

# Benign Nerve Tumor

## Disease Report

REPORT CATEGORY —



Sample Client

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## Personal information

NAME

**Sample Client**

SEX AT BIRTH

**Male**

HEIGHT

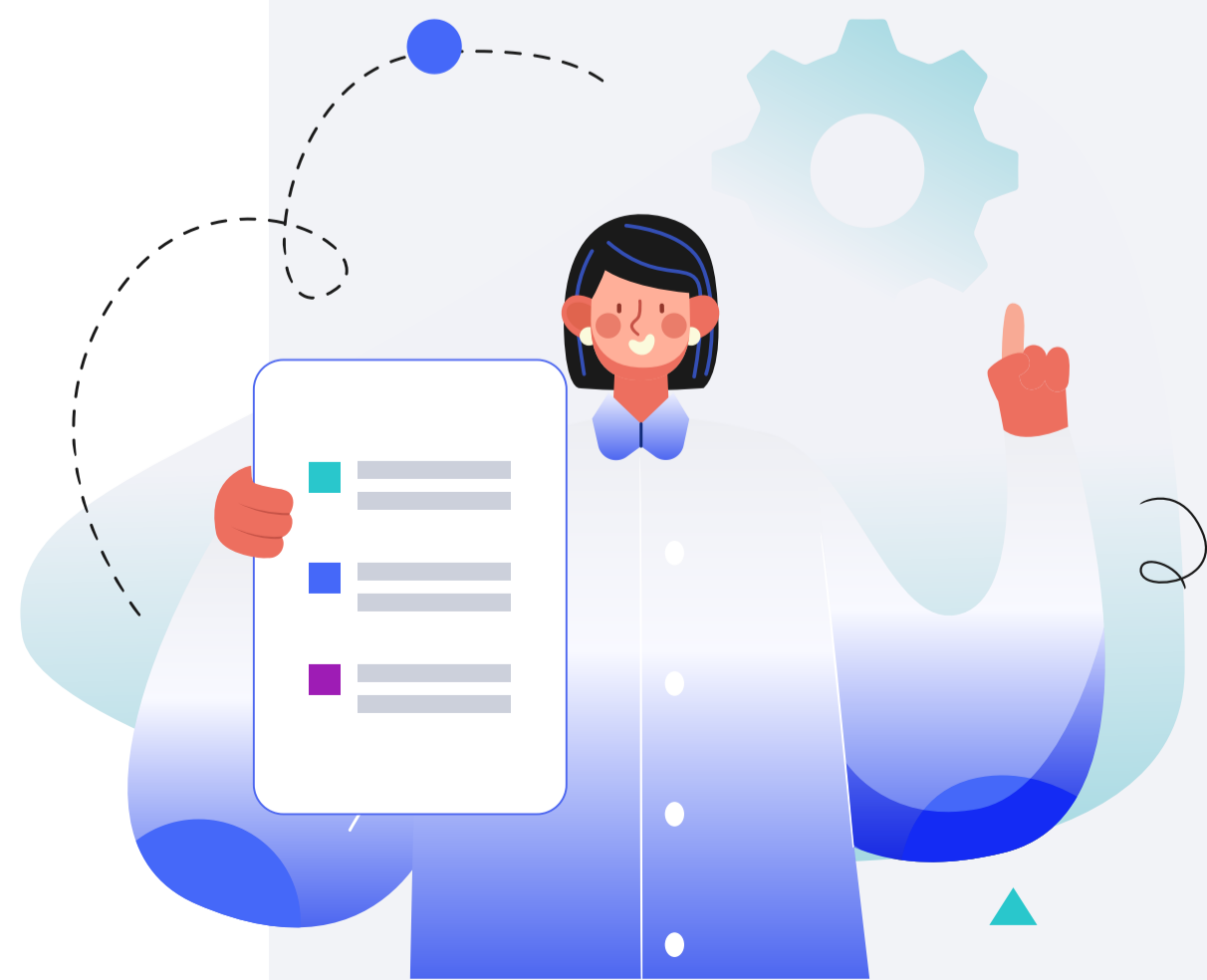
**5ft 5" 165cm**

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.



