SelfDecode™

Bell's Palsy

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

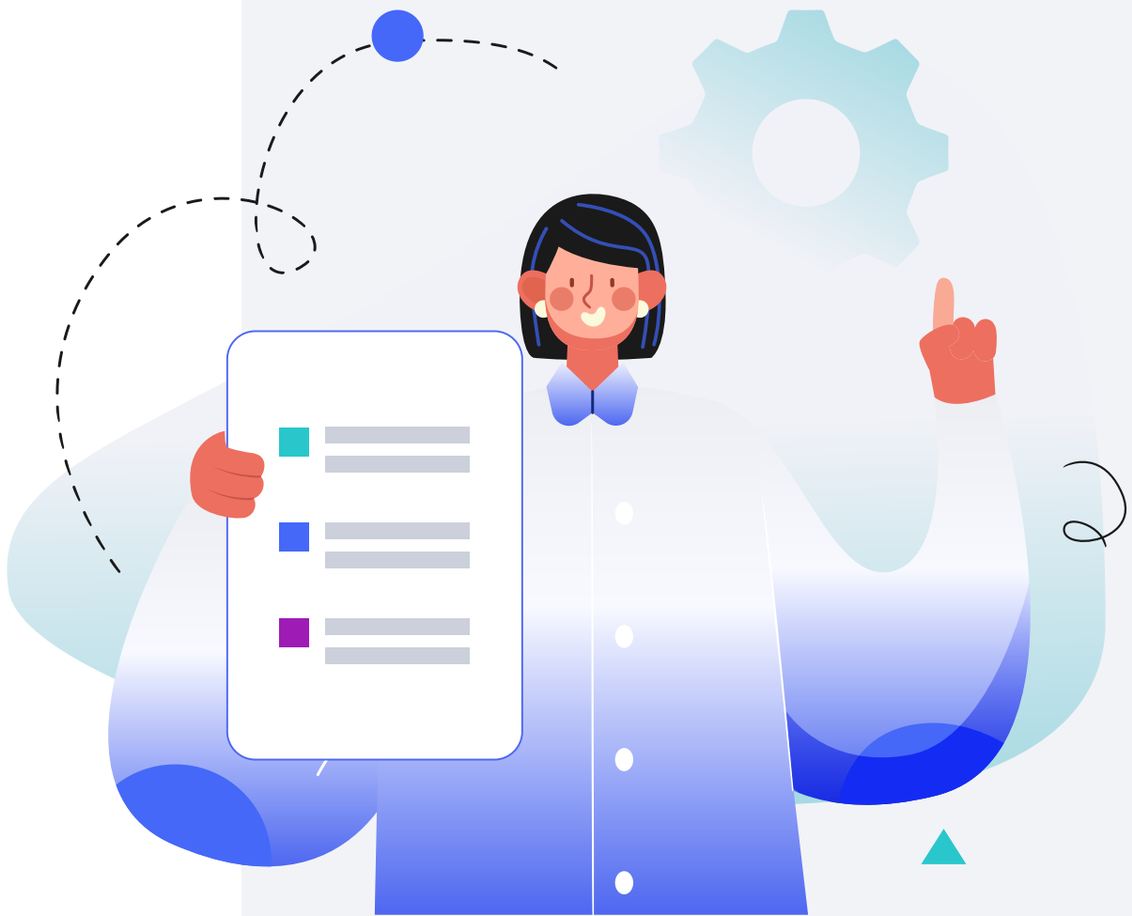
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

