SelfDecode™

Ataxia

Disease Report

REPORT CATEGORY

NERVE HEALTH

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

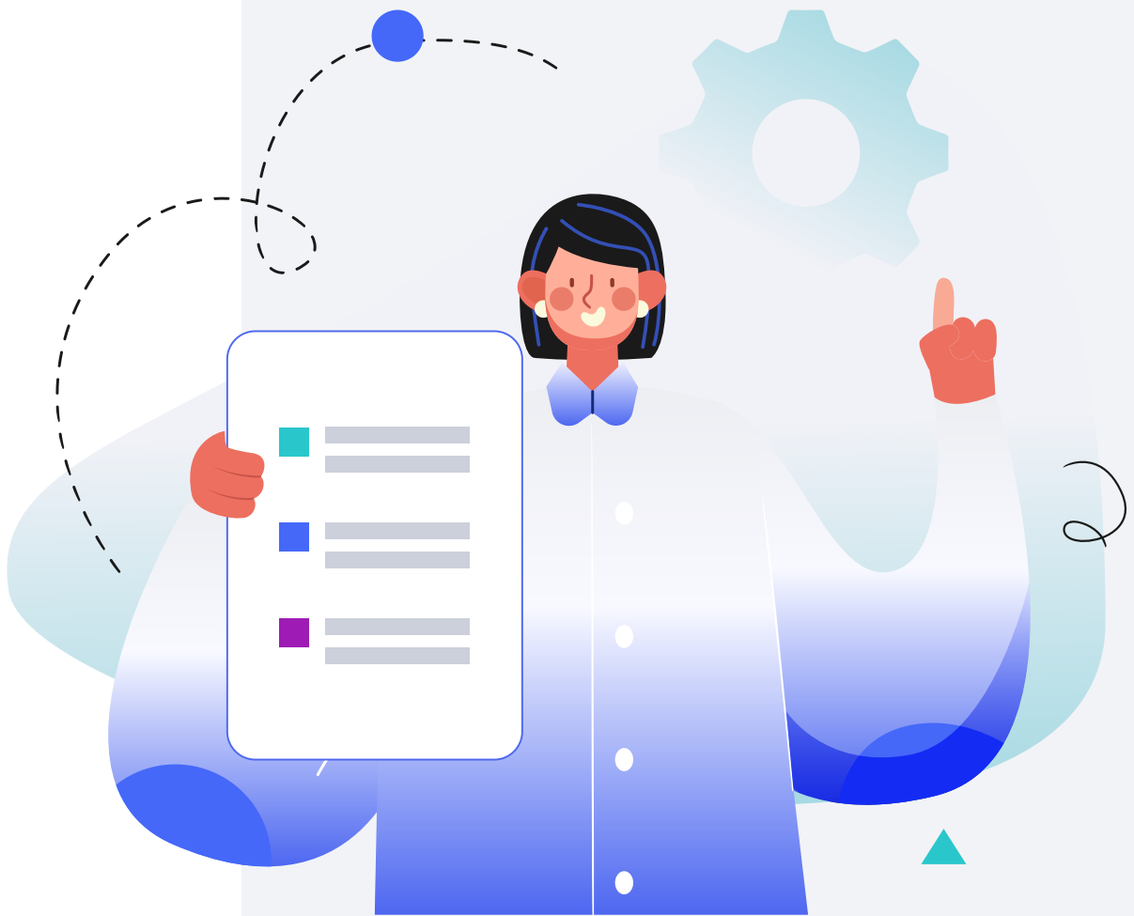
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

