

Abnormal Vaginal Bleeding

DNA Health Report

REPORT CATEGORY —



REPRODUCTIVE
HEALTH

Sample Client

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

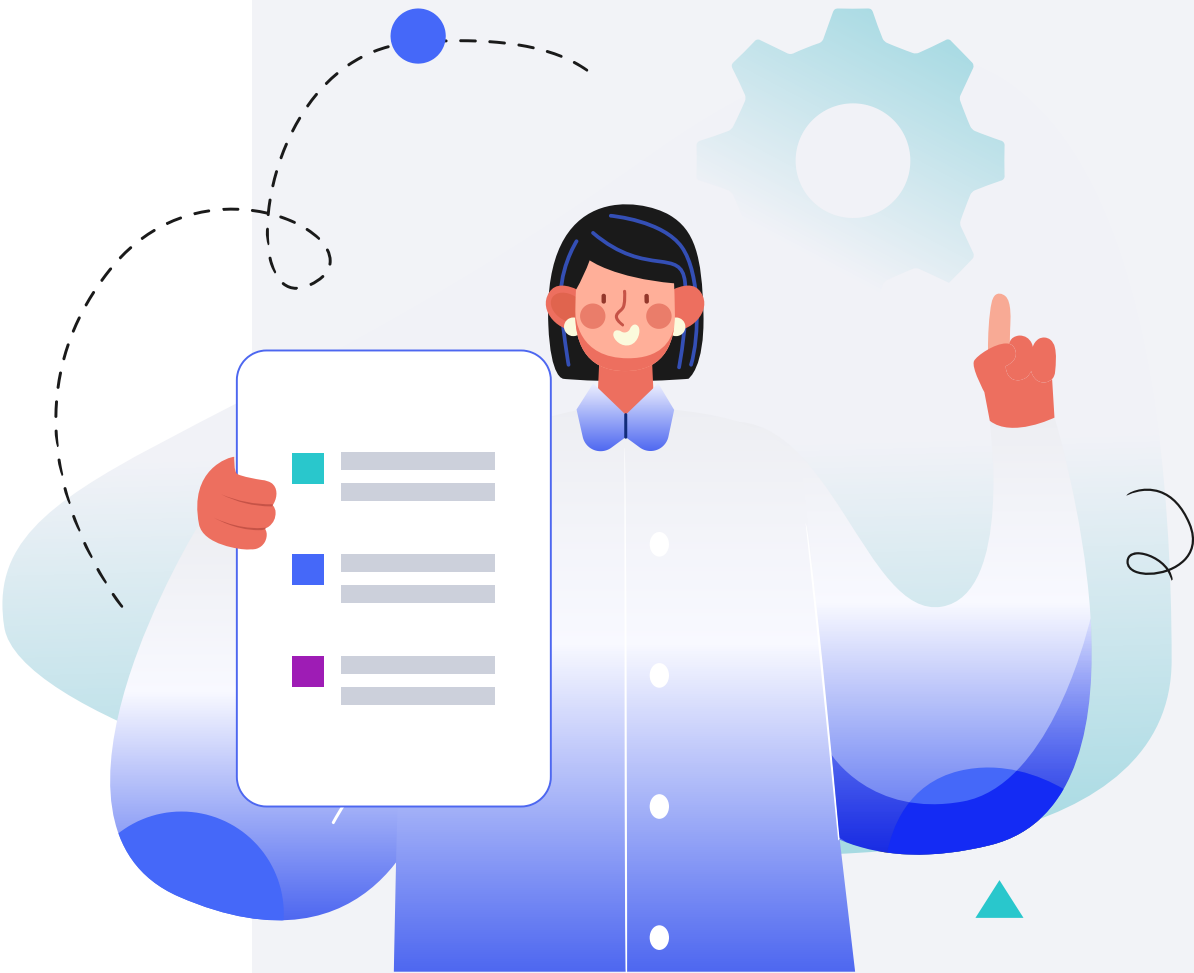
5ft 5" 165cm

WEIGHT

137lb 62kg

