

Abnormal Pupil Dilation

DNA Health Report

REPORT CATEGORY —



Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

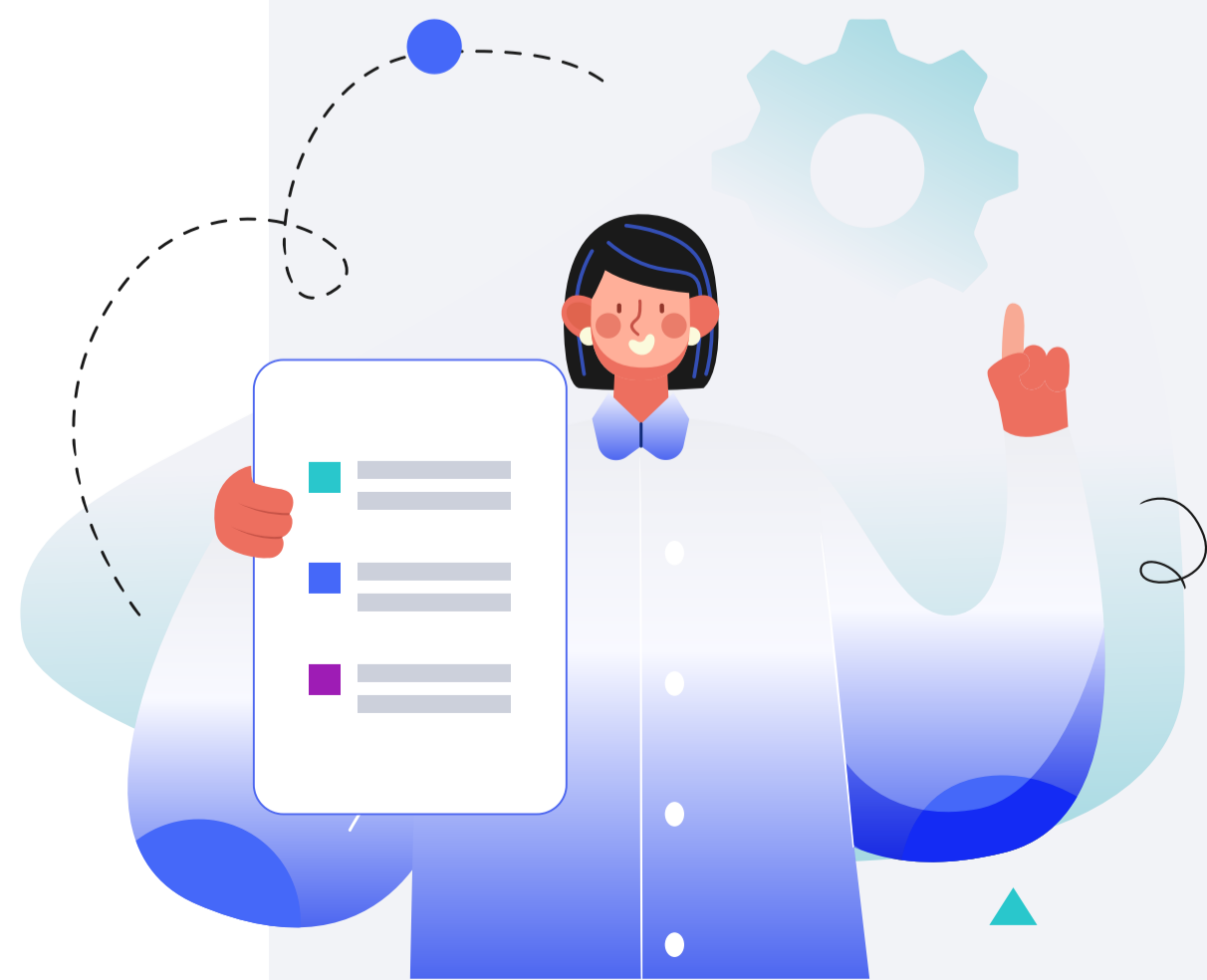
5ft 5" 165cm

WEIGHT

137lb 62kg

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.



How this works

Our Wellness Reports analyze how your DNA influences your health.

We then use this analysis to give you personalized risk estimates and recommendations.



