

Basal Cell Carcinoma

Disease Report

REPORT CATEGORIES —



SKIN & BEAUTY



CANCER

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

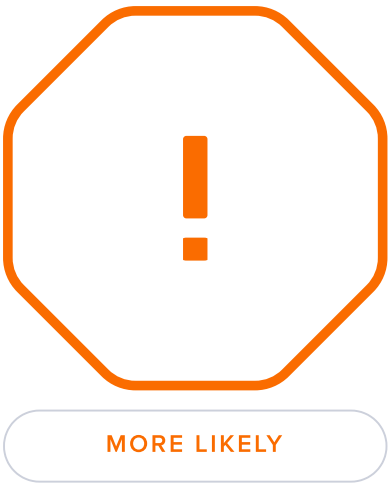
Basal cell carcinoma (BCC) is the most common form of skin cancer, arising from the basal cells that reside in the deepest layer of the epidermis and around the hair follicles. BCC often appears as a slightly transparent bump on the skin, though it can also take on the form of a pinkish patch or a lesion that occasionally bleeds or oozes.

The condition is especially common in those with fair skin, though it can occur in individuals of any skin tone. Typically, it is associated with long-term exposure to ultraviolet (UV) radiation from sunlight or artificial sources such as tanning beds.

Treatment and Prognosis

Unlike other forms of skin cancer, basal cell carcinoma rarely spreads (metastasizes) beyond the original tumor site. However, it can be disfiguring if not treated promptly and can cause considerable destruction and disfigurement by invading surrounding tissues.

It's important to monitor changes in the skin and seek medical advice if any suspicious growths or new lesions appear, especially in areas that receive a lot of sun exposure. Treatment options vary depending on the severity and can include surgical excision, topical medications, cryotherapy, laser therapy, or radiation, with the aim to remove or destroy the cancerous cells.



More likely to have basal cell carcinoma based on 33,751 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SLC45A2	rs16891982	GG
RHOU	rs61824911	GA
LPP	rs2049218	TT
PADI6	rs12122129	GA
EDN2	rs2781249	CC
TYR	rs1126809	AG
FOXP1	rs35768603	TC
BNC2	rs10810657	AT
CTLA4	rs1427676	TC
RNASET2	rs4710154	TA
KANK1	rs1323262	CG
IRF4	rs62389423	GG
FANCA	rs12931267	CC
ASIP	rs56238684	GG
KRT5	rs11170164	CC
ASIP	rs17401449	AA
HLA-F	rs29243	GG
NDRG3	rs55804368	CC
EXO1	rs4149909	AA
CTSS	rs41271951	AA
NEK9	rs7145468	AA
OCA2	rs1800407	CC
NCR3	rs61447909	GG
HLA-DQB1	rs9268847	AA
/	rs2572140	GG
SOX4	rs55775505	CC
TICAM1	rs10425559	AA
CTSH	rs2289702	CC
CCDC88B	rs663743	GG
GRHL1	rs6741117	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	Maintain Optimal Vitamin D Levels	1000 iu	2	Omega-3 (Fish Oil)	2000 mg
3	Green Tea	400 mg	4	Turmeric	
5	Avoid Radiation Exposure		6	Avoid Excess Sunlight Exposure	
7	Topical Honey		8	Topical Retinoids	
9	Topical Vitamin C				

1

Maintain Optimal Vitamin D Levels

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Vitamin D has been shown to play a role in cell growth regulation and may help in reducing the risk of certain skin cancers, including basal cell carcinoma.

2



Omega-3 (Fish Oil)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids, found in fish and some plants, have anti-inflammatory properties that could help reduce the risk of skin cancers such as basal cell carcinoma. These fatty acids can modulate the immune response and might protect the skin from the harmful effects of UV radiation by reducing inflammation and possibly preventing DNA damage in skin cells.

3



Green Tea

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R, R, R, R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Compounds in green tea, particularly catechins like EGCG, have shown anticancer properties in several studies. These compounds may help protect skin cells from the damage that leads to basal cell carcinoma by neutralizing harmful free radicals and reducing inflammation.

4



Turmeric

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the *Curcuma longa* plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, a compound with strong anti-inflammatory and antioxidant properties. Research suggests that curcumin can help inhibit the growth of various types of cancer cells, including skin cancer cells, by inducing apoptosis (programmed cell death) and suppressing tumor growth.