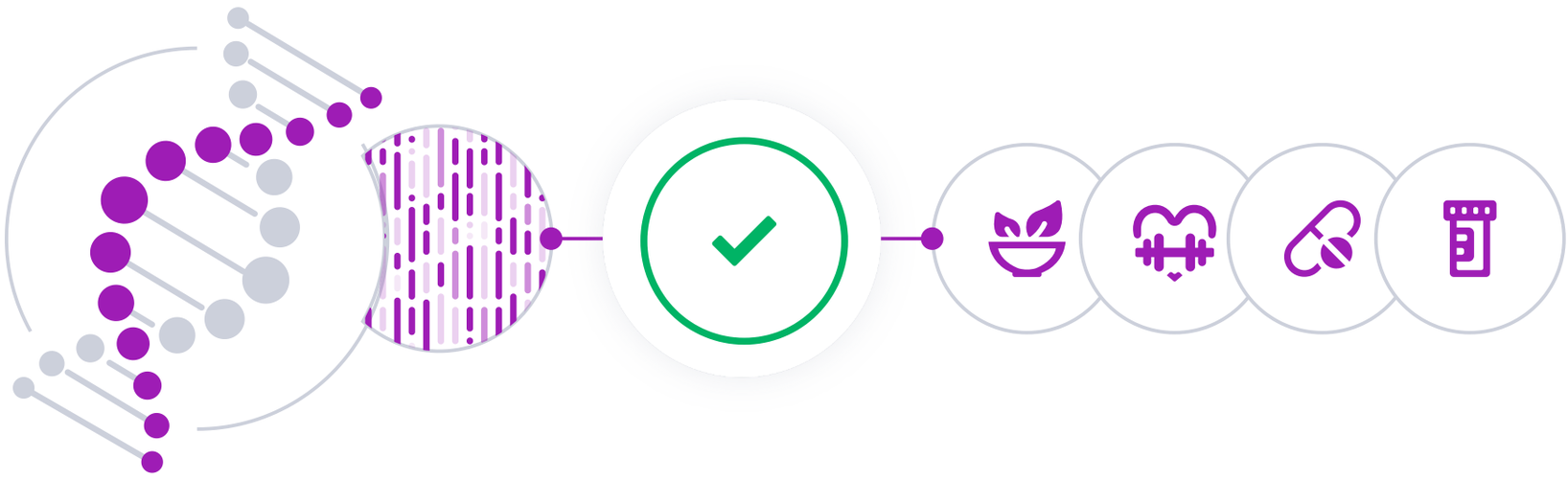


DISCLAIMER

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

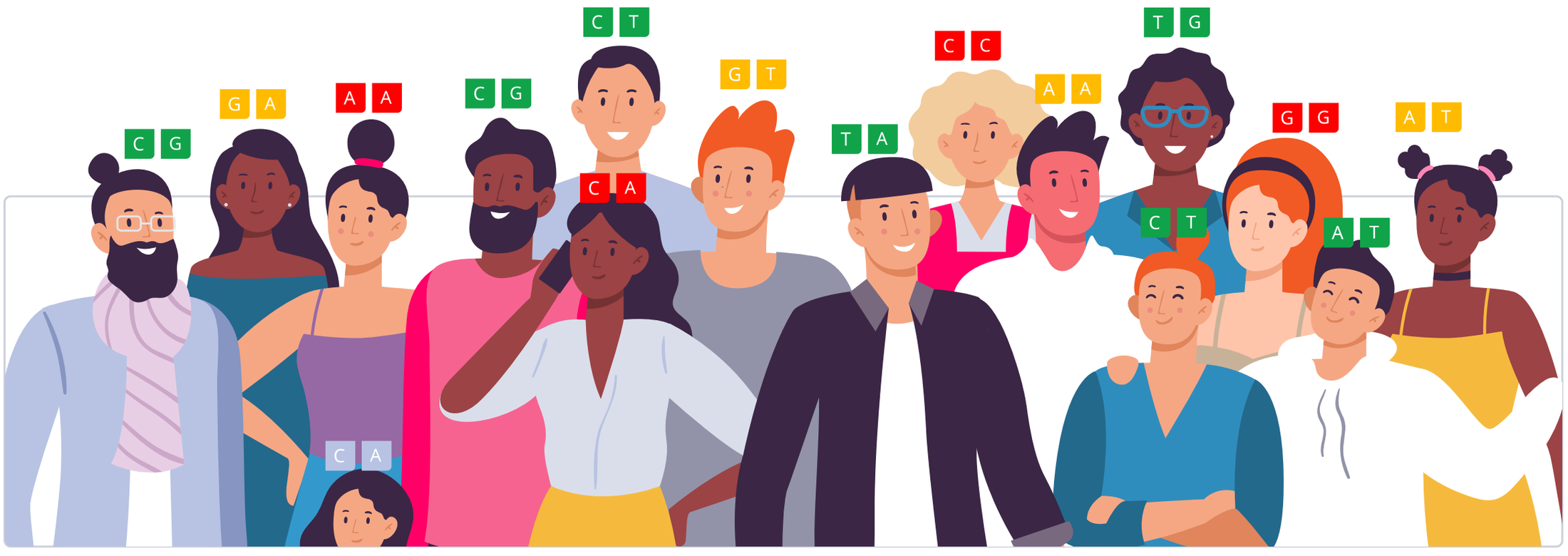
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