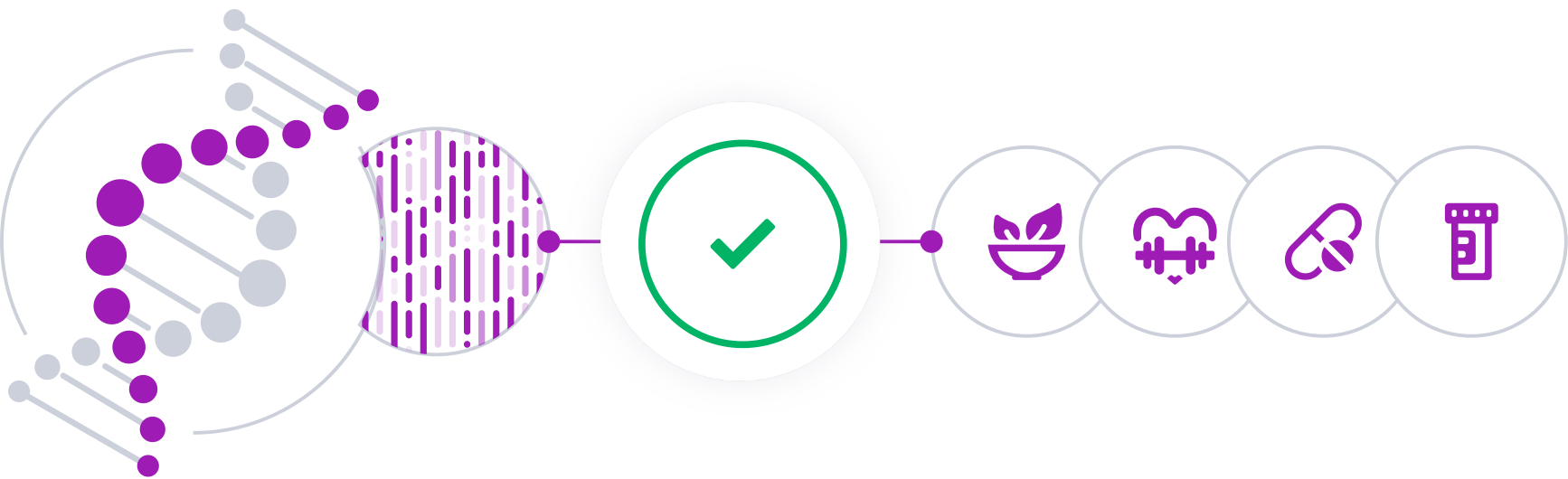
DISCLAIMER

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.

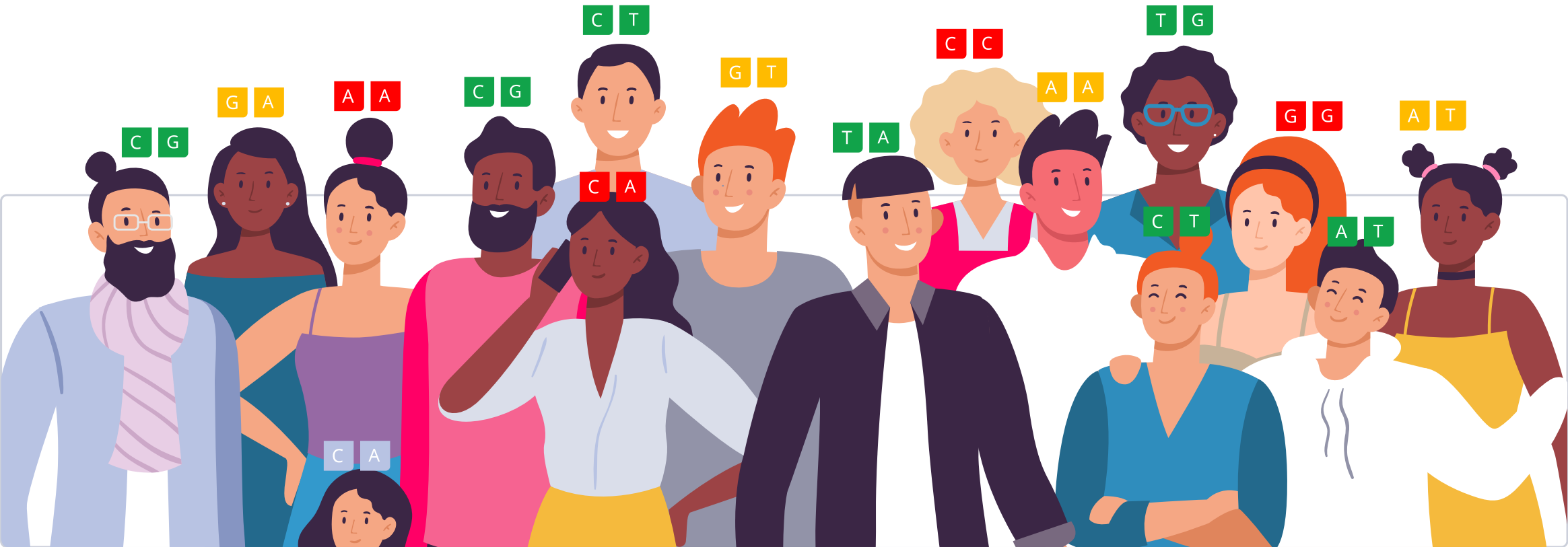


Similarly, our Trait Reports look at how your DNA influences your traits.



