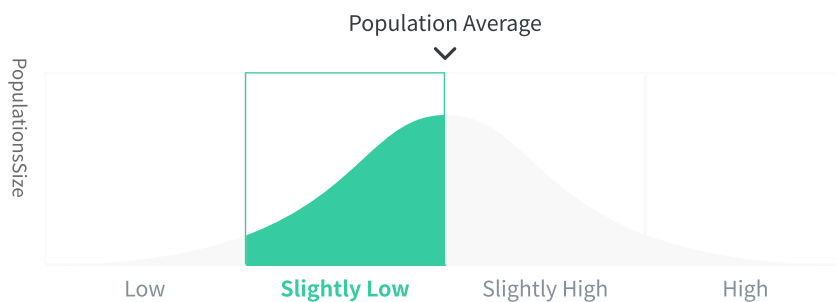
Symptoms

There is mostly no particular symptom, but pain from bone deformation tends to be more severe at night. Other symptoms may depend on the affected bones. In chronic cases, sensory paralysis, numbness, and muscle weakness around the affected bone caused by nearby nerve compression appear. Hearing loss occurs if the auditory nerve is compressed.

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The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing Paget's disease.



Genetic information

From analyzed 8 genetic markers, we have found **1** effect allele.

The credibility score is **75** points. because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Temporomandibular Arthrosis

Temporomandibular joint is a joint between the jaw and temple. Temporomandibular arthrosis occurs when this joint is worn or dislocated. It occurs more frequently in people who are more sensitive to stress than others.

Likelihood of Developing Arthrosis in Jaw Joint:



Based on above results, your likelihood of developing TMA is **slightly low**.

Although your risk is low, avoid chewing hard and tough foods and receive regular dental checkups.

Bad dietary habits

Chewing and eating tough foods such as dried squid, fish, and beef jerky can cause pain in the jaw joint. Using teeth to break open hard foods such as walnut, is bad for jaw joint and teeth health. Also, avoid opening your mouth extensively to eat large foods, as this adds stress to the joint.

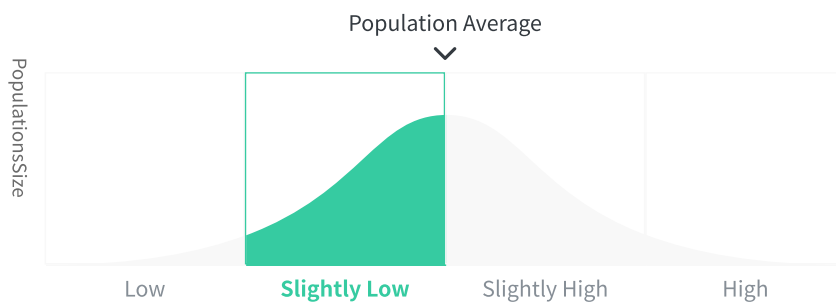
Lifestyle guide

Any cavity should be treated, and empty space from tooth extraction should not be ignored. Regular dental checkup is recommended for maintaining correct teeth alignment. Maintaining good mental and physical health by not overworking and overstressing, and correcting bad posture with a specialist's help are also good preventative methods.

UP-To-Date, Cochrane Library

The Group That I Belong To

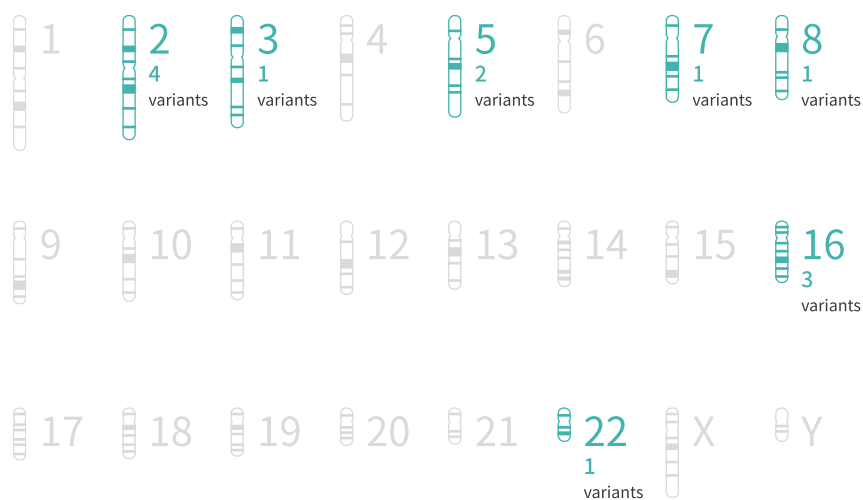
You fall under the group with a **slightly low likelihood** of developing TMA.



Genetic information

From analyzed 23 genetic markers, we have found **13** effect allele.

The credibility score is **91** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

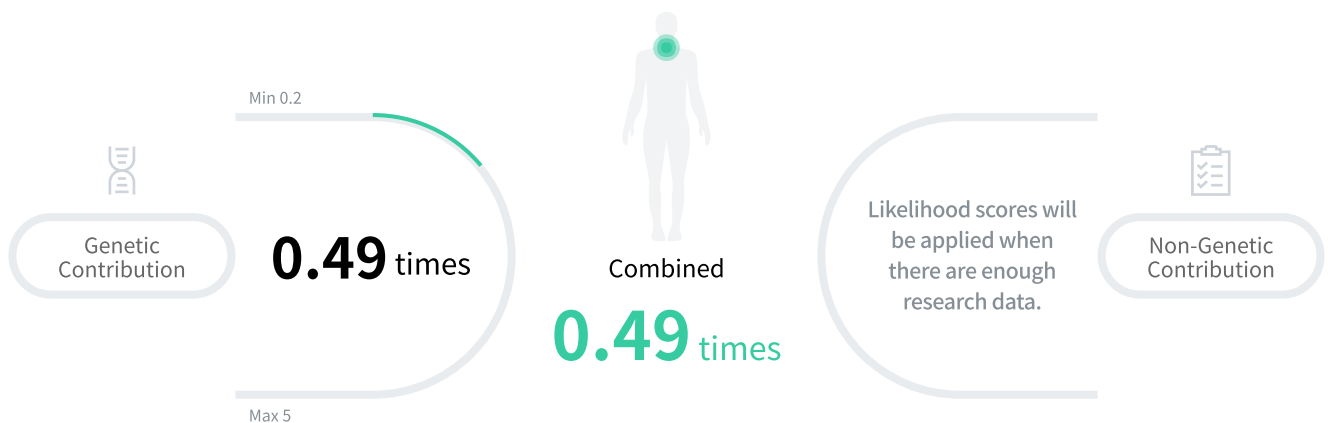


0 genetic markers with unknown location.

Chronic Mucus Hypersecretion

Chronic mucus hypersecretion (CMH) is a condition where the lungs secrete mucus excessively. It is associated with increased frequency of respiratory infections and lung function decline.

Likelihood of Mucus Hypersecretion in Respiratory Tract:



According to above results, your likelihood of developing chronic mucus hypersecretion is **slightly low**.

Lower your risk even further by keeping your personal environment clean.

What is mucus?

The respiratory tract is lined with mucus, protecting the airway by removing toxic substances such as fine dust, chemicals, germs, etc. during breathing, and keeping it moist. Mucus is composed of glycoproteins rich in carbohydrates. Mucin is mixed with inflammatory mediators such as enzymes, antioxidants, etc. making it transparent and viscous.

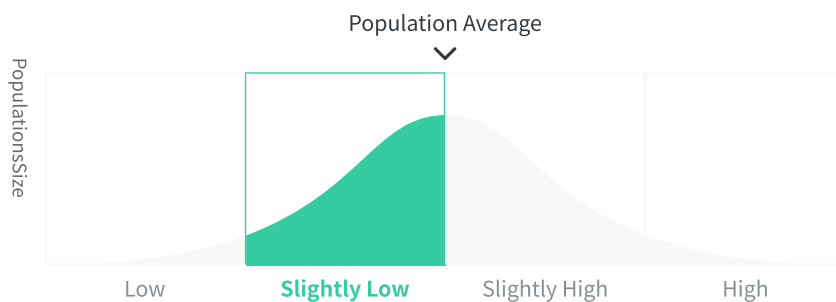
Dangers of mucus hypersecretion

With respiratory inflammatory diseases, mucus hypersecretion eliminates mucus of its protective function and causes another infection. Excessive mucus secretion is a symptom of asthma and chronic obstructive pulmonary disease, increasing the risk of disease and mortality. Sticky mucus accumulation causes airway to close, worsening the disease.

UP-To-Date, Cochrane Library

The Group That I Belong To

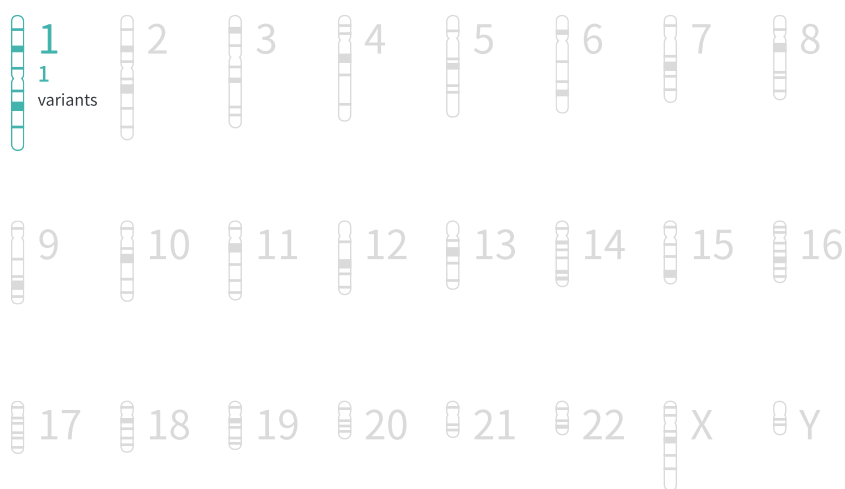
You fall under the group with a **slightly low likelihood** of developing chronic mucus hypersecretion.



Genetic information

From analyzed 3 genetic markers, we have found **1** effect allele.

The credibility score is **69** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Angina

Angina occurs when a blood clot causes coronary artery blockage or contraction, and results in inadequate blood supply to heart muscle cells. This leads to tightness, heaviness, or pressure in the chest.

Likelihood of Feeling Chest Pain or Discomfort:



According to above results, your likelihood of developing angina is **slightly low**.

Despite your low risk, it is still a good habit to be mindful of your cholesterol and fat intake.

Dietary guide

It is important to avoid high cholesterol and salty foods to prevent heart disease. Salty foods can increase blood pressure and promote arteriosclerosis, and increase onset rate of myocardial infarction. Metabolic diseases such as obesity and hyperlipidemia can lead to heart disease. Therefore, low-fat diets, and eating fresh fruits/vegetables are recommended.