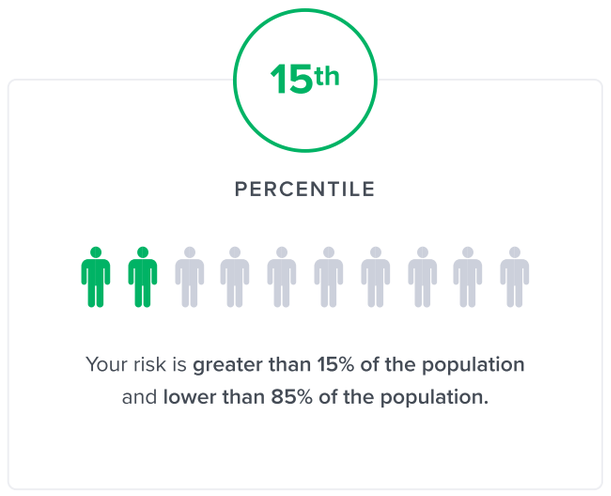
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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

Bell's palsy is a condition that causes sudden, temporary weakness or paralysis of the facial muscles, making half of the face appear to droop.

The exact cause isn't known, but it's believed to be linked to viral infections that cause inflammation of the facial nerve. It's the most common cause of facial paralysis worldwide.

Symptoms of Bell's palsy include:

- Rapid onset of mild weakness to total paralysis on one side of your face — occurring within hours to days.
- Facial droop and difficulty making facial expressions, such as closing your eye or smiling.
- Drooling.
- Pain around the jaw or behind the ear on the affected side.
- Increased sensitivity to sound on the affected side.
- Headache.
- A loss of taste on the front two-thirds of the tongue.
- Changes in the amount of tears and saliva produced.

Risk Factors and Genetics

Risk factors for Bell's palsy include:

- Viral infections, particularly herpes simplex, which is the same virus that causes cold sores.
- Other infections, such as Epstein-Barr, influenza, and respiratory tract infections, may also be associated with the development of Bell's palsy.
- Diabetes.
- Pregnancy, especially during the third trimester, or postpartum.
- Genetics.

Up to 15% of the differences in Bell’s palsy may be due to genetics [R].

A family history of the condition could be a risk factor, indicating a possible genetic predisposition. However, most cases of Bell's palsy are isolated and not directly linked to genetic factors.

TYPICAL LIKELIHOOD

Typical likelihood of having Bell’s palsy based on 481,636 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs575548842	AA
ROBO2	rs6789770	GG
NFKBIE	rs9357446	GA
/	rs757708187	CDEL(TT)
INO80B	rs75192983	TC
TENT5A	rs7744539	GG
CD55	rs746932610	GG
POU3F1	rs77633398	GG
/	rs748889443	AA
MGA	rs139213873	CC
SLC2A1	rs80136426	CC
RARB	rs146881812	AA
KCNK17	rs116113578	GG
/	rs540146895	CC
SORL1	rs139851679	GG
/	rs183047346	TT
/	rs758858632	AA
NTNG2	rs192147659	CC
DISC1	rs145480862	AA
EYA1	rs553911686	GG
LIFR	rs150521225	TT
BOLA3	rs141807309	AA
LUZP1	rs766316829	CC
XCL2	rs189081221	TT
KCNMA1	rs193226531	GG
CXORF51B	rs782269851	T
ASAH1	rs149722314	GG
L1TD1	rs147389517	AA
MAGED1	rs140779411	C
SLC41A3	rs113034576	AA
MGAT4C	rs117123338	GG
MAGED4	rs73206415	C

