

Behcet's Disease

Disease Report

REPORT CATEGORIES —



HEART & BLOOD
VESSELS



INFLAMMATION &
AUTOIMMUNITY

Sample Client

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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.

Personal information

NAME

Sample Client

SEX AT BIRTH

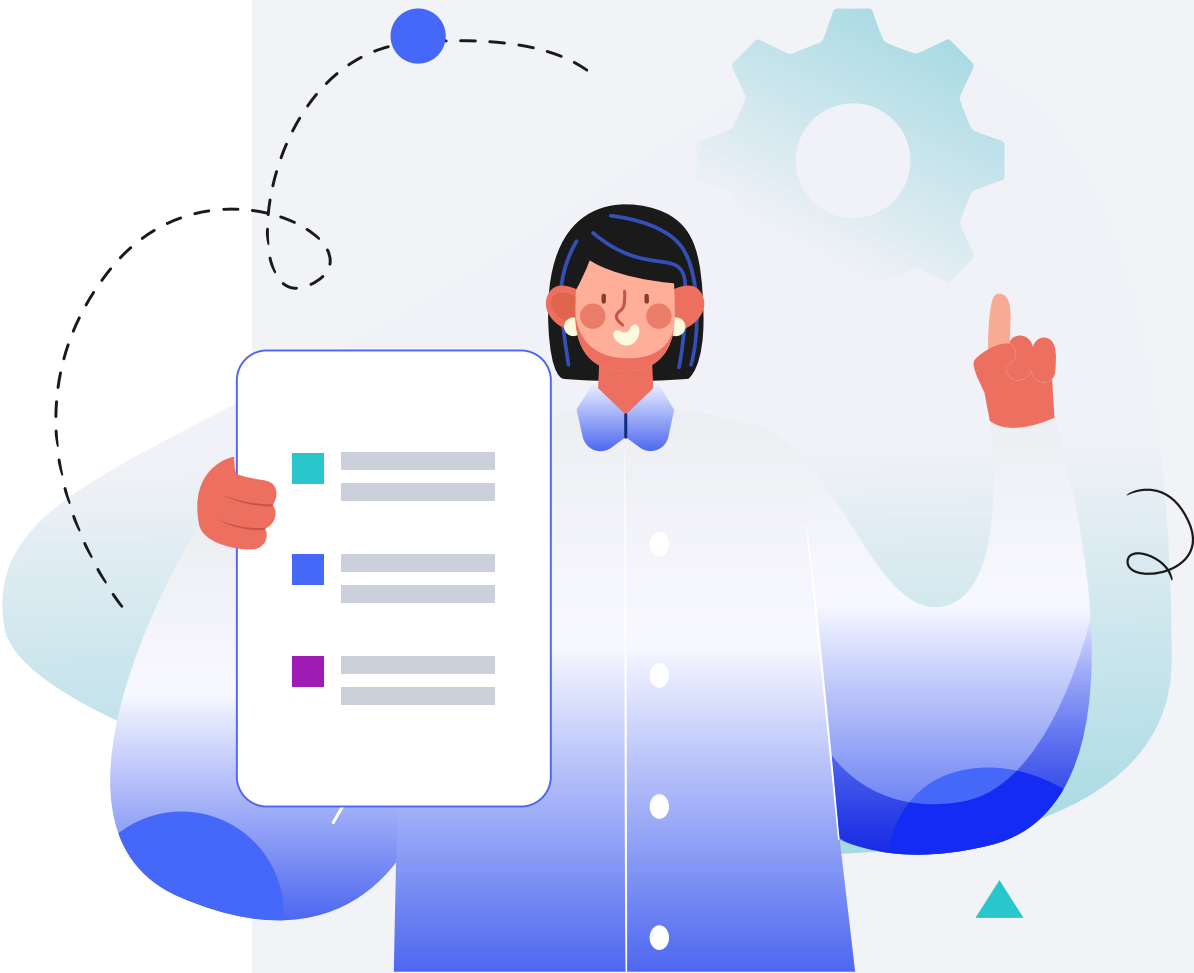
Male

HEIGHT

5ft 5" 165cm

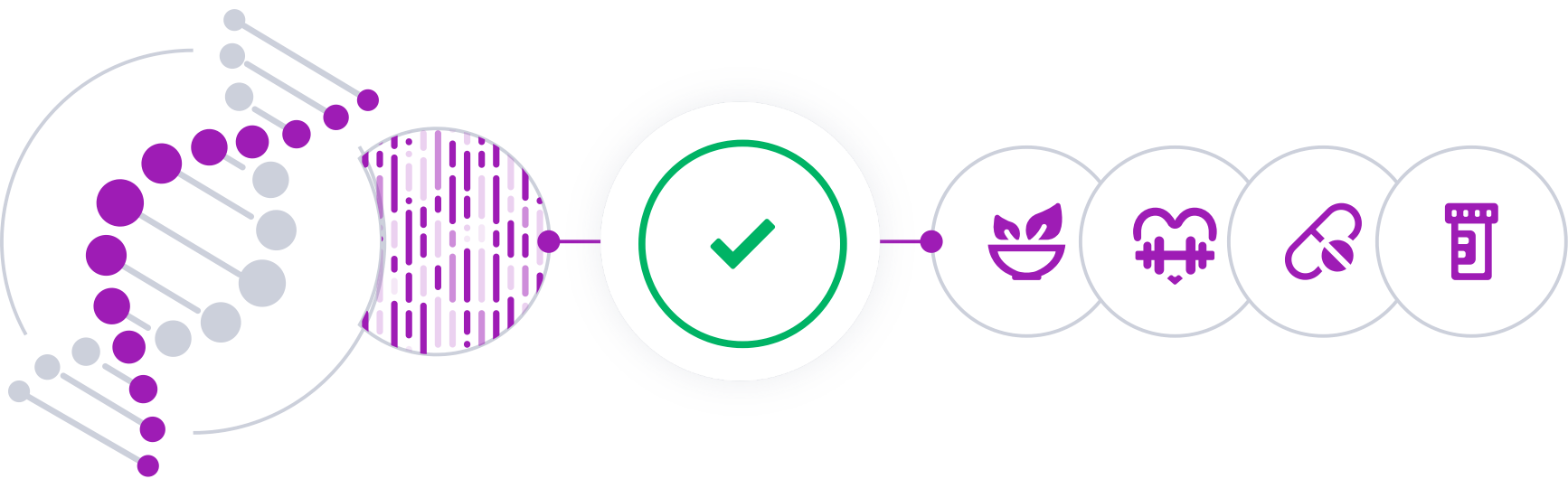
WEIGHT

137lb 62kg



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.

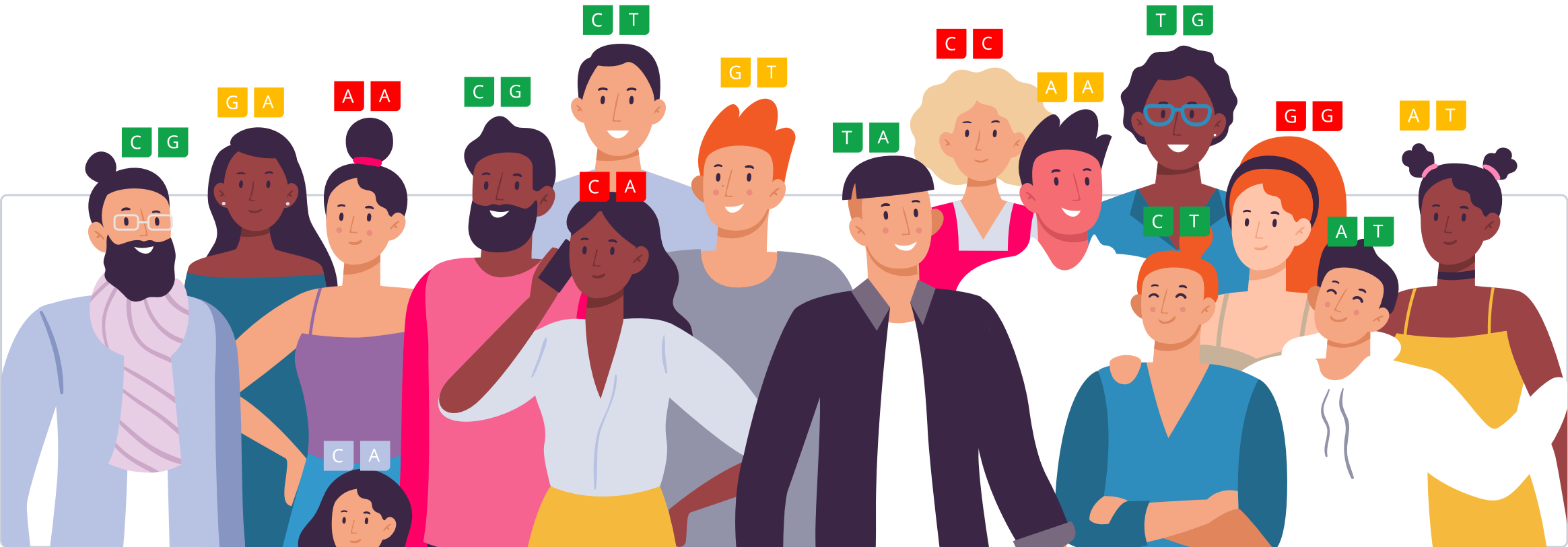


Similarly, our Trait Reports look at how your DNA influences your traits.