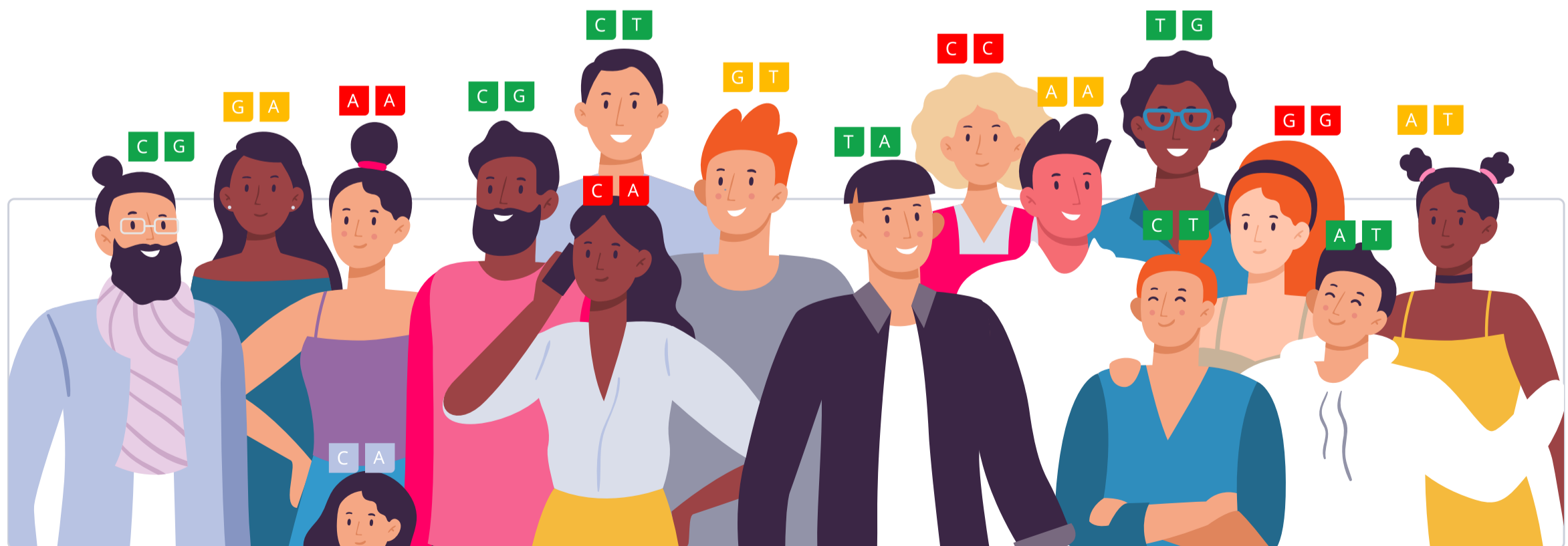
Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.

You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information. We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

- AA You don't have any risk alleles
- AA You have 1 risk allele
- AA You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs. The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation. We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area. Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

●●●●● 5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

●●●●○ 4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

●●●○○ 3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

●●○○○ 2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

●○○○○ 1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

○○○○○ 0 / 5

No evidence in humans.

Genotype-specific Evidence

●●●●● High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

●●●●○ Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

●●●○○ Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

●●○○○ Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

●○○○○ In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn't play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Mydriasis is a medical term used to describe the dilation of the pupil, which is controlled by the autonomic nervous system and can be a response to low light, as part of a normal physiological process to allow more light to reach the retina. However, this condition may also occur independently of ambient light levels, signaling an underlying issue.

When the pupils are abnormally dilated, it can indicate an exposure to certain drugs, a response to bodily stress or excitement, or the presence of a disease affecting the brain such as a stroke or trauma.

Causes and Treatment

Persistent or unexplained mydriasis requires medical attention, as it could be a sign of serious conditions such as brain injury, increased intracranial pressure, or poisoning from toxic substances. Moreover, unnaturally dilated pupils can cause difficulty in focusing on close objects and increased sensitivity to bright lights.

Therefore, individuals exhibiting this symptom should be examined to determine the underlying cause, and, if necessary, receive appropriate treatment to prevent any potential complications.



LESS LIKELY

Less likely to have mydriasis based on 21,118 genetic variants we looked at



Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

	DOSAGE		DOSAGE		
1	Reduce Mobile Phone Use	2 hours	2	Hyaluronic Acid Eye Drops	1 drop
3	Maintain Eye Moisture		4	Heated Eye Mask	10 minutes
5	Ginkgo Eye Drops	1 drop	6	Artificial Tears	1 drop

1



Reduce Mobile Phone Use

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Limit your mobile phone use to less than 2 hours per day for non-work-related activities. Avoid using your phone during meal times and at least 1 hour before bedtime to improve sleep quality and reduce eye strain.

TYPICAL STARTING DOSE

2 hours

Description

Reducing mobile phone use involves limiting the time spent on smartphones and other electronic devices, which can help alleviate digital eye strain, improve sleep quality, and reduce the potential for distraction-related accidents.