GENE	SNP	GENOTYPE
MGAT4C	rs12422471	GC
NPPC	rs2580855	TT
/	rs338767	GG
OPRL1	rs2983443	GG
FARP1	rs9556908	GG
VTA1	rs2842765	GG
CDK5RAP3	rs8067216	GG
SLC8A1	rs2045340	AA
FNDC3B	rs2270568	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
1	Mirror Therapy	5 minutes
2	Graded Motor Imagery	10 minutes
3	Myofunctional Therapy	
4	Maintain Eye Moisture	
5	Low-Level Laser Therapy (LLLT)	30 seconds
6	Physical Therapy	30 minutes
7	Speech Therapy	45 minutes
8	Acupuncture	1 hour
9	Stress Management Therapy	1 hour

1 Mirror Therapy

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Place a mirror between your legs or arms, positioning it so the reflection of the unaffected limb appears in place of the affected limb. Spend 5-10 minutes daily performing movements or exercises with the unaffected limb while simultaneously watching its reflection, making it appear as though the affected limb is moving. This should be done for a minimum of 4 weeks to potentially observe improvements in movement and decrease in pain or discomfort.

TYPICAL STARTING DOSE

5 minutes

Description

Mirror therapy is a rehabilitation technique used to alleviate phantom limb pain and improve motor function in individuals who have undergone limb amputations or experienced limb injuries. It involves the use of a mirror to create the illusion of the missing or impaired limb, helping the brain rewire neural pathways and reduce pain perception.

How it helps

Mirror therapy aids in the rehabilitation of Bell's Palsy by stimulating the brain's plasticity, promoting neural pathway rewiring associated with facial muscle movements, which may enhance recovery of facial symmetry and function.

2 Graded Motor Imagery

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Start by visualizing moving the affected limb without actual movement, then progress to mirror therapy where you move the unaffected limb in front of a mirror so it appears the affected limb is moving. Finally, perform simple tasks with the affected limb. Commit to this practice for 10-15 minutes, 2-3 times daily for several weeks.

TYPICAL STARTING DOSE

10 minutes

Description

Graded motor imagery is a rehabilitation technique used to address pain and motor control issues. It involves a series of exercises and mental imagery practices to help individuals recover from musculoskeletal conditions and injuries.

How it helps

Graded motor imagery aids recovery in Bell's Palsy by progressively re-engaging the brain's motor pathways, facilitating the retraining of facial muscle control and reducing the impact of paralysis. This approach enhances neurological rehabilitation and encourages functional recovery.

3

Myofunctional Therapy

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Myofunctional therapy involves performing specific exercises that target the muscles of the mouth and face to improve their function. These exercises should be performed for a few minutes daily, typically under the guidance of a trained myofunctional therapist. The therapy usually lasts for about 6 to 12 months, depending on individual needs and progress.

Description

Myofunctional therapy is a form of orofacial therapy that aims to improve muscle function and coordination in the mouth and throat. It is often used to address issues like speech problems, swallowing difficulties, and sleep apnea.

How it helps

Myofunctional therapy enhances muscle coordination and function in the orofacial region, which can alleviate facial asymmetry and improve speech and swallowing abilities in individuals with Bell's Palsy. This targeted approach helps to restore normal muscle activity and promotes recovery.

4

Maintain Eye Moisture

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Blink regularly especially while using digital devices, take frequent screen breaks every 20 minutes to look at something 20 feet away for 20 seconds, and use a humidifier in dry environments to help maintain eye moisture.

Description

Maintaining eye moisture through methods such as using lubricating eye drops can help prevent dry eye syndrome and maintain ocular comfort. Adequate eye moisture supports visual clarity and reduces the risk of eye discomfort and irritation.

The eyes have a very high water content and a unique system of water regulation. Imbalances in this system may cause dry eyes and blurry vision [R].

Causes of decreased eye moisture include [R, R, R, R]:

- Exposure to dry air
- Wearing contact lenses
- Not blinking enough, especially while working on a computer or reading
- Certain health conditions and surgical procedures
- Dehydration

How it helps

In Bell's Palsy, the inability to close the eyelid can lead to increased exposure of the eye, resulting in dryness and irritation. Maintaining eye moisture through lubricating drops helps protect the cornea, promotes healing, and reduces the risk of complications such as corneal ulceration.