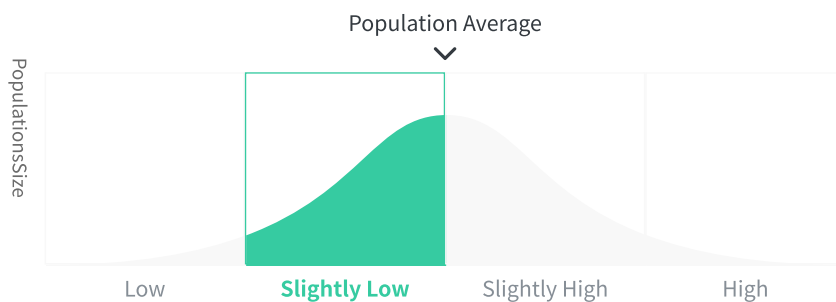
Lifestyle guide

Preventing hyperlipidemia and obesity can reduce onset of heart disease, so exercising 30 to 40 minutes daily is recommended. Aerobic exercises like jogging, swimming, and cycling are good. Significantly, quitting smoking is helpful for preventing such disease. Studies show smokers have twice the chance of developing cardiovascular disease.

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The Group That I Belong To

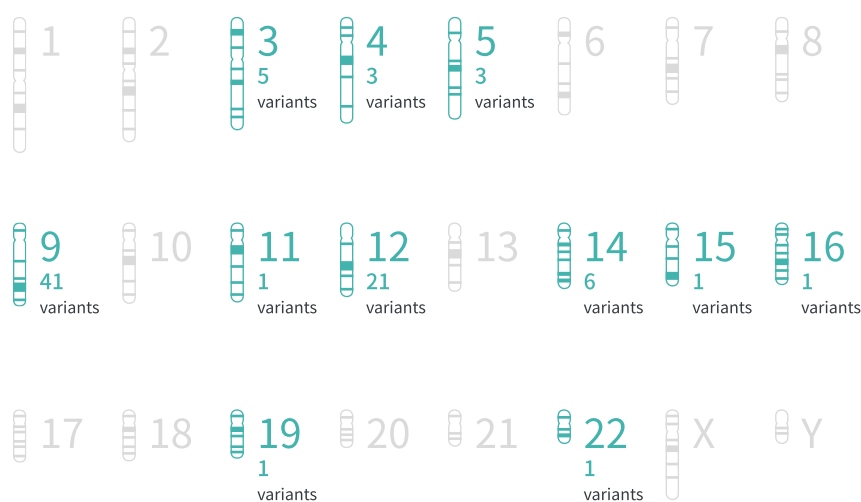
You fall under the group with a **slightly low likelihood** of developing angina.



Genetic information

From analyzed 112 genetic markers, we have found **84** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.



0 genetic markers with unknown location.

COPD

Chronic obstructive pulmonary disease is inflammation of the bronchial tubes in the lungs which results in lung tissue becoming inoperative.

Likelihood of Developing Chronic Obstructive Pulmonary Disease:



According to above results, your likelihood of developing COPD is **slightly low**.

Limit your exposure to dust and cigarette smoke to reduce your risk even further.

Causes

Causes include lung damage from smoking or hazardous substances, systemic inflammation, small airway disease from incomplete lung development or lung function defects, and airflow obstruction from emphysema. Work-related exposure to organic matter, inorganic matter, and chemicals may also cause COPD.

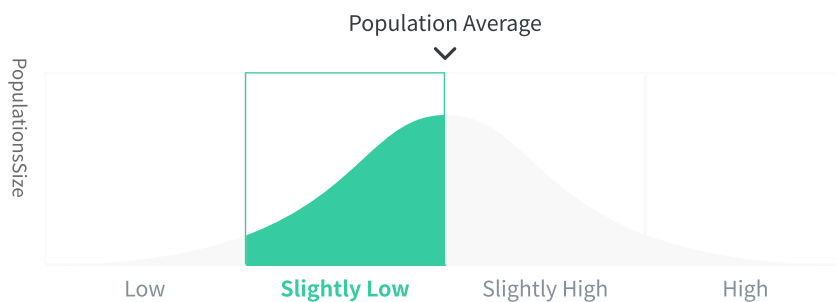
Prevention

Not smoking cigarettes is the most effective preventative method. Quitting smoking cannot revert deteriorated lung function, but can prevent further deterioration. Nicotine patch, gum, and spray, varenicline, and bupropion are chemical treatment methods for smoking. Best success results occur when chemical treatment is combined with family support.

UP-To-Date, Cochrane Library

The Group That I Belong To

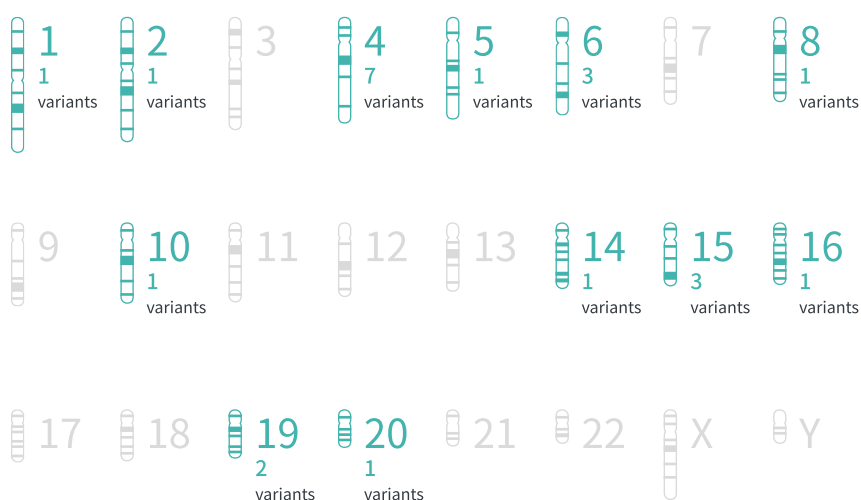
You fall under the group with a **slightly low likelihood** of developing COPD.



Genetic information

From analyzed 36 genetic markers, we have found **23** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

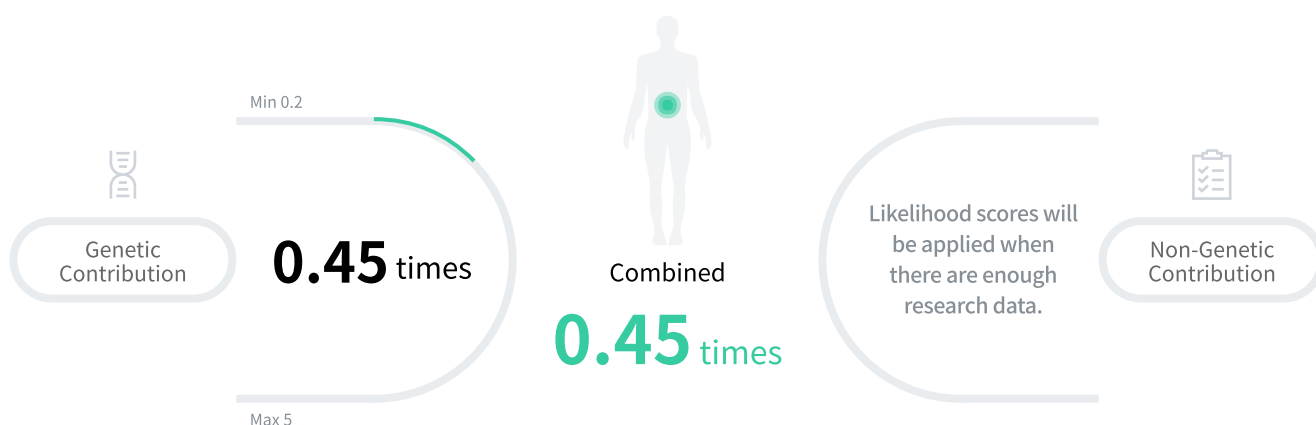


0 genetic markers with unknown location.

Alcoholic Liver Cirrhosis

Excessive drinking damages the liver cells, leading to chronic inflammation and fibrosis. Drinking over 80g of alcohol every day for 10 years or more significantly increases the likelihood of developing alcoholic cirrhosis.

Likelihood of Liver Cirrhosis From Drinking:



Based on above results, your likelihood of developing liver cirrhosis from alcohol consumption is **slightly low**.

Even with low risk, it is a good idea to eat a balanced diet and avoid excessive drinking.

Foods good for liver health

The best way to care for your liver is to eat balanced meals. Sometimes people overconsume medicinal herbs or so-called healthy foods. Adequate consumption of these foods may help with liver health, but excessive consumption can cause jaundice due to toxicity. Maintain a balanced diet with foods rich in vitamins, minerals, and protein.

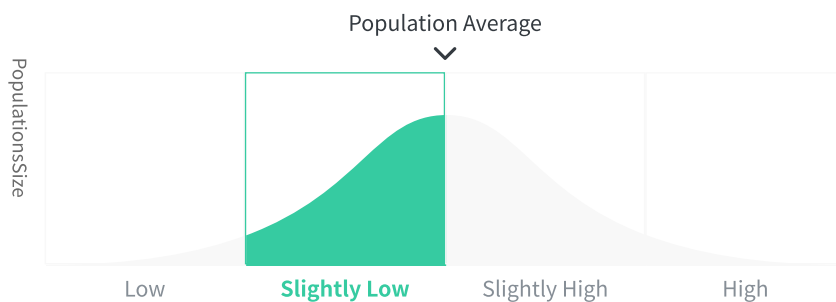
Milk thistle and raisin tree

Milk thistle and oriental raisin tree are foods commonly associated with liver health. Anti-oxidant effects of both foods protect the liver from toxic substances. However, consuming these foods with a previously-weakened liver, like hepatitis, may inflict more damage. If you already have such conditions, consult your doctor before consuming these foods.

UP-To-Date, Cochrane Library

The Group That I Belong To

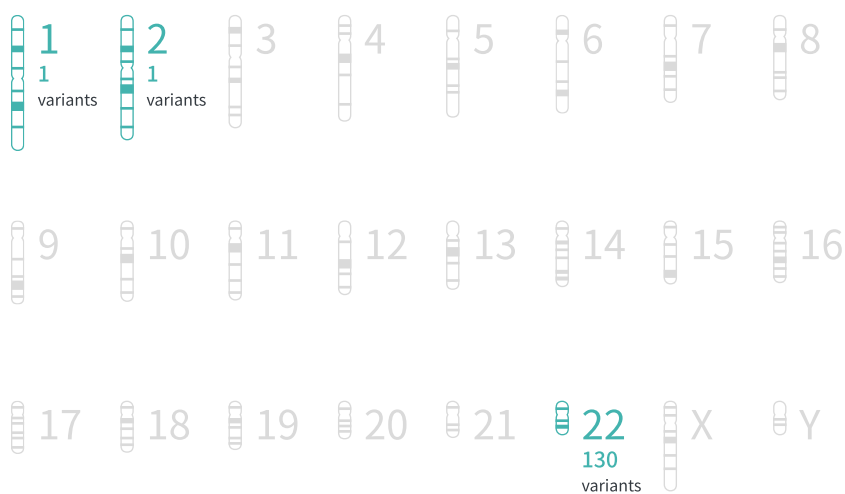
You fall under the group with a **slightly low likelihood** of developing liver cirrhosis from alcohol consumption.