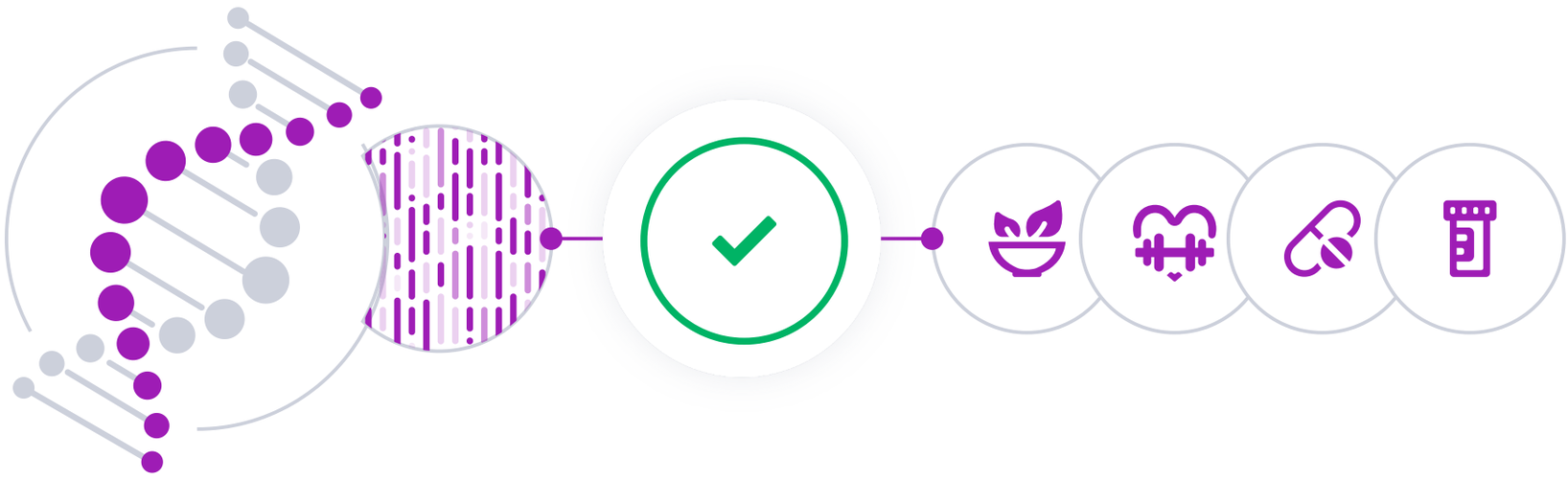


DISCLAIMER

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

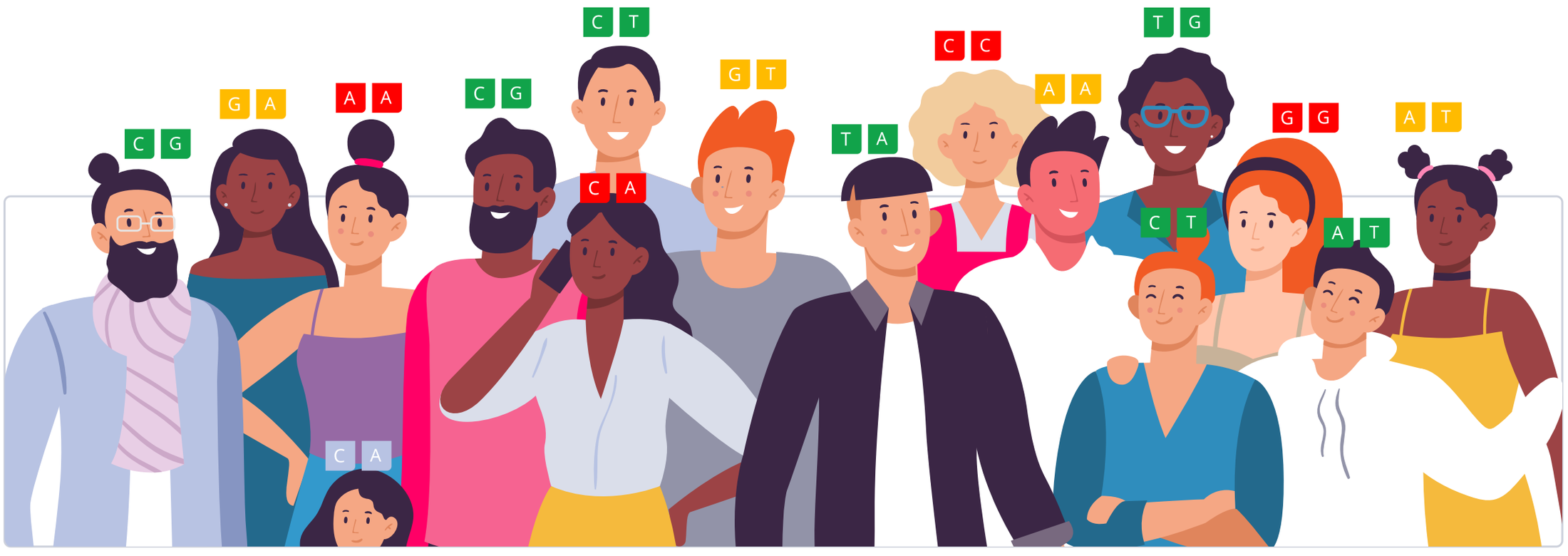
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