5

Low-Level Laser Therapy (LLLT)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Use a low-level laser therapy device, as directed by its manual or a healthcare professional, on the affected area. Generally, treatment involves applying the laser for a specified duration, often between 30 seconds to several minutes, per treatment area. Sessions can be conducted 2-3 times per week for a period of 4-12 weeks, depending on the condition being treated and the device used.

TYPICAL STARTING DOSE

30 seconds

Description

Low-level laser therapy (LLLT), also known as photobiomodulation, is a type of light therapy that uses low-intensity lasers to promote healing. It has been shown to be effective in treating a variety of conditions, including pain, inflammation, and wound healing.

How it helps

A study involving 46 Bell's palsy patients found that low-level laser therapy (LLLT) combined with facial exercises improved the facial disability index (FDI) more significantly at 3 and 6 weeks compared to exercises alone [R].

Another trial with 48 Bell's palsy patients demonstrated that both high-intensity laser therapy (HILT) and LLLT, along with standard facial massage and exercises, improved recovery. HILT was slightly more effective than LLLT in this regard [R].

6

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 includes exercises to strengthen facial muscles and improve coordination. Regular practice of these exercises can help speed up recovery and improve facial muscle control in individuals with Bell's palsy.

7

Speech Therapy

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Attend speech therapy sessions with a certified speech-language pathologist for 45 to 60 minutes per session, 1-2 times per week, for a period that can range from a few months to over a year, depending on the specific needs and progress.

TYPICAL STARTING DOSE

45 minutes

Description

Speech therapy is a specialized form of therapy that focuses on improving communication skills, speech fluency, and language development in individuals with speech and language disorders, offering support for improved communication and quality of life.

Speech therapy is used to assess and treat speech and communication problems. It helps people develop the skills needed for more effective communication. It is used to treat everything from childhood speech disorders to speech impairments caused by stroke or brain injury.

Speech and language therapy (SLT) aims to improve [R, R]:

- Communication
- Eating
- Drinking
- Swallowing

These programs support children and adults who [R]:

- Recover from a stroke or brain injury
- Have speech disorders (e.g., stuttering)
- Have swallowing or joint disorders

How it helps

Speech therapy can help in regaining muscle control in the face and improve speech and swallowing difficulties associated with Bell's palsy.

8

Acupuncture

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

Acupuncture is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body.** People use it to [R, R, R, R, R]:

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture involves inserting thin needles into specific points on the body to stimulate nerves and muscles. Studies have shown that it can improve facial nerve function and restore muscle movement in Bell's palsy patients.

9

Stress Management Therapy

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Reducing stress can help improve the immune system and potentially aid in quicker recovery from Bell's palsy.

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.

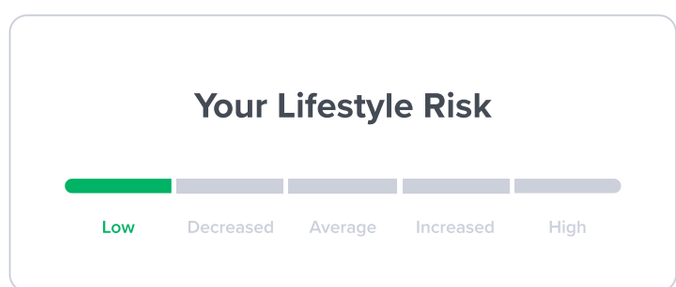
Your Lifestyle Assessments

Ever heard of the term Nature vs. Nurture?

The thing is, both DNA and environment play a role in determining your health risks. The following assessments shows how much of an impact your lifestyle, environment and medical history are having on your health risks.

LIFESTYLE

You have a reduced risk of Bell's Palsy based on the answers you provided.



Factors impacting your risk:

Do you live in a region with an arid climate?

Yes

Increasing Risk

Have you ever been diagnosed with diabetes?

No

Decreasing Risk

Have you ever been diagnosed with high blood pressure (hypertension)?

No

Decreasing Risk

Have you been diagnosed with migraines?

No

Decreasing Risk

Your BMI:

22.77

Decreasing Risk

What is your sex?

Male

Decreasing Risk

What is your height?

165 cm

No impact

What is your current weight?

62.0 kg

No impact