Mobile devices like smartphones and tablets have become indispensable for:

- Communication
- Information searching
- Video gaming
- Social media participation

However, their excessive use may increase the risk of health conditions, such as [\[R, R\]](#):

- Neck problems
- Carpal tunnel syndrome
- Sleep problems
- Mood disorders

How it helps

Limiting mobile phone use can reduce digital eye strain, leading to decreased discomfort associated with abnormal pupil dilation. This reduction in strain may improve overall eye health and enhance visual comfort, mitigating the symptoms of pupil dilation.

2



Hyaluronic Acid Eye Drops

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Place 1-2 drops of hyaluronic acid eye drops into each eye, three times a day. Blink several times after application to ensure the solution covers the entire surface of the eye. Continue this routine daily for relief of dry eye symptoms.

TYPICAL STARTING DOSE

1 drop


Description

Hyaluronic acid eye drops are used to relieve dry eyes and maintain eye moisture. They provide lubrication and may help reduce discomfort associated with dry eye syndrome.

How it helps

Hyaluronic acid eye drops help manage symptoms of abnormal pupil dilation by providing essential moisture and lubrication to the eye surface, thereby alleviating dryness and discomfort that may contribute to visual disturbances.

3



Maintain Eye Moisture

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Blink regularly especially while using digital devices, take frequent screen breaks every 20 minutes to look at something 20 feet away for 20 seconds, and use a humidifier in dry environments to help maintain eye moisture.

Description

Maintaining eye moisture through methods such as using lubricating eye drops can help prevent dry eye syndrome and maintain ocular comfort. Adequate eye moisture supports visual clarity and reduces the risk of eye discomfort and irritation.

The eyes have a very high water content and a unique system of water regulation. Imbalances in this system may cause dry eyes and blurry vision [\[R\]](#).

Causes of decreased eye moisture include [\[R, R, R, R\]](#):

- Exposure to dry air
- Wearing contact lenses
- Not blinking enough, especially while working on a computer or reading
- Certain health conditions and surgical procedures
- Dehydration

How it helps

Maintaining eye moisture helps alleviate symptoms of dry eye, which can exacerbate abnormal pupil dilation by increasing discomfort and irritation. This therapy enhances ocular surface stability, promoting visual clarity and overall eye health.

4



Heated Eye Mask

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Place a heated eye mask in the microwave for the duration specified by the product instructions, typically around 15-30 seconds. Once heated, place the mask over your closed eyelids for 10-20 minutes. Perform this routine daily, ideally in the evening to help alleviate dry eyes or meibomian gland dysfunction.

TYPICAL STARTING DOSE


10 minutes

Description

How it helps


The application of a heated eye mask promotes warmth and moisture retention, which can enhance tear film stability and alleviate dry eye symptoms. By improving eye comfort, it may indirectly reduce stress on the ocular system associated with abnormal pupil dilation.


5



Ginkgo Eye Drops

IMPACT
EVIDENCE





How to implement

Place 1-2 drops of ginkgo biloba eye drops in each eye, twice daily, preferably in the morning and before bedtime. Continue this regimen daily for at least one month to notice potential benefits.

TYPICAL STARTING DOSE

1 drop

Description

Ginkgo eye drops, which often contain ginkgo biloba extract, are used to promote eye health and may provide relief from conditions like dry eyes or age-related eye issues.

How it helps

Ginkgo eye drops may enhance ocular microcirculation and provide antioxidant protection, thereby supporting overall eye health. This can help mitigate symptoms of abnormal pupil dilation by improving moisture levels and reducing discomfort associated with dryness.

6



Artificial Tears

IMPACT
EVIDENCE





How to implement

Apply 1-2 drops of artificial tears into the affected eye(s) as needed for relief. Use them throughout the day whenever you experience dryness or irritation. There is no maximum duration; they can be used as long as they provide relief.

TYPICAL STARTING DOSE

1 drop

Description

Artificial tears help lubricate the eyes and maintain their moisture in people with dry eyes. They normally come in liquid form (eye drops), but gels and ointments are also available. There are two types of artificial tears: **preserved and non-preserved**.

Artificial tears help lubricate the eyes and maintain their moisture in people with dry eyes. They normally come in liquid form (eye drops), but gels and ointments are also available [\[R\]](#).

There are two types of artificial tears: **preserved and non-preserved** [\[R, R\]](#).

How it helps

Artificial tears provide essential lubrication and moisture to the ocular surface, which can reduce discomfort associated with abnormal pupil dilation. By alleviating dry eye symptoms, they help improve overall visual function and comfort.