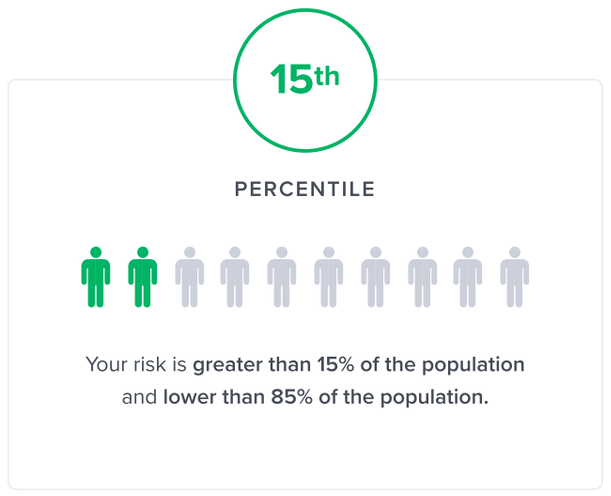
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

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



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, afew 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

Ataxia refers to a group of neurological disorders that affect coordination, balance, and speech. It is characterized by a lack of muscle control during voluntary movements, such as walking or picking up objects. These motor coordination issues can stem from various causes, including damage to the cerebellum, the part of the brain that regulates coordination and balance.

People with ataxia may experience a staggering gait, frequent stumbling, difficulty with fine motor tasks, and eye movement irregularities. The symptoms can make everyday activities challenging and may progressively worsen over time in some forms of ataxia.

Management

In addition to physical symptoms, ataxia can have emotional and social impacts. It may lead to a gradual loss of independence, as individuals with the condition could require assistance with daily tasks.

Diagnosing ataxia often involves a combination of medical history evaluation, neurological examinations, genetic testing (if a hereditary component is suspected, despite non-genetic causes), and imaging studies to examine brain structure. There is currently no cure for ataxia, but treatment options such as physical therapy, speech therapy, and occupational therapy can help manage symptoms and improve quality of life.

MORE LIKELY

More likely to have ataxia based on 22,532 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
1	Vitamin E	200 iu
2	Aerobic Exercise (Cardio)	1 hour
3	Coenzyme Q10 (CoQ10)	100 mg
4	Acetyl-L-Carnitine	500 mg
5	Creatine	4 g
6	Gluten-Free Diet	
7	Ginkgo	120 mg
8	Physical Therapy	30 minutes
9	Tai Chi	1 hour
10	Balance And Mobility Training	30 minutes

1

Vitamin E

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

Vitamin E is an antioxidant important for the immune system and for heart health [R].

Plant-based foods have the most vitamin E. These include [R]:

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [R].

How it helps

Vitamin E has antioxidant properties that can protect against oxidative stress and neuron degeneration in ataxia. It supports cell membrane stability and neurological function, potentially slowing the progression of ataxia symptoms.

In a study of 24 patients with Ataxia with Vitamin E Deficiency (AVED), daily supplementation of 800 mg of Vitamin E normalized serum levels and moderately improved cerebellar ataxia symptoms, particularly in those with a disease duration of 15 years or less [R].

2

Aerobic Exercise (Cardio)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic exercise improved disease severity, balance, and gait performance in 2 preliminary trials of 46 patients with cerebellar ataxia [R, R].