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

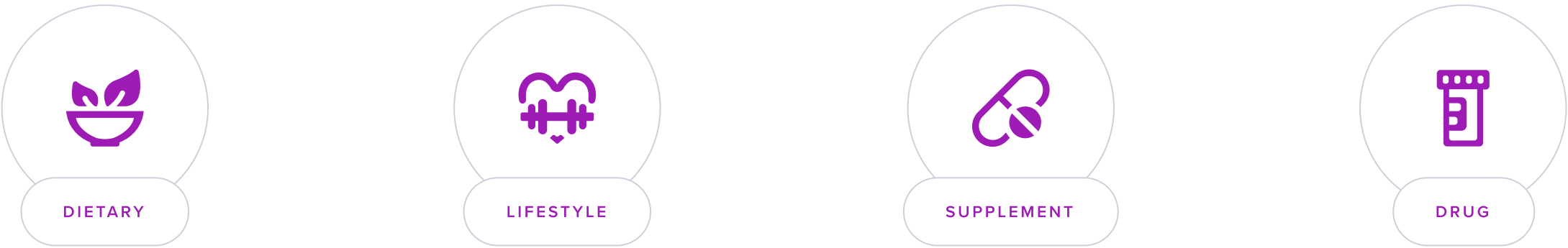
You have 2 risk alleles

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

Behçet’s disease, also known as Behçet’s syndrome, is a rare disorder that causes blood vessel inflammation throughout the body. The cause of Behçet’s disease isn't fully understood but it may be autoimmune.

Symptoms can vary significantly from person to person but commonly include painful mouth sores, genital sores, inflammation in parts of the eye, and skin problems. In some cases, more serious complications such as arthritis, bowel inflammation, and inflammation in the central nervous system can occur. These may affect the brain and spinal cord.

Diagnosis and Treatment

The nature of Behçet’s disease is episodic, meaning the symptoms may flare up intermittently followed by periods of remission. Since it’s a chronic condition, the flares can recur over a person’s lifetime. Diagnosis of Behçet’s disease can be challenging as there is no specific test for it. Physicians usually diagnose it based on symptoms and ruling out other conditions.

Treatment often focuses on reducing the symptoms and preventing serious complications with medications that reduce inflammation and suppress the immune system. Because of its complexity, management of Behçet’s disease often involves a team of specialists.



TYPICAL LIKELIHOOD

Typical likelihood of Behcet's disease based on 390 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CCR5	rs13092160	TT
CCR3	rs13075270	TT
PDGFRL	rs17633132	CC
YJU2	rs428253	GC
TNFAIP3	rs10499194	CC
MTHFD1L	rs12216229	AA
HPCAL4	rs11206377	GG
CPVL	rs317711	GC
CCDC180	rs2061634	GC
CD40	rs4810485	TG
CD40	rs1883832	TC
UBASH3B	rs4936742	CT
STAT3	rs2293152	GC
ERAP1	rs17482078	CC
POU5F1	rs4959053	GG
TFCP2L1	rs17006292	CC
HLA-C	rs76546355	GG
PSORS1C1	rs12525170	GG
CCR3	rs13084057	CC
IRF5	rs192829776	CC
GPR18	rs17575643	CC
GPR18	rs9517668	AA
UBAC2	rs9554581	CC
GPR18	rs727263	GG
GPR18	rs7332161	GG
REV3L	rs13210247	AA
TNF	rs1800629	GG
TRAPPC2L	rs79831785	TT
/	rs17810456	TT
GPR18	rs2892976	AA
IL12A	rs17810546	AA
UTS2	rs72633102	CC

GENE	SNP	GENOTYPE
IL12A	rs17753641	AA
TNFAIP3	rs9494885	TT
UBAC2	rs7999348	AA
UBAC2	rs9513584	AA
UBAC2	rs6491493	CC
UBAC2	rs9554573	GG
UBAC2	rs9517644	CC

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	Zinc Sulfate	220 mg	2	Turmeric	
3	Good Oral Hygiene	2 minutes	4	Maintain Optimal Vitamin D Levels	1000 iu
5	Omega-3 (Fish Oil)	2000 mg	6	Avoid Excess Sunlight Exposure	
7	Curcumin	500 mg	8	Topical Chamomile	
9	Mediterranean Diet		10	Zinc	15 mg
11	Topical Alpha-Lipoic Acid		12	Topical Aloe Vera	

1



Zinc Sulfate

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take zinc sulfate as a dietary supplement by swallowing one 220 mg tablet (equivalent to 50 mg elemental zinc) with water, once daily, preferably with a meal to avoid stomach upset. This regimen can be followed for up to 2 weeks unless advised differently by a healthcare professional.

