

Allergic Eye Irritation

DNA Health Report

REPORT CATEGORIES —



ALLERGIES



EYE HEALTH

Sample Client

Report date: 15 January 2026

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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

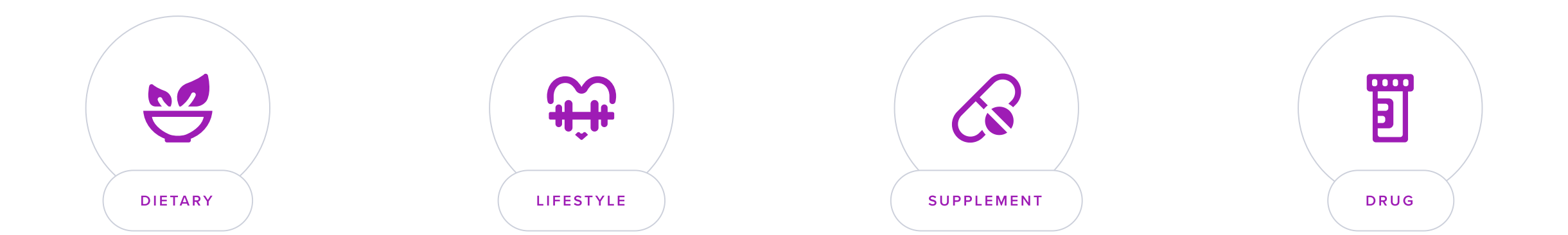
You have 2 risk alleles

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

Allergic conjunctivitis, commonly called allergic eye disease, is an inflammation of the conjunctiva, the thin, clear tissue that lies over the white part of the eye and lines the inside of the eyelid. It is triggered by allergens such as pollen, dust mites, pet dander, and molds. Allergic eye disease is a common eye condition, especially in areas with high pollen counts or among individuals sensitive to certain allergens.

Symptoms of allergic eye disease include:

- Redness in both eyes
- Itchiness that may be severe
- Tearing or watery eyes
- Swollen eyelids
- Mucous discharge, although this is less common
- Burning sensation

Management

Management of allergic eye disease often involves a combination of treatments and preventive measures. If symptoms persist or worsen, it’s important to consult a healthcare provider to ensure appropriate management and avoid complications.

Identifying and minimizing exposure to the allergens that trigger symptoms is the most important preventive measure. Useful strategies include:

- Staying indoors on days when pollen counts are high if pollen is the trigger.
- Using air filters to reduce indoor allergens.
- Wearing sunglasses outdoors to keep pollen away from the eyes.
- Avoiding rubbing the eyes, which can exacerbate symptoms.

Additionally, the following medications may help relieve the symptoms:

- Artificial tears to help alleviate eye dryness and flush out allergens.
- Antihistamine eye drops to quickly relieve itching and redness.
- Mast cell stabilizers to help prevent the release of histamine and other chemicals from mast cells, thereby preventing the onset of allergy symptoms.
- Corticosteroid eye drops to relieve the symptoms in severe cases.
- Oral antihistamines to help control the symptoms. However, they may cause dry eyes in some people.



LESS LIKELY

Less likely to have allergic eye disease based on 740 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
IL18R1	rs10208293	GG
TREH	rs487728	CG
DDX6	rs4938573	TC
DDX6	rs4936444	CT
KIAA1217	rs7070482	AG
SLC25A46	rs72774898	CC
TLR6	rs7673348	AA
DSG3	rs12959976	AA
FECH	rs113920339	TT

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	Ginkgo And Hyaluronic Acid Eye Drops	1 drop	2	Mandarin Oranges	
3	Regular Hand Washing		4	Avoid Secondhand Smoke	
5	Avoid Contact With Dust		6	Topical Chamomile	
7	Air Purifier		8	Topical Aloe Vera	
9	Avoid Contact With Pollen		10	Topical Green Tea	
11	Hyaluronic Acid	120 mg			

1



Ginkgo And Hyaluronic Acid Eye Drops

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Instill 1-2 drops of a solution containing ginkgo and hyaluronic acid into each eye, three times a day. Continue this regimen daily for at least three months to observe 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. Hyaluronic acid eye drops are used to lubricate the eyes and relieve dryness. They can provide relief for individuals with dry eye syndrome and promote ocular comfort.

How it helps

In a trial with 60 symptomatic allergic conjunctivitis patients, Ginkgo biloba-hyaluronic acid eye drops outperformed hyaluronic acid alone in reducing symptoms and improving patient conditions, suggesting therapeutic potential for Ginkgo biloba [\[R\]](#).

2



Mandarin Oranges

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate fresh mandarin oranges into your diet by eating them as a snack or adding them to salads. Aim for at least one to two mandarin oranges daily to help meet your fruit intake recommendations.

Description

Mandarin oranges are a rich source of vitamin C, which is essential for immune function and skin health. They provide a tasty way to boost your vitamin C intake, supporting overall immunity and collagen production for healthy skin.

How it helps

In a double-blind, placebo-controlled trial on allergic 31 patients, a diet containing mandarin orange yogurt reduced eye redness, itching, and surface temperature [\[R\]](#).