Genetic information

From analyzed 204 genetic markers, we have found **132** effect allele.

The credibility score is **71** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Primary Biliary Cholangitis

Primary biliary cholangitis is an autoimmune disease in which bile ducts in the liver are chronically damaged. As the disease progresses, soft liver tissues harden due to scarring. Bile duct is also blocked, turning the skin yellow from jaundice.

Likelihood of Developing Bile Duct Damage:



Based on above results, your likelihood of developing primary biliary cirrhosis is **slightly low**.

Even if you have low risk, it is important to not drink frequently and do regular cardio exercises.

Risk factors

The exact cause is not yet known, however, immunological, autoimmune, genetic, and environmental factors are known to be potential causes. Patients with primary biliary cirrhosis have low levels of T (immune) cells, which reduces its function. Researchers believe immunologic abnormality is vital cause.

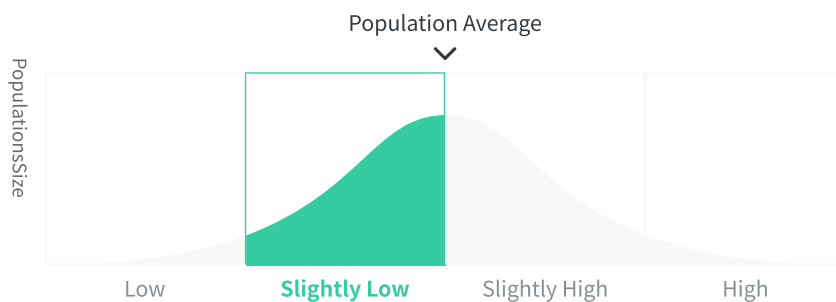
Lifestyle guide

Most important lifestyle habits for maintaining a healthy liver is to drink less alcohol or stop drinking, have a balanced diet, and exercise regularly. Do not take non-approved drugs or foods. Even drugs that have proven to be effective, like painkillers, can harm the liver if you overdose or do not take with caution.

UP-To-Date, Cochrane Library

The Group That I Belong To

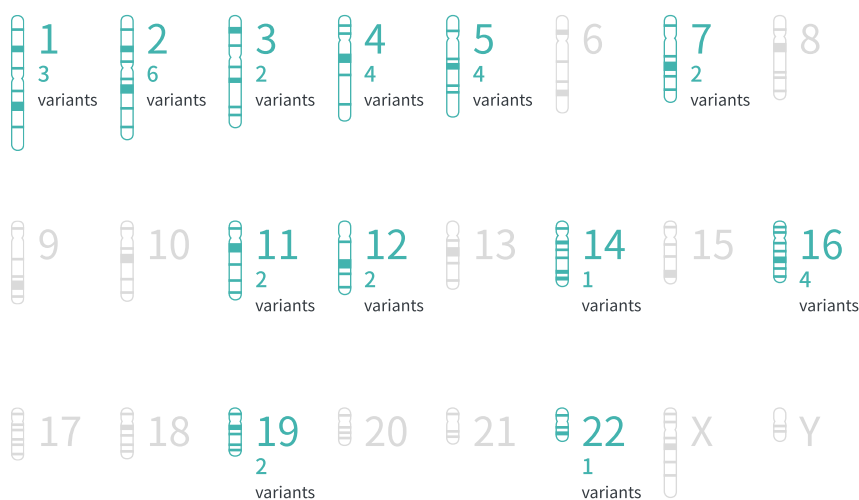
You fall under the group with a **slightly low likelihood** of developing primary biliary cirrhosis.



Genetic information

From analyzed 57 genetic markers, we have found **33** effect allele.

The credibility score is **80** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Depression

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. It can decrease a person's ability to function at work and at home.

Likelihood of Development:



According to above results, your likelihood of developing depression is **slightly low**.

Despite your low risk, it is good to promote stress relief through regular exercise.

Symptoms

One of the hallmarks of depression is gloominess that lasts longer than two weeks. Sometimes, severe appetite and sleep disorders affect one's ability to maintain a normal life routine. Depression patients think that their symptoms will never end and some attempt suicide. In these cases, a special treatment from a psychiatrist is necessary.

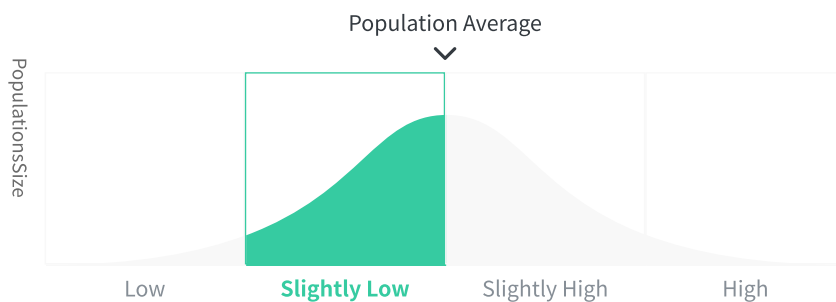
What is depression?

Depression is a common mental illness, sometimes called the common cold of the mind. It is natural to feel depressed from a sad day, but depression creates a gloomy mood that lasts for a long time and negatively affects life. Gloominess and decreased motivation are the main symptoms. It causes various cognitive and psychophysiological symptoms.

UP-To-Date, Cochrane Library

The Group That I Belong To

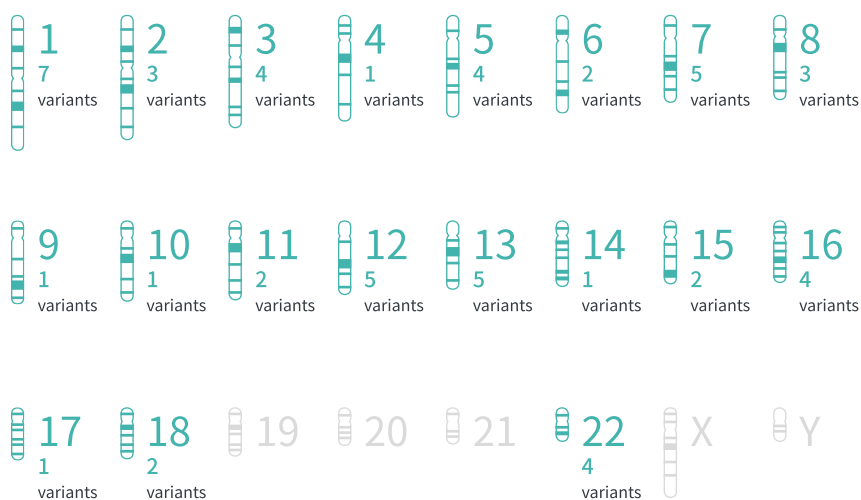
You fall under the group with a **slightly low likelihood** of developing depression.



Genetic information

From analyzed 104 genetic markers, we have found **57** effect allele.

The credibility score is **79** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

Hansen's Disease

Hansen's disease (aka leprosy) is an infection caused by slow-growing bacteria called *Mycobacterium leprae*. It can affect the nerves, skin, eyes, and lining of the nose.

Susceptibility to Hansen's Disease:



According to above results, your susceptibility to Hansen's disease is **slightly low**.

Although you have a low risk, protect yourself from other infections through good personal hygiene habits.

Dietary guide

A strong immune system can fight off germ (*M. leprae*) that cause Hansen's disease. Mushroom, kabocha, apple, persimmon, carrot, and radish are foods good for the immune system. Mushroom's beta-glucan lowers cholesterol and has anti-cancer effects. Kabocha's beta-carotene is an anti-oxidant good for relieving stress and insomnia.

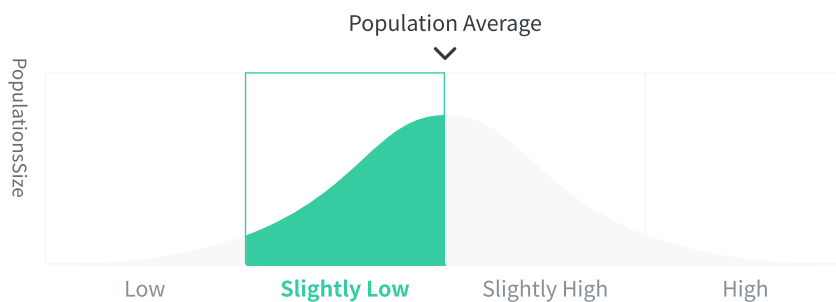
Lifestyle guide

BCG vaccine prevents tuberculosis, and also is known to prevent Hansen's disease. World Health Organization recommends the BCG vaccination within 4 weeks of birth. Hansen's disease spread within a family should be treated quickly to prevent further spreading. Also, having lifestyle habits that promote a strong immune system is recommended.

UP-To-Date, Cochrane Library

The Group That I Belong To

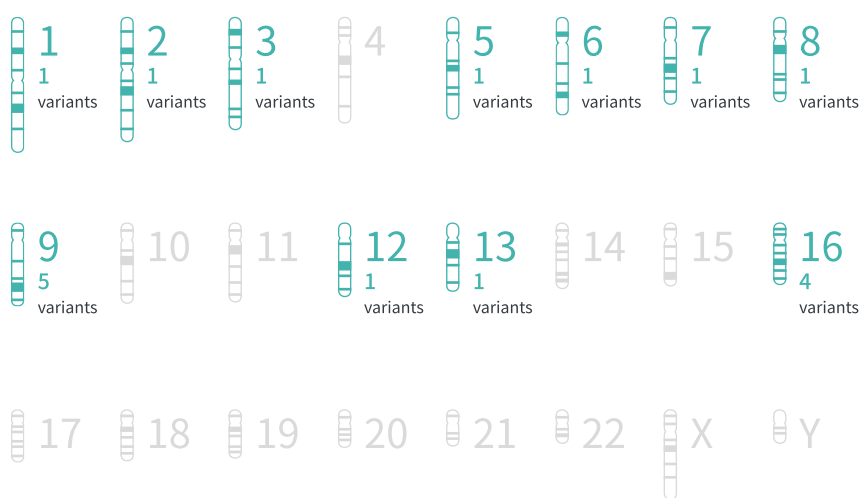
You fall under the group with a tendency to have **slightly low** susceptibility to Hansen's disease.



Genetic information

From analyzed 36 genetic markers, we have found **18** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Vitiligo

Vitiligo is a skin condition characterized by patches of skin that has lost its pigmentation. The patches of affected skin is usually white with sharp margins.

Likelihood of Losing Skin Color in Blotches:



According to above results, your likelihood of developing vitiligo is **slightly low**.

Lower your risk even further by avoiding sunburns or recurring skin injuries.

What is vitiligo?

It is a skin disease where melanocyte cells in the epidermis die, or can't produce melanin. Skin color then turns white. Sometimes called white wax, even the hair color can turn white. It affects about 1% of the population and is most commonly seen in age groups 10s~30s. Vitiligo can be easily observed and diagnosed with the naked eye.