TYPICAL STARTING DOSE

220 mg

Description

Zinc sulfate is a chemical compound containing zinc and sulfur, used in dietary supplements to address zinc deficiencies, boost immune function, and support skin health. It's employed in medical settings to treat conditions like Wilson's disease and zinc deficiency-related disorders.

How it helps

In a study on Behçet's disease, oral zinc sulfate was found to significantly improve clinical symptoms, evidenced by a decrease in the Clinical Manifestations Index, without any observed side effects, suggesting its effectiveness as a treatment option [\[R\]](#).

2



Turmeric

IMPACT

1 / 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

Supplementation with curcumin decreased disease activity and improved immunological parameters in 2 trials of 56 patients with Behçet's disease [\[R\]](#), [\[R\]](#).

Turmeric contains curcumin, a compound with anti-inflammatory properties. In Behcet's disease, inflammation plays a significant role in symptoms like mouth ulcers and skin lesions. Curcumin can help reduce these inflammations and alleviate symptoms.

3



Good Oral Hygiene

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Brush your teeth at least twice a day for two minutes each time using fluoride toothpaste. Floss daily to remove plaque from places your toothbrush can't reach and consider using mouthwash. Visit your dentist at least twice a year for professional cleanings and checkups.

TYPICAL STARTING DOSE

2 minutes

Description

Good oral hygiene, which includes regular brushing, flossing, and dental check-ups, is crucial for preventing tooth decay, gum disease, and maintaining overall oral health. A healthy mouth contributes to overall well-being and can prevent dental issues that may impact systemic health.

Oral hygiene refers to practices that keep the mouth healthy. Good habits include [R](#), [R](#):

- Gently brushing the teeth and tongue for two minutes, at least twice a day
- Flossing daily
- Using a toothpaste with fluoride and a soft toothbrush
- Replacing a worn toothbrush at least every 3 months

To help maintain good oral hygiene, it is also important to regularly see dental professionals. They can help prevent and address issues with your teeth and gums.

How it helps

Behcet’s disease often causes oral ulcers. Maintaining good oral hygiene can help reduce the occurrence of these painful ulcers, promoting faster healing and reducing discomfort.

4



Maintain Optimal Vitamin D Levels

IMPACT

0 / 5

EVIDENCE

0 / 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 is known to have immunomodulatory effects which can help regulate the immune system and may reduce the severity of symptoms in Behcet’s disease.

5



Omega-3 (Fish Oil)

IMPACT

0 / 5

EVIDENCE

0 / 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 have anti-inflammatory properties, which can help reduce the inflammation associated with Behcet’s disease, potentially easing symptoms.

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

Excessive sunlight can trigger or worsen the symptoms of Behcet’s disease, particularly causing skin lesions to flare. Limiting sun exposure can help minimize these flare-ups.

How to implement

TYPICAL STARTING DOSE

500 mg

Description

Turmeric is a yellow spice from India. It may reduce inflammation and **oxidative stress** [R].

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, found in turmeric, has strong anti-inflammatory properties that can help in reducing inflammation associated with Behcet's disease.

8

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

Chamomile contains compounds that may reduce inflammation. Applying chamomile topically can potentially provide relief from the skin manifestations of Behcet’s disease by soothing the skin and reducing irritation.

9



Mediterranean Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

The Mediterranean diet is rich in fruits, vegetables, whole grains, and healthy fats, which collectively help reduce inflammation and may alleviate symptoms of Behcet’s disease.

10



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc plays a crucial role in immune system regulation and has anti-inflammatory effects. It may help reduce the frequency and severity of Behcet’s disease flare-ups by regulating the immune response and reducing inflammation in the body. A clinical trial indicated that zinc supplementation could improve oral ulcerations, a common symptom of Behcet’s disease.

11

Topical Alpha-Lipoic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of alpha-lipoic acid cream, gel, or serum to the affected area of the skin once or twice daily, after cleansing and drying the skin thoroughly. Ensure to avoid contact with eyes and mucous membranes. Use consistently for at least 1-2 months to observe potential benefits.

Description

Alpha-lipoic acid is an antioxidant compound that can be applied topically to protect the skin from oxidative stress and promote a more youthful appearance. It may help reduce signs of aging and improve skin texture.

[Alpha-lipoic acid](#) is a natural antioxidant. It’s found in almost every cell in your body [\[R, R, R\]](#).

People use alpha-lipoic acid to help with [\[R, R, R\]](#):

- Complications of high blood sugar
- Skin aging
- Weight loss

How it helps

Alpha-Lipoic Acid, known for its antioxidant properties, may help in reducing the oxidative stress associated with Behcet’s disease, thereby alleviating symptoms and promoting skin health.

12



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

Aloe Vera has been known for its anti-inflammatory properties, which can help soothe skin affected by Behcet’s disease, reducing redness and irritation in lesions.

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.