5



Avoid Radiation Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Minimize your exposure to radiation by staying at least six feet away from radiation-emitting devices like X-rays and microwaves whenever possible. Limit your time in areas with high radiation levels and opt for alternatives to X-ray exams when available. Wear protective gear, such as lead aprons, when exposure is unavoidable, and follow safety protocols during medical procedures involving radiation.

Description

Avoiding excessive exposure to radiation, whether from medical procedures or environmental sources, can help protect against the risk of DNA damage and potential cancer development.

How it helps

Radiation exposure, such as from UV light or medical treatments, is a significant risk factor for developing basal cell carcinoma.

6



Avoid Excess Sunlight Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit direct sun exposure to early morning or late afternoon hours, ideally before 10 a.m. or after 4 p.m., when UV rays are less intense. Wear protective clothing, such as long-sleeved shirts, pants, and wide-brimmed hats, along with sunglasses that block UVA and UVB rays. Apply a broad-spectrum sunscreen with at least SPF 30 to all exposed skin, reapplying every two hours or immediately after swimming or sweating.

Description

Avoiding excessive sunlight exposure and practicing sun safety measures, such as wearing sunscreen and protective clothing, helps reduce the risk of skin damage, including sunburn and skin cancer. It supports long-term skin health and minimizes the harmful effects of UV radiation.

[Sunlight](#) or bright light during the day can benefit your body and mind. It may [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Boost your mood
- Boost your performance and energy
- Improve sleep quality

Experts recommend getting **at least 5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

However, **excessive sun exposure may lead to sunburn, skin aging, and skin cancer**, so make sure to find the right balance [\[R\]](#), [\[R\]](#).

How it helps

Basal cell carcinoma is primarily caused by long-term exposure to ultraviolet (UV) radiation from the sun. By limiting exposure to intense sunlight, especially during the peak hours of the day, you can reduce your risk of developing this type of skin cancer. Wearing protective clothing, using sunscreen, and seeking shade are effective strategies to protect your skin.

7



Topical Honey

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of raw, unpasteurized honey directly to the affected area of the skin. Cover it with a sterile bandage and leave it on for at least 1 hour, or overnight for best results. Repeat daily until improvement is seen.

Description

Honey is a natural topical application known for its moisturizing, antibacterial, and wound-healing properties. It is used to soothe dry skin, promote skin repair, and address minor burns and cuts.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. For example, kanuka honey is made from the flowers of the New Zealand kanuka tree [\[R, R\]](#).

Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It may help with [\[R, R, R, R\]](#):

- Heart problems
- Gut problems
- Cough
- Skin problems

How it helps

Honey has antibacterial properties and provides a moist wound environment conducive to healing. For BCC, using medical-grade honey topically can help reduce infection risk and promote faster healing of the ulcerated area.

8



Topical Retinoids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a pea-sized amount of topical retinoid to clean, dry skin once every evening before moisturizing. Start with applications 2-3 times a week, gradually increasing to nightly use as your skin tolerates it.

Description

Retinoids are a class of vitamin A derivatives used topically for their ability to address various skin concerns, including acne, fine lines, and hyperpigmentation. They work by promoting cell turnover and collagen synthesis.

Retinoids are compounds related to [vitamin A](#). They include [\[R\]](#):

- Vitamin A (retinol)
- Natural vitamin A derivatives (retinoic acid, retinaldehyde, retinyl esters)
- Synthetic derivatives (tretinoin, isotretinoin, etretinate, tazarotene)

Retinoids control the growth of the skin and blood vessels. People apply topical retinoids to improve skin conditions such as [\[R\]](#):

- **Wrinkles**
- Acne
- Psoriasis
- Eczema
- Skin cancers

Please note: Topical synthetic retinoids are prescription drugs and should only be used if prescribed by a doctor. They can have significant side effects. Natural retinoids are much safer and available in different OTC cosmetic products.

How it helps

Retinoids have been used to treat various skin cancers and pre-cancers by promoting cell turnover and reducing abnormal cell growth.

9

Topical Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a vitamin C serum to your face and neck once a day, preferably in the morning before applying sunscreen and makeup. It should be left on the skin, not washed off. Consistent daily use is needed for best results.

Description

Topical vitamin C, often in the form of ascorbic acid, is used for its antioxidant properties to protect the skin from environmental damage and promote collagen synthesis, benefiting overall skin health. It can be sourced from various natural plant extracts, such as citrus fruits.

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Topical Vitamin C is known for its skin-healing properties, including promoting collagen synthesis, which can help in the healing process of rodent ulcers (basal cell carcinoma). It may also reduce the risk of scar formation by enhancing tissue repair.

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.