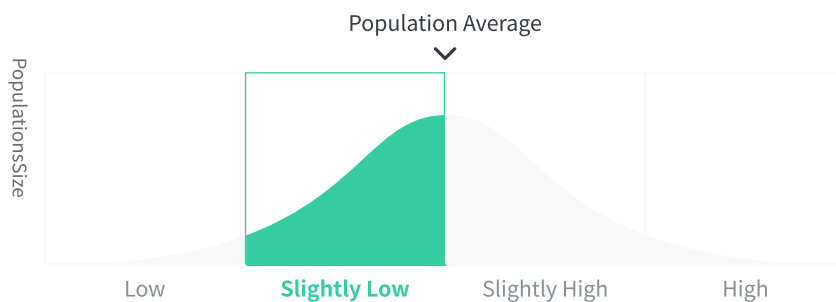
Risk factors

The exact cause of vitiligo has not yet been clarified, but melanocyte cell death from oxidative stress such as UV rays or from autoimmune mechanisms are presumed causes. Approximately 10~20% of patients also have an affected family member. So this disease is thought to have a genetic component, while not being affected by geography or ethnicity.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing vitiligo.

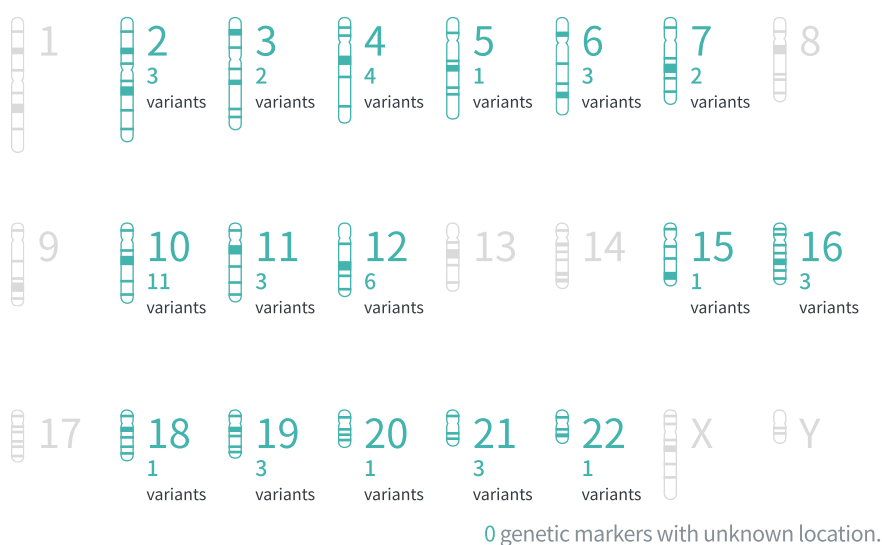


General Disease

Genetic information

From analyzed 103 genetic markers, we have found **48** effect allele.

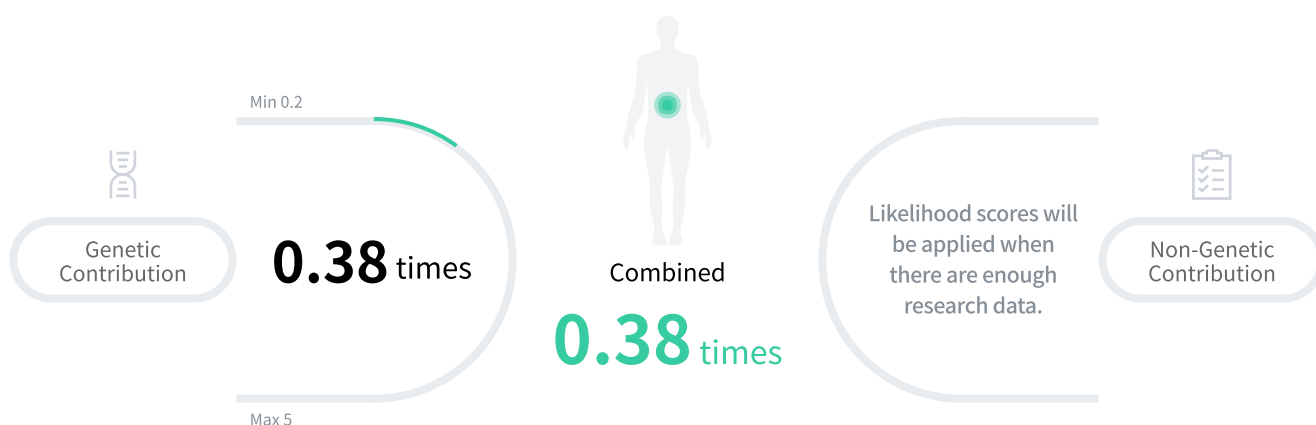
The credibility score is **75** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



Hepatitis C Cirrhosis

Cirrhosis occurs when liver tissues develop fibrosis due to chronic inflammation, losing its function. 30~40% of patients infected with hepatitis C virus develop cirrhosis.

Likelihood of Liver Cirrhosis From Hepatitis C:



Based on above results, your likelihood hepatitis C progressing to liver cirrhosis is **slightly low**.

Even with low risk, still a good idea to prevent hepatitis C infection through healthy dietary, sleep, and exercise habits.

Foods good for liver health

The best way to care for your liver is to eat balanced meals. Sometimes people overconsume medicinal herbs or so-called healthy foods. Adequate consumption of these foods may help with liver health, but excessive consumption can cause jaundice due to toxicity. Maintain a balanced diet with foods rich in vitamins, minerals, and protein.

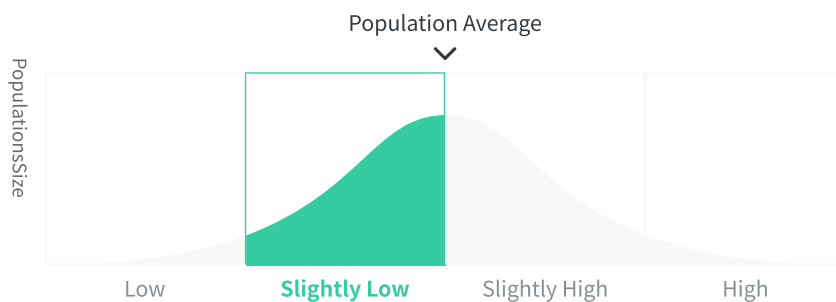
Milk thistle and raisin tree

Milk thistle and oriental raisin tree are foods commonly associated with liver health. Anti-oxidant effects of both foods protect the liver from toxic substances. However, consuming these foods with a previously-weakened liver, like hepatitis, may inflict more damage. If you already have such conditions, consult your doctor before consuming these foods.

UP-To-Date, Cochrane Library

The Group That I Belong To

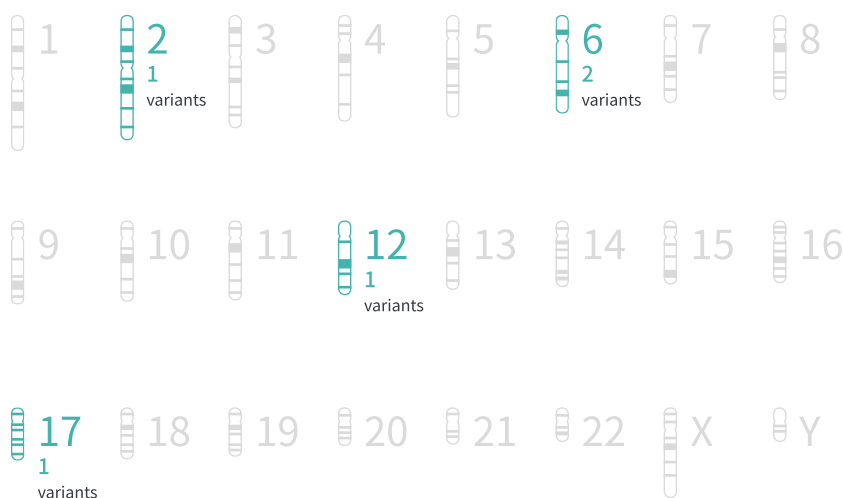
You fall under the group with a **slightly low likelihood** of hepatitis C progressing to liver cirrhosis.



Genetic information

From analyzed 12 genetic markers, we have found **5** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.



0 genetic markers with unknown location.

Schizophrenia

Schizophrenia is a mental disorder that interferes with a person's ability to consistently process reality. Symptoms may include false beliefs, unclear or confused thinking, hearing voices, reduced social engagement, and lack of motivation.

Likelihood of Development:



Based on above results, your likelihood of developing schizophrenia is **slightly low**.

Although you have a low risk, relieve your stress through fun hobbies and eat a diet rich in vegetables.

What is schizophrenia?

Schizophrenia is a mental illness that causes a wide range of personality abnormalities including in thoughts, emotions, perceptions, and behavior. It affects 1 out of every 100 individuals. Initial symptoms occur in the late teens to early 20s for males, and mid 20s to early 30s for females. Incidence rate is constant across gender, culture, and religion.

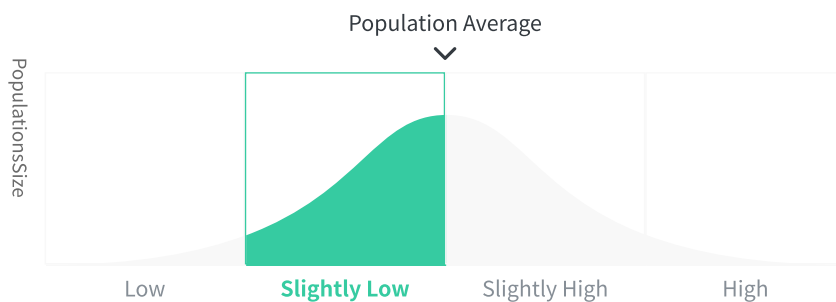
Symptoms

Symptoms can be divided into positive and negative. Positive symptoms are new symptoms, including hallucinations (auditory, olfactory, visual, tactile), delusions, and unusual behaviors. Negative symptoms include solitude, lack of facial expressions and speech, loss of concentration on work, and lethargy.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **slightly low likelihood** of developing schizophrenia.

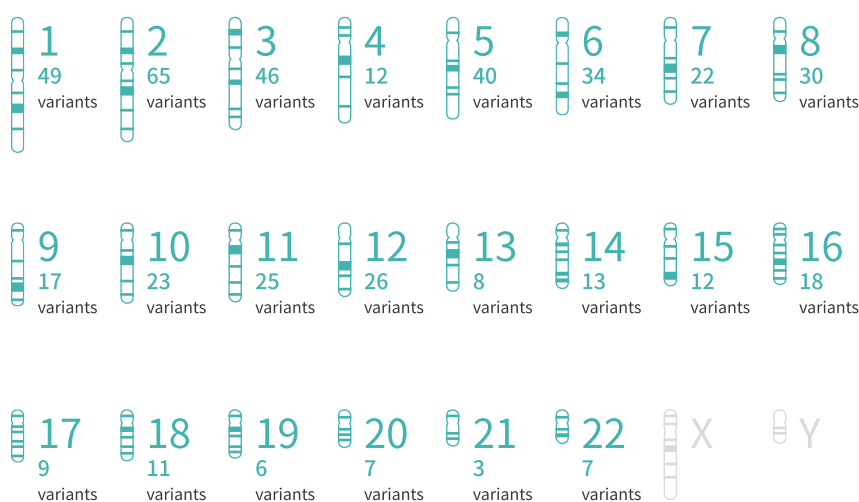


General Disease

Genetic information

From analyzed 763 genetic markers, we have found **483** effect allele.

