

Compact DNA Report

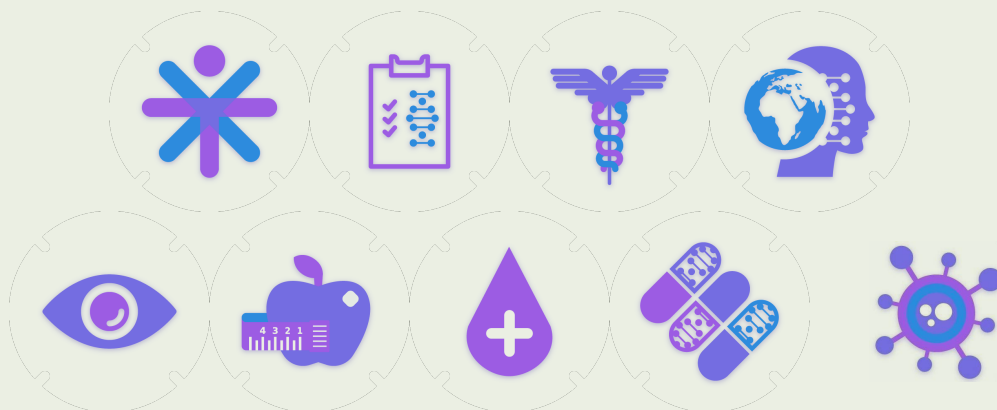


Physical Appearance

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Disclaimers

This report is for informational purposes only.

This report includes information about risks for conditions based on published research, and applied to your specific genome sequence.

Nothing in this report should be used for medical diagnosis or treatment.

This report should not be used in place of a visit with, or advice from, your doctor or other qualified healthcare professional.

Data Source Credits

Genome Wide Association Studies (GWAS), Human Genome Diversity Project (HGDP), 1000genomes, ISOGG



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INHERITED TRAITS

- Physical Appearance
- Nutrition Related
- Blood Related
- Drug Response
- Immune System
- Fitness Related
- Miscellaneous Traits



Inherited Traits, such as hair color or blood type, are characteristics that are determined by a person's genes, and also by how those genes interact with the environment (including the person's lifestyle).

For the most part there is little you can do to change your inherited traits, many of which are highly inheritable. However, you can make lifestyle changes appropriately with knowledge of your underlying inherited traits.

Physical Appearance Traits

Physical Appearance traits include:

