Genome Analysis Report

Generated on: September 26, 2025
Report Type: Comprehensive Genetic Analysis
Analysis Scope: Health, Nutrition, Metabolism & Longevity

Executive Summary

This comprehensive genetic analysis examined 15 health conditions and genetic factors across multiple categories including aging, cardiac health, metabolic function, and nutritional requirements. Risk Distribution:
• Low Risk: 4 conditions
• Mild Risk: 6 conditions
• Moderate Risk: 5 conditions
• High Risk: 0 conditions
• Normal Function: 0 systems
• Intermediate Metabolizer: 0 systems

Aging And Longevity

Resistance To Oxidative Stress

Risk Level: **Moderate**

Interpretation: You have moderate genetic risk for Resistance to Oxidative Stress. Homozygous m

Definition: The body's ability to neutralize harmful free radicals that can damage cells. This resistance plays a critical role in slowing aging and preventing chronic diseases. It varies among individuals due to genetic and environmental factors.

Genes Analyzed (38): SOD1, SOD2, SOD3, CAT, GPX1, GSS, GLUL, GSTM1, GSTM5, GSTP1 and 28 more...

Cellular Senescence And Dna Repair

Risk Level: **Mild**

Interpretation: No specific interpretation provided

Definition: Cellular senescence is a state where cells stop dividing but do not die. DNA repair mechanisms help maintain genetic stability and delay aging. Impairment in these processes contributes to tissue dysfunction and age-related decline.

Genes Analyzed (10): FOXO3, SIRT1, APOE, TERT, KL, MTOR, IGF1, PON1, WRN, DAF-16

Alzheimers Disease Dementia

Risk Level: **Mild**

Interpretation: You have mild genetic risk for Alzheimer's Disease / Dementia. You have ε4 muta

Definition: Alzheimer's is a progressive brain disorder causing memory loss and cognitive decline. It is the most common form of dementia, often affecting older adults. It is associated with abnormal protein buildup and neuronal damage.

Genes Analyzed (15): APOE, PSEN2, PSEN1, APP, MPO, NOS3, PLAU, CACNA1G, ABCA7, CREB and 5 more...

Cardiac Health

Coronary Artery Disease

Risk Level: **Mild**

Interpretation: You have mild genetic risk for Coronary artery disease. Few clinically significant m

Definition: Coronary artery disease occurs when the arteries that supply blood to the heart become narrowed or blocked by cholesterol buildup (plaque). This limits oxygen-rich blood flow, which can cause chest pain or lead to a heart attack. It is one of the most common causes of heart-related illness and death.

Genes Analyzed (13): ACE, PPARG, NPC1L1, ABCA1, APOB, APOC3, APOE, CETP, KCNE1, LDLR and 3 more...

Cardiomyopathy

Risk Level: **Mild**

Interpretation: You have mild genetic risk for Cardiomyopathy. Few clinically significant mutations

Definition: Cardiomyopathy is a disease of the heart muscle that makes it harder for the heart to pump blood. The heart may become enlarged, thickened, or stiff, affecting its ability to function normally. It can lead to heart failure, irregular heartbeats, or other complications.

Genes Analyzed (14): MYH7, TNNT2, TTN, TNNC1, PLN, FLNC, PRKAGE, MYBPC3, MYL2, MYH6 and 4 more...

Atrial Fibrillation

Risk Level: **Low**

Interpretation: You have low genetic risk for Atrial Fibrillation. No Clinically significant mutations w

Definition: Atrial Fibrillation is a common type of irregular heartbeat that starts in the upper chambers (atria) of the heart. The heart beats too fast or unevenly, which can lead to poor blood flow and increase stroke risk. Many people with atrial fibrillation may feel palpitations, fatigue, or no symptoms at all.

Genes Analyzed (10): NPPA, GJA5, SCN5A, KCNH2, KCNQ1, KCNA5, KCNJ2, SCN1B, KCNE2, TTR

Long Qt Syndrome

Risk Level: **Low**

Interpretation: You have low genetic risk for Long QT syndrome. No Clinically significant mutation

Definition: Long QT Syndrome is a heart rhythm condition that can cause fast, chaotic heartbeats. It happens because of a delay in the heart's electrical system recovering between beats. If untreated, it can trigger fainting, seizures, or even sudden death.

Genes Analyzed (7): CAV3, SCN5A, KCNH2, KCNQ1, CACNA1C, CALM1, SCN9A

Ventricular Arrythmias Sudden Cardiac Death

Risk Level: **Low**

Interpretation: You have low genetic risk for Ventricular Arrythmias. No Clinically significant muta

Definition: Ventricular arrhythmias are abnormal heart rhythms that begin in the heart's lower chambers (ventricles). They can cause the heart to beat so fast or erratically that it stops pumping effectively. If not treated immediately, this can lead to sudden cardiac death.

Genes Analyzed (11): RYR2, CASQ2, CALM1, CALM2, SCN10A, KCNH2, KCNQ1, SCN5A, CALM3, KCNJ8 and 1 more...

Hypertension

Risk Level: **Moderate**

Interpretation: You have moderate genetic risk for Hypertension. You have clinically significant h

Definition: Hypertension means the pressure of blood against the artery walls is consistently too high. It often has no symptoms but puts extra strain on the heart and blood vessels. Over time, it increases the risk of heart attack, stroke, and kidney disease.

Genes Analyzed (12): AGT, PRKAG2, INF2, PKD1, PKD2, NOS3, CACNA1H, CLCN2, CYP11B2, KCNJ5 and 2 more...

Nutritional Requirements & Absorption

Nutrient	Risk Level	Interpretation
Vitamin B12	Moderate	You have moderate genetic risk for impaired Vitami...
Vitamin D	Mild	You have mild genetic risk for impaired Vitamin D ...
Magnesium	Low	You have low genetic risk for impaired Magnesium a...

Methylation Cycle Genes

Gene	Risk Level	Interpretation
MTHFR	Moderate	Homozygous mutations seen.
COMT	Mild	No specific interpretation
MTRR	Moderate	Homozygous mutations seen.

Report Disclaimer

This genetic analysis report is for informational purposes only and should not be used as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Genetic testing results should be interpreted by qualified healthcare professionals in the context of your complete medical history and current health status.

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