The credibility score is **75** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

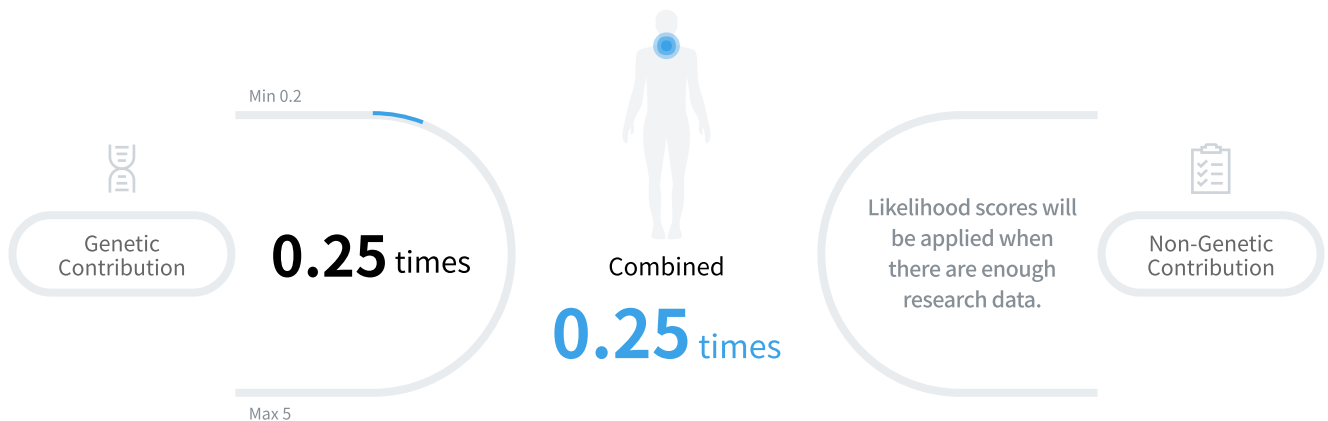


0 genetic markers with unknown location.

Eosinophilic Esophagitis

It is an immune system disease where a type of white blood cell (eosinophil) builds up in the lining of the tube that connects your mouth to your stomach (esophagus).

Likelihood of Eosinophil Buildup in Esophagus:



Based on above results, your likelihood of developing eosinophilic esophagitis is **low**.

Despite your low risk, attend to your immune system health through regular exercise and balanced meals.

What is EoE?

It is an inflammatory disease with eosinophilic infiltration and accumulation in the esophagus mucous membrane. Eosinophil, a type of white blood cell, is involved in the immune system and increases in number from germ/parasitic infections, allergies, etc. Incidence rate of this condition has rapidly increased in the last 10 years, affecting infants to young adults.

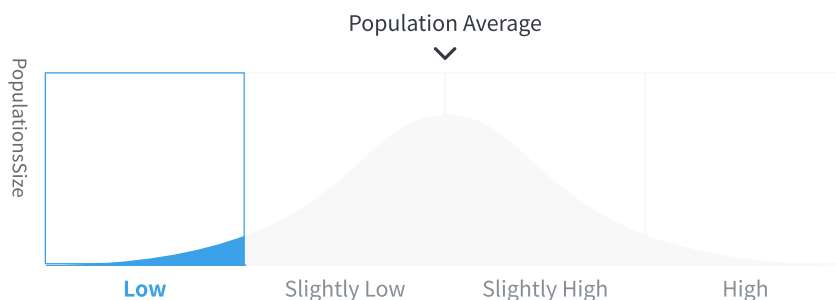
Symptoms

EoE symptoms in infants and young children include refusal of food, vomiting, reflux symptoms, chest or upper abdominal pain, and heartburn, similar to reflux esophagitis. Adult symptoms include discomfort when swallowing food, and food being stuck and blocked in the esophagus, not traveling down.

UP-To-Date, Cochrane Library

The Group That I Belong To

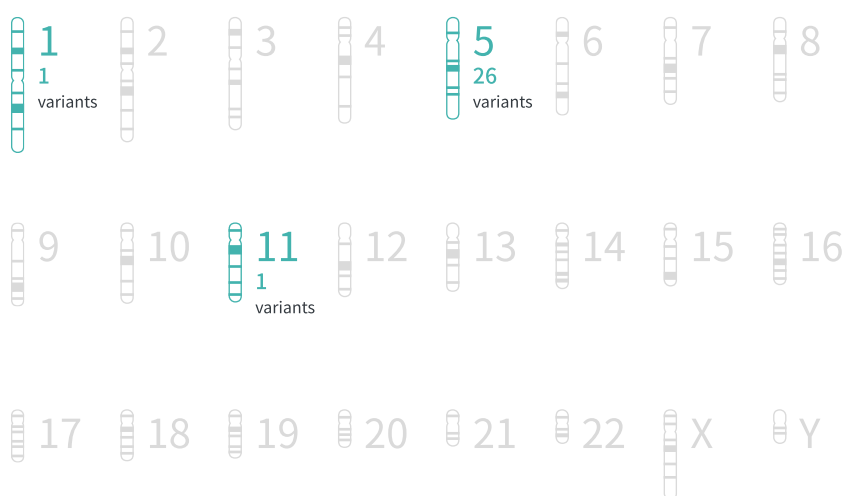
You fall under the group with a **low likelihood** of developing eosinophilic esophagitis.



Genetic information

From analyzed 76 genetic markers, we have found **28** effect allele.

The credibility score is **75** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.

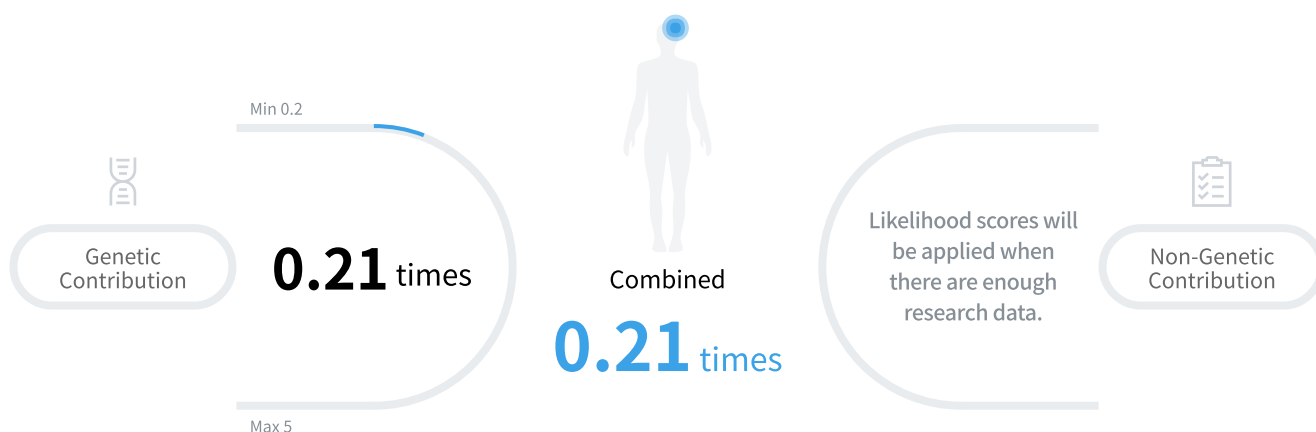


0 genetic markers with unknown location.

Exfoliation Syndrome

Exfoliation syndrome is an age-related disease in which abnormal material is produced and accumulates in the anterior segment, as well as the conjunctiva and orbital structures of the eye.

Likelihood of Fibrillar Protein Buildup in Eye:



According to above results, your likelihood of developing exfoliation syndrome is **low**.

It is still a good idea to visit your eye doctor on a regular basis if your ocular pressure tends to be high.

What is exfoliation syndrome?

Exfoliation syndrome refers to the accumulation of fibrous deposits in the lens and weakening of the eye tissue. These abnormal protein deposits can be seen as scales or keratin. Also called pseudoexfoliation syndrome, this disease is known to be a major cause of glaucoma, and mainly affects individuals who are over 60 years old.

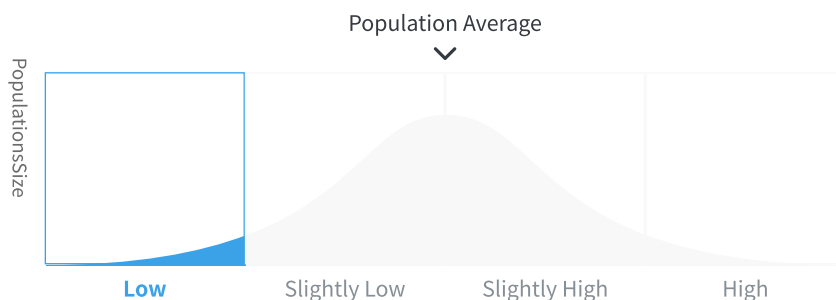
Symptoms

As the protein deposits continue to accumulate and fall apart, they become attached to the iris, affecting the waterproof function that controls eye pressure. This increases the intraocular pressure. Severe cases involve optic nerve damage, which can lead to glaucoma. Headaches from elevated intraocular pressure, and discomfort when visualizing, can be experienced.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **low likelihood** of developing exfoliation syndrome.



Genetic information

From analyzed 9 genetic markers, we have found **4** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

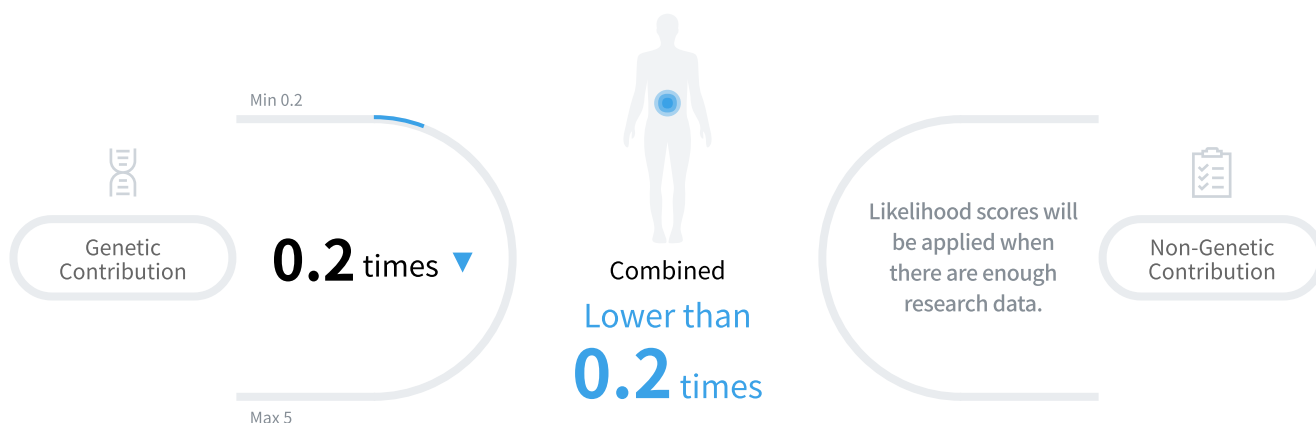


0 genetic markers with unknown location.