3

Coenzyme Q10 (CoQ10)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a 100 mg Coenzyme Q10 (CoQ10) supplement once daily with a meal that contains fat for better absorption.

TYPICAL STARTING DOSE

100 mg

Description

Coenzyme Q10 (CoQ10) is a naturally occurring antioxidant that plays a crucial role in cellular energy production. It is often taken as a supplement to support heart health, improve energy levels, and provide antioxidant protection, especially for individuals with certain medical conditions or as they age.

Coenzyme Q10 (CoQ10) is a compound that helps enzymes work better. By doing so, CoQ10 helps improve [R, R, R, R]:

- Energy levels
- Antioxidant protection
- Heart health
- Muscle strength
- Blood sugar control

The amount of CoQ10 made by your body decreases as you get older. Luckily, you can also get it from food or supplements. Good sources of CoQ10 include [R, R]:

- Organ meats
- Fatty fish
- Whole grains

How it helps

CoQ10 supplementation has been studied for its role in neuroprotective activities and energy metabolism improvements. In conditions like ataxia, where mitochondrial dysfunction is a feature, CoQ10 can help by improving energy production and reducing oxidative damage.

4

Acetyl-L-Carnitine

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 500-1,000 mg of Acetyl-L-Carnitine per day, split into 2 or 3 doses, with or without food. Joe prefers taking 500 mg in the morning. It can be taken indefinitely for chronic conditions or for a period of several months for acute concerns.

TYPICAL STARTING DOSE

500 mg

Description

Carnitine is a protein building block (amino acid). It comes in many forms, such as acetyl-L-carnitine. Acetyl-L-carnitine may help with nerve damage and mood problems.

Carnitine is a protein building block (amino acid). It comes in many forms, such as acetyl-L-carnitine [R, R, R].

Acetyl-L-carnitine may help with [R, R, R]:

- Nerve damage
- Mood problems
- Cognitive decline

Doctors are also studying its potential effect on drug addiction [R].

How it helps

Acetyl-L-Carnitine has shown potential in improving coordination and motor functions in individuals with ataxia. It helps by enhancing mitochondrial function, which is often compromised in ataxia, leading to improved neuronal energy metabolism.

5

Creatine

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 4 grams of creatine supplement daily, ideally mixed with water or juice. This dosage can be maintained consistently without needing specific periods of cycling on or off.

TYPICAL STARTING DOSE

4 g

Description

Creatine is a popular dietary supplement among athletes and bodybuilders, known to enhance muscle performance during short bursts of high-intensity activities. It may help improve exercise performance and support muscle growth when used as directed.

Creatine is a compound naturally produced by the body. It's stored in the muscles and brain [R].

During exercise, creatine is released to boost performance and help build muscles. For this reason, it's a popular supplement among athletes [R, R].

Sources of creatine include [R]:

- Red meat
- Seafood
- Supplements

How it helps

Creatine supplementation can enhance mitochondrial function and energy metabolism, which may benefit individuals with ataxia. It supports cellular energy production, potentially improving muscle strength and neurological function.

6

Gluten-Free Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Remove all foods containing wheat, barley, and rye from your diet. This includes obvious sources like bread and pasta, as well as hidden sources in sauces, soups, and processed foods. Check labels for gluten-free certification, and aim to maintain this diet consistently, as even small amounts of gluten can cause symptoms to recur in sensitive individuals.

Description

A gluten-free diet is essential for individuals with celiac disease or gluten sensitivity. It helps prevent digestive issues and promotes overall health by avoiding foods containing gluten, a protein found in wheat, barley, and rye.

Gluten is a protein found in wheat and some other grains. **People with celiac disease have to follow a gluten-free diet to prevent gut damage.** A gluten-free diet eliminates all foods containing [R, R]:

- Wheat
- Barley
- Rye
- Malt
- Brewer's yeast

How it helps

For individuals with gluten ataxia, a type of immune-mediated ataxia, eliminating gluten from the diet can help reduce antibodies that may attack the brain and nervous system. This dietary change can stabilize or improve ataxia symptoms by reducing gluten-induced immune responses.