Eyes - Color, Iris Type

Hair - Color, Curliness, Thickness, Baldness

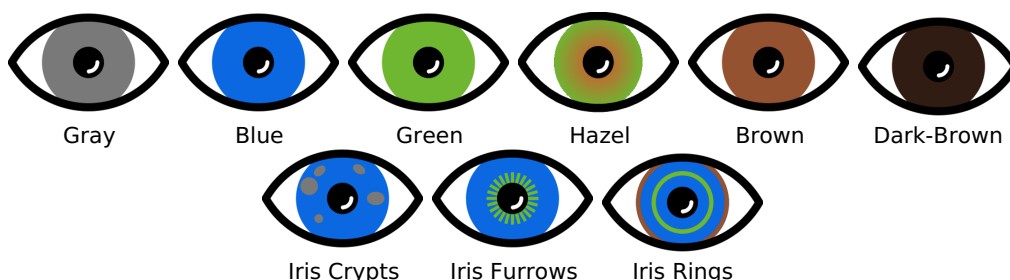
Skin - Pigmentation, Freckles



Physical Appearance

Trait	Your Result	Description
Eyes – Color Blue vs. Brown 90% Heritable	<i>Green</i>	Eye color can range from gray, blue, green, hazel, brown, to dark-brown
Eyes – Color Blue vs. Green 90% Heritable	<i>Green or Brown</i>	Eye color can range from gray, blue, green, hazel, brown, to dark-brown
Eyes – Iris Crypts <i>Less 25%, Typical 50%, More 25%</i>	<i>Typical</i>	Crypts are the oval-shaped areas inside of the iris
Eyes – Iris Furrows <i>Longer 25%, Typical 50%, Shorter 25%</i>	<i>Typical</i>	Furrow contractions are the radial and concentric bands around the pupil
Eyes – Iris Rings <i>Less 25%, Typical 50%, More 25%</i>	<i>More</i>	Pigmented rings are rings which surround the iris
Hair – Color Black vs. Not Black 95% Heritable	<i>Not Black</i>	Africans and Asians almost always have Black hair due to high levels of the dark pigment eumelanin
Hair – Color Blond vs. Not Blond 95% Heritable	<i>Brown or Dark</i>	Blond or fair hair is a hair color characterized by low levels of the dark pigment eumelanin
Hair – Color Red vs. Not Red <i>Red: 5% of Europeans, 75% Heritable</i>	<i>Red Likely</i>	Mutations in the MC1R gene can give hair and skin more pheomelanin causing both red hair and freckles
Hair – Curly vs. Straighter 90% Heritable	<i>Straighter</i>	Hair's curliness comes from the shape of the bulb at the base of the hair follicle
Hair – Male Pattern Baldness 2 in 3 lifetime risk for males, 90% Heritable	<i>Typical</i>	Permanent hair loss from the scalp, causing baldness
Hair – Thinner vs. Thicker 90% Heritable	<i>Thinner</i>	East Asians have hair that is about 40% thicker than Europeans or Africans
Skin – Freckles 90% Heritable	<i>Typical</i>	Freckles are areas of skin that have an increased amount of a pigment called melanin
Skin – Lighter vs. Darker 90% Heritable	<i>Intermediate</i>	Skin pigmentation is one of the most variable and noticeable phenotypes in humans
Skin – Pigmentation 95% Heritable	<i>Mixed</i>	Melanin determines skin pigmentation – pheomelanin (yellow or red) and eumelanin (brown or black)
Skin – Sensitivity to Sun 95% Heritable	<i>Moderate</i>	The skin's tendency to sunburn rather than tan is a major risk factor for skin cancer
Weight – Body Mass Index <i>Lower 25%, Typical 50%, Higher 25%</i>	<i>Higher</i>	BMI, commonly used to assess obesity, is about 50% heritable, with remainder due to lifestyle factors

Eye color is determined mainly by the interaction of two genes – OCA2 and HERC2, which account for about 75% of the eye color variation in Europeans. The OCA2 gene controls the blue-brown color spectrum, and the HERC2 gene influences the expressions of the OCA2 gene. The ultimate appearance of the eye, however, is affected by many other factors. The following images show the model used by this report.





Your Appearance Summary

Eye Color	Hair Color	Baldness	Skin	Body Mass Index
Green	Brown or Dark	Typical	Mixed	Higher



Miscellaneous Traits

Trait	Your Result	Description
Alcohol Flush Reaction <i>Flush: 0% of Europeans, 20% of Chinese</i>	None	A condition where flushes or blotches appear on face, neck, shoulders, after consuming alcoholic beverages
Biological Aging 40% Heritable	2years Older	As we age, the protective end-caps (telomeres) of our chromosomes shorten, affecting our biological age
Earwax Type – Wet vs. Dry <i>Wet: 98% of Europeans, 35% of Chinese</i>	Wet	Wet earwax is sticky & yellowish brown to dark brown in color, while dry earwax is crumbly & gray to tan
Mosquito Bite Size <i>Smaller 25%, Typical 50%, Larger 25%</i>	Larger	Mosquito bites typical cause bumps that are less than 10 mm, or half an inch, in size
Personality – Foraging Strategy <i>Assessor 65%, Locomotor 35%</i>	Locomotor	Assessors adopt more cautious but effective search strategies, whereas Locomotors just get on with it
Personality – Warrior vs. Worrier <i>Warrior 25%, Intermediate 50%, Worrier 25%</i>	Warrior	Warrior variant breaks down dopamine more efficiently, resulting in greater resilience to stress
Sleep – Intensity <i>Lighter 25%, Typical 50%, Deeper 25%</i>	Typical	Deep sleepers are people with naturally stronger delta waves (a pattern of electrical activity in the brain)
Sleep – Morning vs. Night Owl <i>Morning 50%, Evening 50%. 40% Heritable</i>	Evening	Our biological clock regulates the release of hormones that make us drowsy (melatonin) or alert (cortisol)
Sleep – Movement <i>Lower 25%, Typical 50%, Higher 25%</i>	Higher	Most people have about 10 periodic limb movements per hour of sleep
Sleep – Oversleep vs. Undersleep <i>Lower 25%, Typical 50%, Higher 25%</i>	Typical	Undersleep is less than 6 hours, and Oversleep is more than 9 hours, compared to the Typical 7 or 8 hours

Telomere Length is a highly heritable complex trait, that is correlated with Biological Aging. Telomeres are the repetitive sequence of nucleotides that cap the ends of each chromosome. The average telomere length starts off at about 10k base-pairs at birth, and shortens by about 100 base-pairs per year. Variants in the TERC and TERT genes can affect your telomere length, and attrition (shortening) rate. **Your Biological Age is estimated as 2years Older, based on the variants tested.**