Chronic Hepatitis C

Chronic hepatitis C is long-term (6 months) hepatitis C virus infection with chronic liver inflammation. Hepatitis C virus is transferred through bodily fluid of infected people touching other people's open skin wound or mucus.

Likelihood of Developing Long-term Hepatitis C:



Based on above results, your likelihood of hepatitis C persisting for longer than 6 months is **low.**

Even with low risk, it is best to prevent hepatitis C virus infection by practicing good hygiene and sanitation methods.

Risk factors

Most of Hepatitis C infection is transferred through bodily fluids. Also, it can be transferred by sexual contact, blood transfusion, or reusing of contaminated syringe, piercing, or tattoo equipment. Then, Hepatitis C virus enters into the blood and kills hepatocytes (liver cells) and causes liver inflammation.

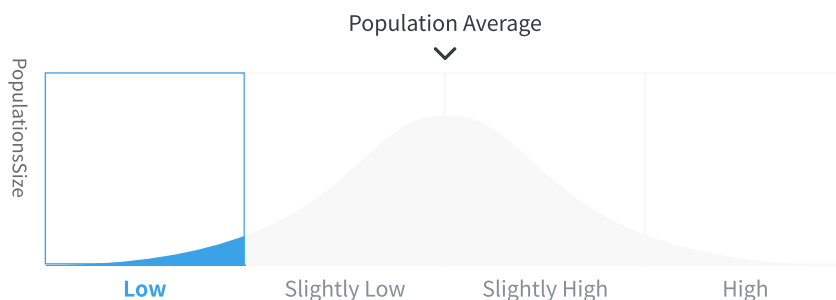
Prevention

Families living with hepatitis C patients should be tested periodically. Although routine contact is not contagious, you must be very careful of virus infection through blood. Do not share everyday-use toiletries like a razor, toothbrush etc. that can get blood. Be careful of exercising too much and becoming exhausted.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **low likelihood** of developing chronic hepatitis C.



Genetic information

From analyzed 17 genetic markers, we have found **4** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

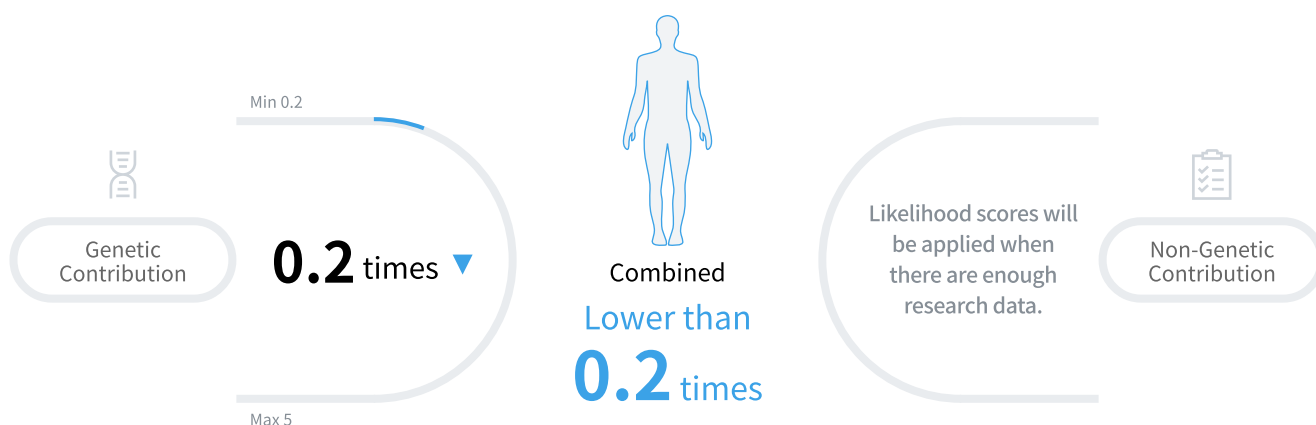


0 genetic markers with unknown location.

Systemic Lupus Erythematosus

Systemic lupus erythematosus (SLE) is a disease where the immune system attacks your own tissues. It can affect the muscles, kidneys, nerves, lungs, skin and heart.

Likelihood of Development:



Based on above results, your likelihood of developing SLE is **low**.

Even if your risk is low, it is a good idea to look after your immune system through consistent exercise and healthy diet.

Dietary guide

There is no food good for lupus prevention. Diabetes and lipid metabolism deficiency can cause arteriosclerosis, which in turn can cause complications with SLE. So a healthy diet is important. Enhance immunity by consuming fish, fruits and vegetables rich in antioxidants and anti-inflammatory agents, and a balanced diet.

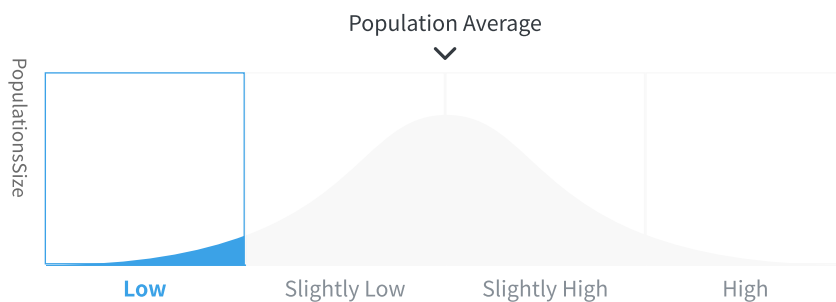
Lifestyle guide

It is good to avoid factors that worsen SLE. Continuous UV exposure weakens skin, so make sure to wear sun screen with at least SPF30 when going outside. Wearing a hat or using a parasol is also good. It is good to avoid being outside between 10 am and 4 pm, when the UV rays are the strongest.

UP-To-Date, Cochrane Library

The Group That I Belong To

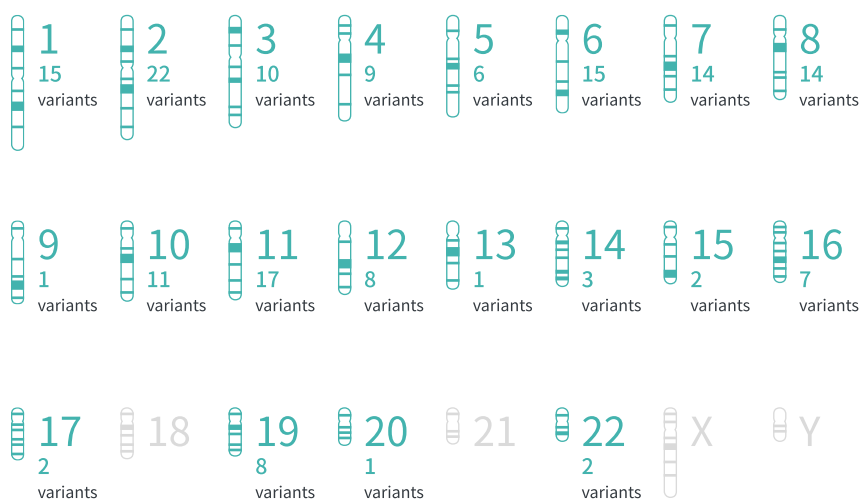
You fall under the group with a **low likelihood** of developing SLE.



Genetic information

From analyzed 347 genetic markers, we have found **168** effect allele.

The credibility score is **92** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

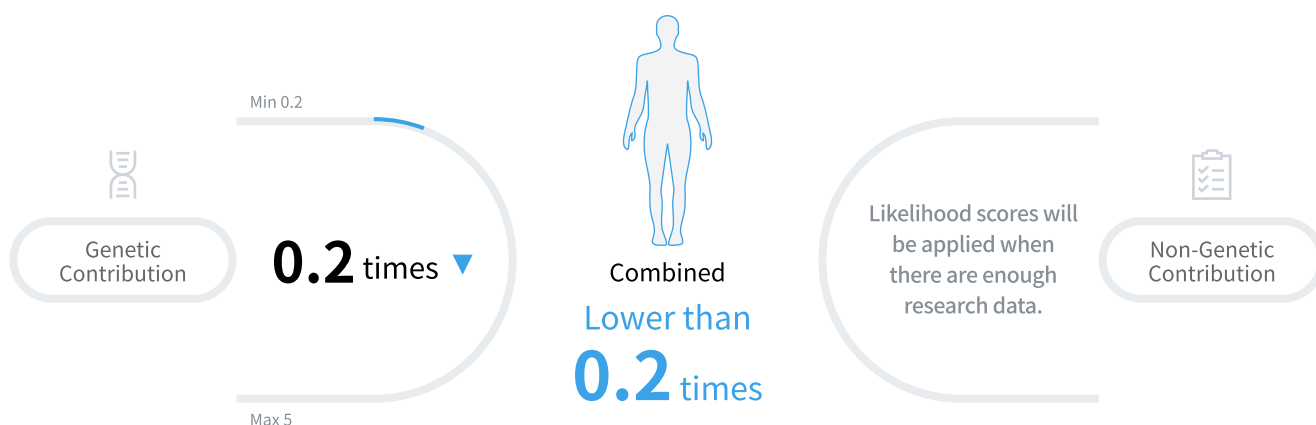


0 genetic markers with unknown location.

Shrimp Allergy

The main symptoms of a shellfish allergy vary, but they can include vomiting, diarrhea, stomach pain, shortness of breath, coughing, chest pain, and swelling of the face, lips, tongue, or throat.

Likelihood of Development:



Based on above results, your likelihood of having allergic reaction to shrimp consumption is **low.**

This result may differ from your actual reaction to shrimp, so use it only as a reference.

What is shrimp allergy?

Seafood allergies include reactions to crustaceans such as shrimp, lobster, crab, and shellfish such as mussel and scallop. Among these, shrimp allergy is the most common and can also mean allergic reaction to all crustaceans. Most cases occur in adults and be cautious when consuming foods such as broth, snacks, and ramen.

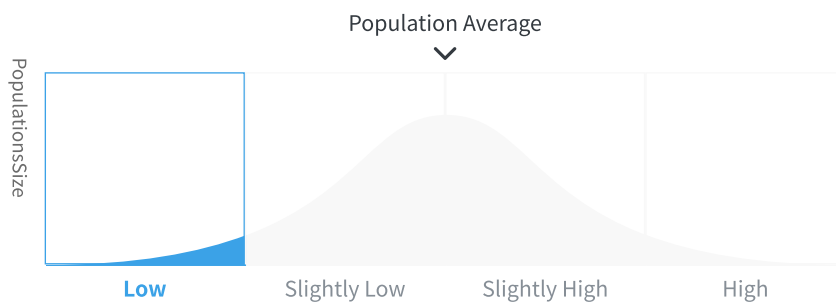
Food intolerance and allergy

Most individuals who claim to have a food allergy actually have intolerance for that food. Food intolerance is an inability to digest a specific food, compared to presence of an allergy's immune response. A food allergy is a hyperreactive immune response towards a certain substance and causes digestive symptoms in addition to asthma and atopy.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **low likelihood** of having allergic reaction to eating shrimp.