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

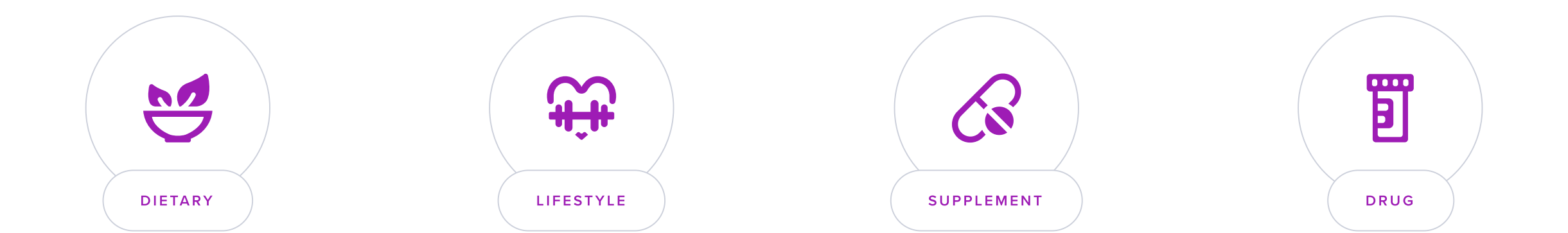
You have 2 risk alleles

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

Abnormal vaginal bleeding is a variation from normal menstrual patterns and can encompass a range of issues including irregular menstruation, excessive bleeding (menorrhagia), or bleeding between periods (metrorrhagia). It may occur at any stage in a woman's life – during reproductive years, perimenopause, or postmenopause – and is indicative of a disruption in the normal cyclical pattern of endometrial shedding.

Often, this symptom is not a disease in itself but an indication of an underlying health issue that may require medical investigation and could include hormone imbalances, uterine fibroids, or polyps.

Diagnosis and Treatment

The assessment of abnormal vaginal bleeding typically involves a detailed personal medical history and a physical examination, including pelvic examination. Further diagnostic procedures might include ultrasounds, blood tests to check hormone levels, and sometimes a biopsy to rule out endometrial pathology.

Treatment options vary based on the cause and may include hormonal therapies, such as birth control pills or intrauterine devices (IUDs), medications to control bleeding, or surgical treatments. Addressing the symptom promptly is crucial as it can impact the individual's quality of life and, in some cases, may signal serious health concerns.



MORE LIKELY

More likely to have abnormal vaginal bleeding based on 66,937 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ZFP69	rs4660438	AG
WNT16	rs73717494	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

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	Black Cohosh	40 mg	2	Avoid Douching	

1



Black Cohosh

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a black cohosh supplement of 20 to 40 mg twice daily for up to six months to manage menopause symptoms. Make sure to check the label for a product standardized to contain 2.5% triterpene glycosides.

TYPICAL STARTING DOSE

40 mg

Description

Black cohosh is an herbal remedy often used by some individuals to alleviate symptoms of menopause, such as hot flashes and mood swings.

How it helps

Supplementation with black cohosh reduced vaginal bleeding in 2 trials of 335 early menopausal women [\[R\]](#), [\[R\]](#).

However, black cohosh failed to reduce abnormal vaginal bleeding in a placebo-controlled trial of 351 perimenopausal women [\[R\]](#).

Black cohosh may help by influencing estrogen activity in the body.

2



Avoid Douching

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stop using any douching products, whether vaginal or rectal, immediately and do not start this practice. Instead, maintain natural balance and cleanliness through regular bathing with water and mild soap if necessary, avoiding inserting any substances or products into the body.

Description

Douching is washing or cleaning out body cavities with water or other mixtures of fluids. It usually refers to vaginal douching. Experts however, recommend against douching because it can lead to health problems, such as vaginal infections, STD's, and difficulties getting pregnant.

Douching is washing or cleaning out body cavities with water or other mixtures of fluids. It usually refers to vaginal douching.

This practice is common in women. However, **experts recommend against douching** because it can lead to health problems, including [R](#), [R](#), [R](#):

- Difficulty getting pregnant
- Vaginal infections
- Sexually transmitted diseases (STDs).

How it helps

Douching can disrupt the natural balance of bacteria in the vagina, leading to infections and potentially exacerbating conditions that cause abnormal bleeding. Maintaining the natural bacterial balance is crucial for vaginal health.

Next Steps

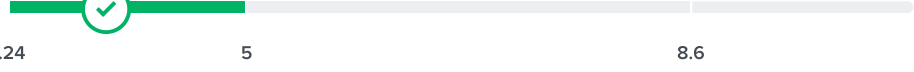
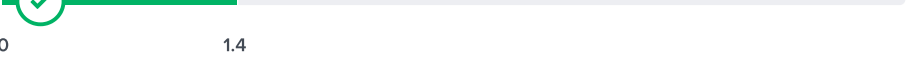
Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	TSH	2.76 mIU/mL		9 Nov 2025
	FSH	2.46 mIU/mL		9 Nov 2025
	LH	2.73 mIU/mL		9 Nov 2025
	Platelet Count	215 x10^3/mm3		9 Nov 2025
	Progesterone	0.22 ng/mL		9 Nov 2025
	Hemoglobin	17.1 g/dL		9 Nov 2025
	Estradiol	101.46 pg/mL		9 Nov 2025