7

Ginkgo

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 120 mg of Ginkgo supplement daily, preferably with meals to aid absorption. This dosage is typically split into two 60 mg doses taken in the morning and evening for best results.

TYPICAL STARTING DOSE

120 mg

Description

Ginkgo (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [R, R].

According to limited evidence, ginkgo leaf extract may help with [R, R, R, R]:

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

How it helps

Ginkgo biloba has shown potential in improving ataxia symptoms. It helps by enhancing blood flow to the brain, which can improve cognitive function and potentially reduce some symptoms related to ataxia. Increased blood flow supports healthier neural functioning, which is crucial in conditions affecting motor control and coordination.

8

Physical Therapy

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Attend physical therapy sessions 2-3 times per week for a duration of 4-6 weeks, depending on your specific condition and the advice of your healthcare provider. Each session typically lasts about 30-60 minutes, where a licensed therapist will guide you through targeted exercises, stretches, and possibly other treatments like electrical stimulation or ultrasound therapy.

TYPICAL STARTING DOSE

30 minutes

Description

Physical therapy is a therapeutic practice focused on optimizing physical function and mobility through specialized exercises, manual techniques, and therapeutic modalities. It helps individuals recover from injuries, manage chronic conditions, and improve overall physical well-being by enhancing strength, flexibility, and pain management.

Physical therapy (**physiotherapy**) helps people regain or maintain their ability to move [R].

Physical therapy can involve [R]:

- Joint or muscle exercises
- Corrective movements
- Massage
- Education and advice

People mainly use physical therapy to help with [R, R]:

- Pain and injury
- Stroke recovery
- Chronic health conditions
- Headaches

Mirror therapy uses a mirror placed between the arms or legs. The image of a moving arm or leg gives the illusion of normal movement in the affected one. This therapy stimulates different brain regions and aims to improve mobility [R].

Constraint-induced movement therapy is another type of physical therapy. It consists of restraining the healthy leg or arm to increase the use of the affected one [R].

How it helps

Physical therapy provides tailored exercises that focus on improving movement control, coordination, and balance for ataxia patients. It can also help prevent joint stiffness and maintain muscle strength.

9

Tai Chi

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Practice Tai Chi for 30 to 60 minutes at least twice a week. Choose a quiet, spacious area and follow along with a qualified instructor, either in person at a class or through an online video tutorial, to ensure proper technique and maximum benefit.

TYPICAL STARTING DOSE

1 hour

Description

Tai Chi is a traditional Chinese mind-body practice involving slow, flowing movements and deep breathing. It is known for its potential to reduce stress, improve balance, and enhance overall physical and mental well-being.

Tai chi involves gentle movements and breathing to strengthen and relax the mind and body. Practicing tai chi may help [R, R, R]:

- Manage pain
- Improve fitness
- Increase well-being
- Improve sleep and mood

How it helps

Tai Chi involves gentle, flowing movements that can enhance balance and coordination in individuals with ataxia. Its slow and controlled movements are particularly beneficial for improving stability and reducing the risk of falls.

10

Balance And Mobility Training

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate balance and mobility exercises into your routine three to four times per week. Each session should last approximately 30 minutes and include activities such as standing on one foot, walking heel to toe, and tai chi or yoga. Start with simple exercises and gradually increase difficulty as your balance improves.

TYPICAL STARTING DOSE

30 minutes

Description

Balance and mobility training exercises, such as yoga or tai chi, can improve stability and reduce the risk of falls, particularly among older adults. These exercises enhance overall physical function.

How it helps

These exercises specifically target balance and mobility challenges faced by individuals with ataxia. Training can lead to improvements in walking, posture, and daily activities by strengthening the muscles and enhancing coordination.

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.

Vitamin B12	**687 pg/mL**	200 – 400 – 1000 – 1100	9 Nov 2025
Vitamin D, 25-Hydroxy, Total	**58.59 ng/mL**	10 – 20 – 30 – 75 – 150	9 Nov 2025