Genetic information

From analyzed 374 genetic markers, we have found **31** effect allele.

The credibility score is **95** points.
because studies used for the analysis of this test item's genes are based on a big sample size.

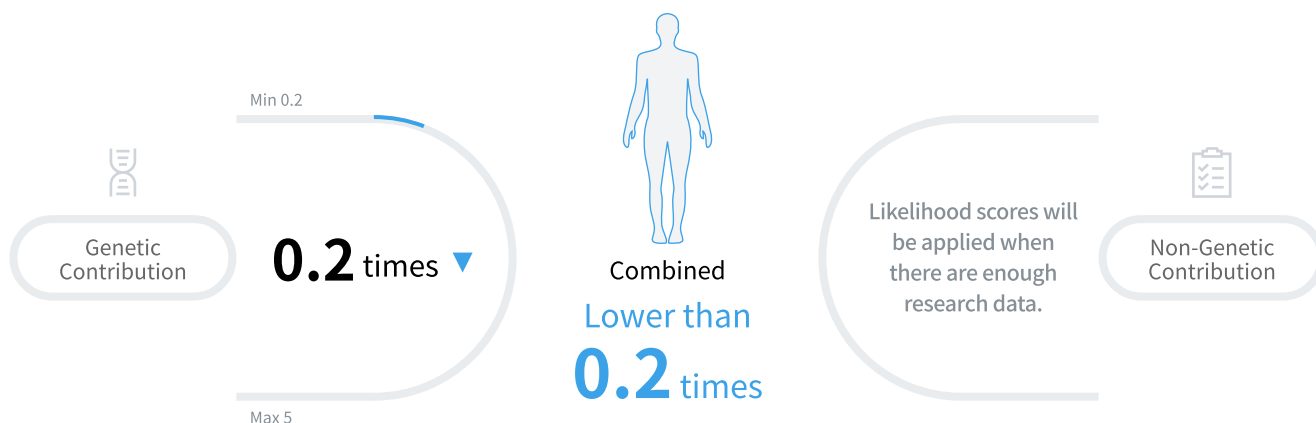


0 genetic markers with unknown location.

Coronavirus (SARS-CoV) Infection:

Severe Acute Respiratory Syndrome (SARS) is a type of infectious disease caused by coronavirus infection. Symptoms include fever, cough, and sore throat.

Susceptibility to Coronavirus (SARS) Infection:



According to above results, your likely susceptibility to coronavirus (SARS-CoV) infection is **low**.

Although your susceptibility to coronavirus is low, it is recommended to take preventative measures. Prevent viral diseases by frequently washing your hands with soap and running water for more than 30 seconds.

What is coronavirus?

Severe Acute Respiratory Syndrome-related coronavirus first started in China and quickly spread to neighboring countries as well as other parts of the world. Mutation enabled the virus to infect humans and animals alike, causing respiratory and digestive symptoms. Coronavirus has been continuously going through mutations, which lead to MERS-CoV outbreak in 2015, and COVID-19 in 2020.

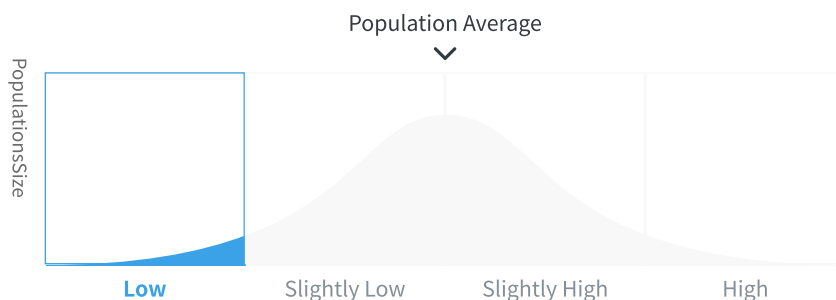
Prevention

Keeping good personal hygiene and social distancing are keys to prevent possible infection. Wash your hands with soap and running water for more than 30 seconds and avoid touching your face with unwashed hands. Using a hand sanitizer with 70% alcohol is also an option. Cover your mouth and nose when you cough or sneeze. Maintaining 2 m distance with other people is recommended when you leave your home.

UP-To-Date, Cochrane Library

The Group That I Belong To

You fall under the group with a **low** susceptibility to coronavirus (SARS-CoV) infection.



Genetic information

From analyzed 8 genetic markers, we have found **5** effect allele.

The credibility score is **50** points. because studies used for the analysis of this test item's genes are based on a very small sample size.

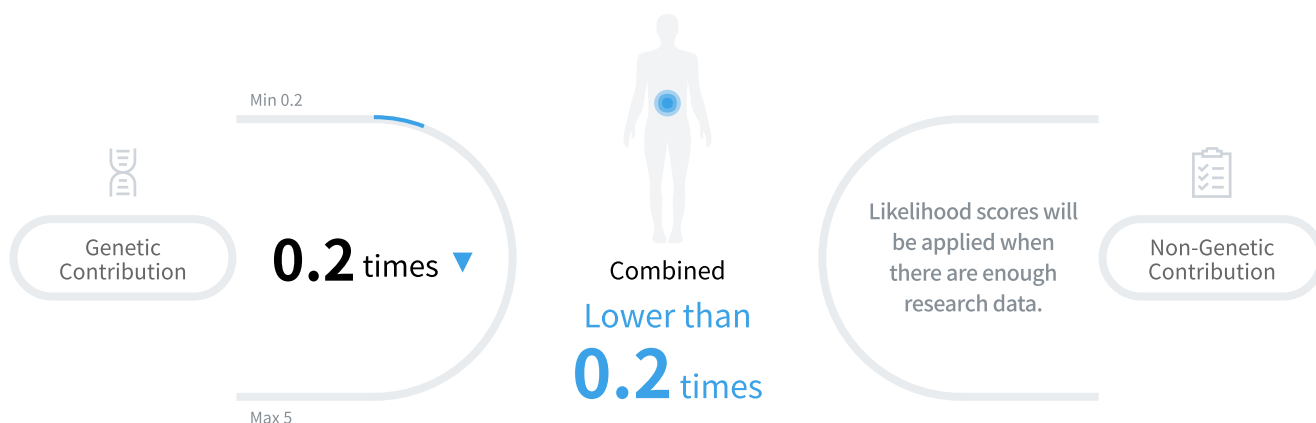


0 genetic markers with unknown location.

Helicobacter pylori Infection

Helicobacter pylori (H.pylori) is a bacteria that can live in your digestive tract, causing ulcers in the lining of your stomach or the upper part of your small intestine. Genetic factors are hypothesized to confer H. pylori susceptibility.

Susceptibility to Helicobacter pylori Infection:



Your likely sensitivity to H. pylori infection is **low**.

Prevent infection by exercising food hygiene.

What is H. pylori infection?

Helicobacter pylori is a germ that live on stomach mucus and can survive highly acidic conditions. World Health Organization has identified it as one of the leading causes of stomach cancer. It can cause gastritis and peptic ulcer. Although exact transmission method is unknown, it is known to be spread through mouth, anus, and unsanitary environment.

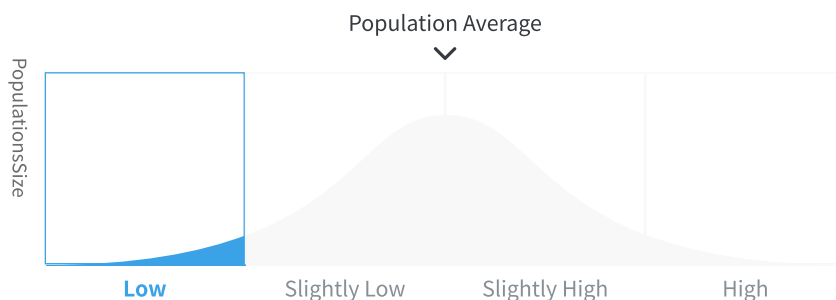
Prevention

If you have GI ulcer, early stomach cancer, or have a family history of stomach cancer, you should check for helicobacter pylori infection and receive antibiotic treatment. It is important to minimize infection risk by not sharing dishes and glassware with others. Vitamin C and E intake can lower risk of stomach cancer when infected, so keep a balanced diet.

UP-To-Date, Cochrane Library

The Group That I Belong To

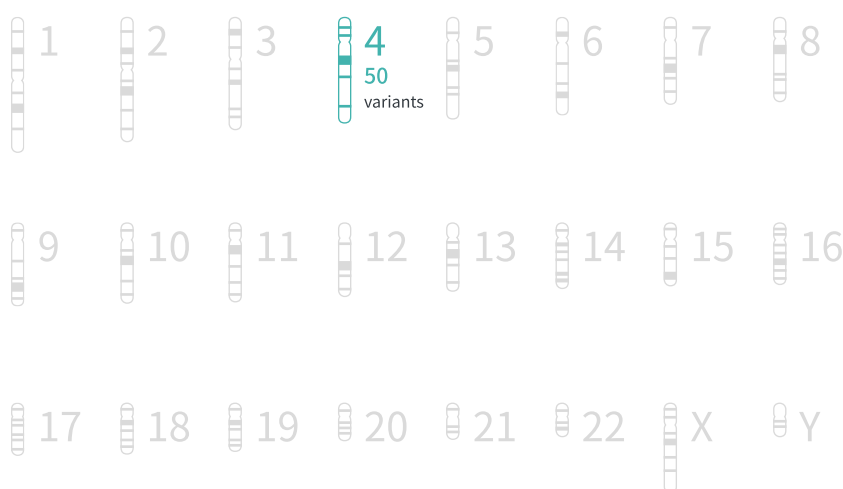
You likely fall under a group with a **low sensitivity** to *Helicobacter pylori* infection



Genetic information

From analyzed 50 genetic markers, we have found **50** effect allele.

The credibility score is **77** points.
because studies used for the analysis of this test item's genes are based on an acceptable sample size.



0 genetic markers with unknown location.

About Our Service.

Genetic Analysis Service

Your health status is determined by genetic and non-genetic factors. Genetic factor is what you have inherited from your parents, while non-genetic factors can be from environment and behavior.

Our genetic test analyzes all the factors and provide you with information on how to better manage your health.



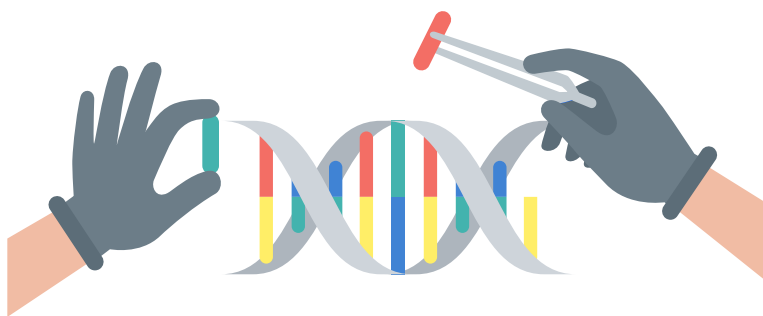
Goals

Goal 1

To predict your predisposition for specific diseases and provide personalized reports through genetic testing. Hence you can manage your health through our services.