Mandarin oranges are high in vitamin C, antioxidants, and bioflavonoids that may help suppress allergic reactions.

3



Regular Hand Washing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Regular hand washing helps remove allergens from your hands, preventing them from being transferred to your eyes.

4



Avoid Secondhand Smoke

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Implementing a smoke-free lifestyle involves communicating your needs to family, friends, and coworkers, requesting they respect your choice by smoking away from you. At home, establish strict no-smoking policies indoors. When out, choose smoke-free venues and accommodations. Advocate for smoke-free environments in your community and support legislation that promotes public health by reducing exposure to secondhand smoke. Utilize air purifiers at home to reduce any residual particles.

Description

Avoiding secondhand smoke is crucial for maintaining good health. Exposure to secondhand smoke can lead to respiratory problems, cardiovascular disease, and an increased risk of lung cancer, even in non-smokers. Protecting oneself from secondhand smoke involves staying away from smoking areas, ensuring smoke-free environments at home and work, and advocating for smoke-free policies in public spaces.

How it helps

Secondhand smoke can aggravate allergic eye symptoms. Avoiding it helps reduce additional irritation and inflammation.

5



Avoid Contact With Dust

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid contact with dust, clean surfaces with a damp cloth at least twice a week, use a vacuum cleaner with a HEPA filter regularly on carpets and upholstery, and avoid using feather dusters that disperse dust into the air. Additionally, consider using air purifiers in rooms where you spend the most time and keep windows closed on windy days to prevent outdoor dust from coming in.

Description

Avoiding exposure to dust can help alleviate allergy symptoms such as sneezing, runny nose, and itchy eyes, promoting respiratory comfort and overall well-being, particularly for individuals with allergies or allergic conditions.

How it helps

Avoiding contact with dust can help reduce the amount of allergens that come into contact with the eyes, thereby minimizing irritation.

6



Topical Chamomile

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a chamomile cream or ointment directly to the affected area of the skin 2-3 times daily. Ensure the skin is clean before application. Continue use for as long as symptoms persist or according to the product's specific instructions.

Description

Chamomile extract, obtained from the flowers of the *Matricaria chamomilla* plant, is used topically for its anti-inflammatory and calming properties. It is commonly applied to soothe irritated skin and alleviate conditions like dermatitis.

How it helps

Topical Chamomile has mild anti-inflammatory and soothing effects, which can help reduce redness and irritation in the eyes.

7



Air Purifier

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Install an air purifier in your home, ideally in the rooms you spend the most time in, such as your bedroom and living room. Keep the air purifier on for at least 12 hours each day, or continuously if possible, to effectively reduce airborne contaminants. Regularly clean or replace the filters according to the manufacturer's instructions to maintain its efficiency.

Description

Air purification is the process of cleaning the air around us. Using a high-quality air purifier with a HEPA filter helps remove harmful particles like dust, smoke, and bacteria. Having clean air to breathe can help boost your health by reducing allergies, asthma problems, and even certain infections.

How it helps

Air purification helps by removing allergens like pollen and dust from the air, which can reduce exposure and relieve irritation in the eyes.

8



Topical Aloe Vera

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

Topical aloe vera may help soothe burns and skin conditions [\[R\]](#).

Oral aloe vera may help with blood sugar and gut health [\[R\]](#).

How it helps

Topical Aloe Vera has anti-inflammatory properties that can soothe irritated eyes and reduce discomfort caused by allergies.

9



Avoid Contact With Pollen

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stay indoors during high pollen count days, usually during early morning or late afternoon. Close windows and use air purifiers to keep indoor air clean. Shower and change clothes after being outside to remove pollen.

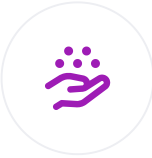
Description

Avoiding exposure to pollen can help alleviate allergy symptoms such as sneezing, runny nose, and itchy eyes, promoting respiratory comfort and overall well-being, particularly for individuals with allergies and allergic conditions.

How it helps

Pollen is a common trigger for allergic reactions. By avoiding it, you can significantly reduce the symptoms of eye irritation.

10



Topical Green Tea

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a green tea extract cream or lotion to the affected area of the skin once or twice daily, depending on the specific product instructions. Ensure the skin is clean and dry before application.

Description

Green tea extracts, rich in catechins and antioxidants, are used topically for their potential to protect the skin from UV damage, reduce inflammation, and address conditions like acne. Green tea is sourced from the leaves of the *Camellia sinensis* plant.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help reduce [oxidative stress](#) and inflammation [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support healthy skin [\[R\]](#).

How it helps

Topical Green Tea contains antioxidants that can help reduce inflammation and soothe allergic reactions in the eyes.

11



Hyaluronic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 120-240 mg of oral hyaluronic acid supplement daily, ideally with or after a meal to enhance absorption. Consistent use for at least one month is recommended to evaluate its effects on skin hydration and joint health.

TYPICAL STARTING DOSE
120 mg

Description

Hyaluronic acid is a natural substance that plays a key role in joint and skin health. As a supplement or topical application, it may help support joint mobility and skin hydration.

How it helps

Hyaluronic acid can help reduce eye irritation and dryness because it is a natural lubricant and can help keep eyes moist, reducing symptoms of irritation.

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.