Goal 2

To provide 500 reports on Cancer, General Diseases, and Traits divisions. We have increased accuracy by analyzing hundreds of thousands of genes optimized for the Asian population. We strive to provide credible information to you.



About Updates

Update 1

Your risk results will be periodically updated as we incorporate newly released medical statistics.

Update 2

Your results will only increase in credibility as we continuously add more genes to the analysis.



Precautions

Precaution 1

Genoplan's genetic analysis does not tell you what is the current state of your health. Nor does it provide diagnosis for any diseases. Our genetic analysis tells you if you have a particular genotype that increases the risk of developing a disease or having a particular trait.

Precaution 2

Genoplan's genetic analysis results cannot be used to make medical decisions. Please receive accurate medical diagnoses from medical professionals.



What this report tells you

1. Health propensity based on genetic characteristics
2. Health propensity based on current lifestyle
3. Health propensity with an understanding of both genetic and non-genetic factors
4. Credibility of the analyzed genes
5. Analyzed genes' influence on the corresponding category



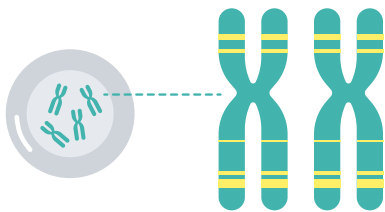
What this report cannot tell you

1. Medical diagnosis of diseases
2. Your current health status
3. Legal proof

Terminology.

Chromosome

Chromosomes are threadlike structures that house DNA. You received 1 set of 23 chromosomes from your mother and another set from your father. In total, you have 1 pair of sex chromosomes and 22 pairs of non-sex (autosomal) chromosomes, resulting 46 total.



DNA

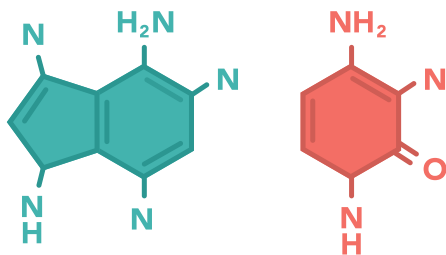
Deoxyribonucleic Acid

DNA is the material for storing personal genetic information. It has a double helix structure, with two long strands coiling around each other. Between the two strands are nucleobases that make up the genetic information. Nucleobase combination and order determine variation in genetic information.



Nucleobase

Nucleobase is a DNA component that connects the two long DNA strands. Main nucleobases are adenine(A), thymine(T), guanine(G), and cytosine(C). Nucleobase pairs are A with T, and G with C. Three continuous nucleobases determine a specific amino acid, the basic unit of proteins that make up your body.



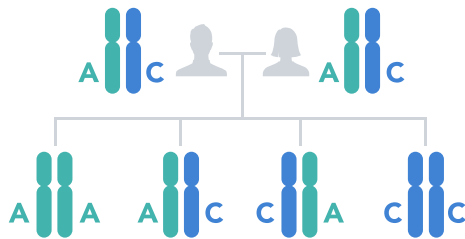
Gene

A gene is a specific DNA segment, containing unique information of an individual. Genes characterize traits such as skin color and blood type, and are inherited from parents to children. Only 1~2% of your total DNA is known to contain information for your body's makeup.



Genotype

Genotype refers to the pair of nucleobases inherited from parents (e.g. AA, TC). Traits such as eye color or ear shape are determined by an individual's genotype, or which nucleobase is present at a specific point in a gene's sequence of nucleobases.



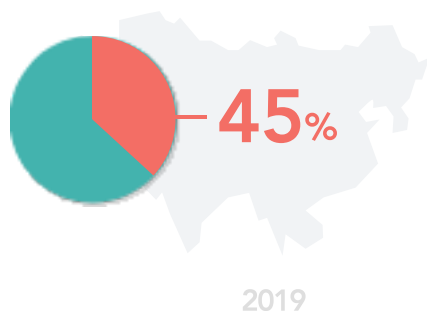
Genetic Variation

Refers to change (mutation) in nucleobase sequence that make up a gene, caused by a variety of factors. Genetic mutations can affect bodily function or appearance, or not affect them at all.



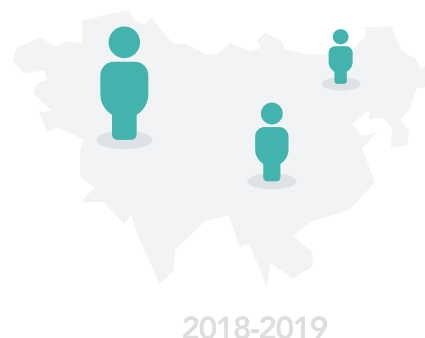
Prevalence

Prevalence is the proportion of persons in a population who have a particular disease or attribute at a specified point in time. Unlike incidence rate, which accounts for only new cases, prevalence includes both new and preexisting cases in its calculation.



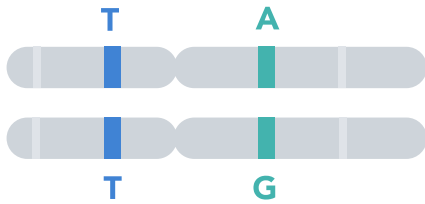
Incidence Rate

Incidence rate refers to the degree in which a specific disease has occurred in a given period of time. It is calculated as the affected percentage of a population being studied. It is used for predicting a disease onset rate or risk.



Allele

Allele refers to different forms of a gene that arise by mutation. Differing traits among individuals are in part due to differences in the alleles they carry. Some allelic variations among people do not result in visibly detectable differences.



Effect Allele

Effect allele is a genetic variant that increases the likelihood of certain condition (cancer, general disease), or that is more likely to yield a specific trait. For example, if carrying an A allele, compared to a G allele, in a gene increases the likelihood of developing certain disease, A allele is the effect allele.



SNP

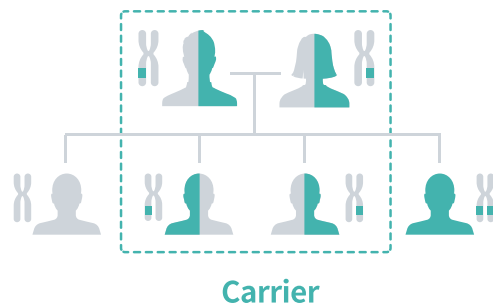
Single Nucleotide Polymorphism;

SNP refers to a genetic variation at a gene's specific nucleobase location. Some individuals may carry nucleobase A, while others may carry nucleobase G at a specific location. Variation among individuals in gene function, appearance, and disease risk are determined by these SNP differences.



Carrier

A “carrier” is someone who can potentially pass on a gene containing variant(s) associated with a condition; but he or she does not actually suffer from this condition. Condition only occurs when both parents pass on a gene with variant(s) to their child. If only one parent passes on this gene, child (carrier) does not suffer from this condition.



FAQ.

Question

Why should I know my genetic characteristics?

Answer

Also called blue print of life, genes contain vast amounts of biological information. Our genome consists of three billion nucleobase pairs, made up of combinations of four nucleobases A, C, G and T. This is equal to summing up all newspaper letters over 24 years.

Although genetic difference among people is about 0.1%, this is significant enough to affect not only physical characteristics such as skin color, height, and weight, but also personality and disease susceptibility.

Question

How accurate is Genoplan's genetic analysis?

Answer

Genoplan selects SNPs based on genetic analysis of Asian populations. This makes Genoplan's analysis results more accurate compared to companies that incorporate genetic analysis from all racial populations.

We use DNA Microarray technology of the world renowned biotech company, Illumina, to analyze hundreds of thousands of SNPs specific to the Asian population. This entire analysis process is traced and managed with LIMS (Laboratory Information Management System) to ensure high quality and reliability.

Question

Is Genoplan's test analysis and interpretation reliable?

Answer

Genoplan selects genes for analysis based on published scientific articles from leading research institutions and universities around the world. In order to increase credibility, we also prioritize research results targeting Asians.

Vast amounts of new research published every year are reflected in the report through ongoing updates.

Question

If I am in good physical condition, would I still benefit from taking this test?

Answer

Yes.

This is because diseases can be predicted by understanding an individual's genetic characteristics. We suggest the most appropriate diet and exercise methods based on your genotype, for preparing a healthy future.

Question

How are genetic tests different from health screenings tests?

Answer

Health screening tests is a series of medical assessments that tells you your current health condition, which can change according to your environment and behavior. Genetic tests however, tells you your health predispositions based on the gene variants detected in your DNA. Since your gene does not change, it is important to know what to avoid or to do more of based on the genetic tests, because diseases can often be thwarted by changing your lifestyle.

Both tests provide crucial information, but Genoplan's test is best used as a guide to improve your lifestyle.

Question

Do genetic analysis results change with time?

Answer

Genes do not change, but research on the categories is still ongoing. Results may change because we periodically update our database to include new genes in the analysis and new medical statistics.

If you have categories of particular interest, please check for updates.

Question

How are privacy of genetic analysis results and personal information managed?

Answer

All our customer's genetic information are encrypted and anonymized according to the personal information protection policy and which is strictly managed.

Personal identification information is protected with two different encryption methods to minimize personal information leakage. With our customer's consent, the remaining DNA after genetic analysis may be used for medical research and service enhancement. Without consent, the remaining DNA will be disposed immediately.

Question

How do I find out more about Genoplan's services?

Answer

You may submit your inquiries at the Support (Contact Us) page at www.genoplan.com. We will respond as quickly as possible.

Test Verification


Unique Sample Number	BJAE-NGZV-BVXU
Sample Type	Saliva
Analysis Method	SNP Genotyping

About Our Quality Standards

Using DNA extracted from saliva, microarray genotyping was carried out to measure the signals of biomarkers embedded on the microarray chip. This allowed analysis of many genetic variants.

Proper quality control steps were taken to ensure quality of extracted DNA, accuracy of microarray genotyping, and accuracy of this analysis report.

Analysis report is issued only after all parameters pass our quality control standards.

	Passed	Failed
QC Result		

Test Limitations

Clinical implications of this report's results have not been established. Thus, healthy lifestyle choices based on these results have not been verified for their objective validity.

Analysis Supervisor

<div>Supervisor</div> <div>Naoki Kojima</div> <div></div>	<div>Experimental Supervisor</div> <div>Eto Shinya, Ph.D.</div> <div></div>	<div>DNA Analyst</div> <div>Sakaguchi Mari</div> <div>土反口 真理</div>
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Laboratory Information

Genoplan Japan Inc. Laboratory
#209 Fias, 4-1 Kyudai Shinmachi, Nishi-Ku, Fukuoka City, Japan



Disclaimer : Genoplan saliva kit and service are intended for use only for general wellbeing purpose to encourage or maintain a healthy lifestyle, and is not intended to be used for any medical purpose (such as the detection, diagnosis, monitoring, management or treatment of any medical condition or disease). Any health related information provided by this saliva kit and service should not be treated as medical device. Please consult a physician for any medical advice required.