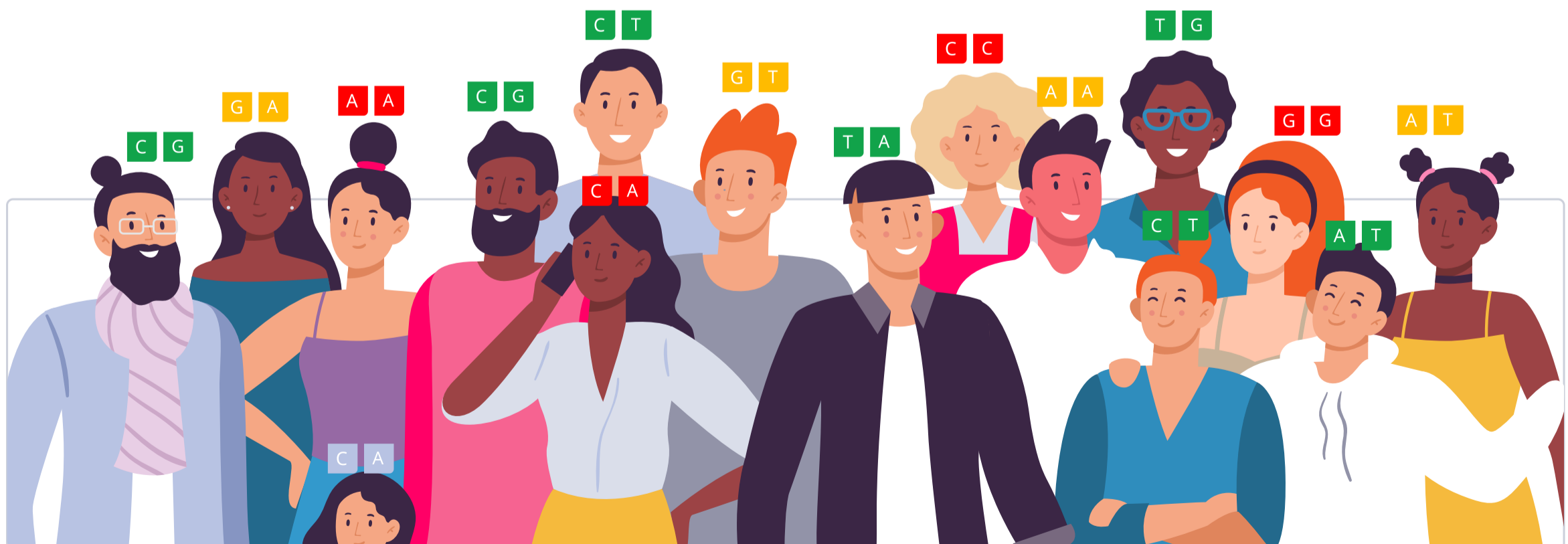
Similarly, our Trait Reports look at how your DNA influences your traits.



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

A benign neuroma refers to a non-cancerous growth or tumor that arises from the nerve tissue. This growth can occur in various parts of the body but is most commonly found in the nerves of the foot, particularly in a condition known as Morton's neuroma. The growth of a neuroma involves a thickening of the nerve tissue which may result from nerve compression, irritation, or trauma.

Patients may experience localized pain, tingling, numbness, or a burning sensation in the affected area as the neuroma applies pressure to the surrounding nerve structures. While not malignant, the discomfort and functional impairment it can cause may necessitate medical intervention.

# Management

Management of a benign neuroma focuses on relieving the symptoms and halting the progression of the nerve tissue thickening. Conservative treatments may include footwear modifications, orthotic devices to alleviate pressure, anti-inflammatory medications, or corticosteroid injections.

In more severe cases or when conservative measures are ineffective, surgical options are considered, which may entail the removal or decompression of the affected nerve to alleviate symptoms. Following treatment, patients often experience a relief in symptoms, although the chance of recurrence or the development of neuromas in other nerves can persist, requiring ongoing monitoring and, potentially, additional treatment.



LESS LIKELY

**Less likely to have a benign neuroma based on 15,632 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		DOSAGE		
1	Apply Heat	15 minutes	2	Massage	30 minutes
3	Acupuncture	1 hour			

1



## Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

## Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R, R\]](#).

Types of hot applications include [\[R, R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

## How it helps

Applying heat to the area affected by a benign neuroma can help soothe and reduce pain. Heat therapy improves circulation and relaxes muscles, which can alleviate discomfort caused by neuromas.

2



## Massage

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

## Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you've ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):


- Anxiety
- Pain
- Fatigue

**Reflexology** is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

**Acupressure** is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

## How it helps

Massage therapy can be beneficial for people with benign neuromas by easing muscle tension around the affected nerve. This can help reduce pressure on the nerve, decrease pain, and improve mobility.

3  **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 can help manage pain associated with benign neuromas by stimulating nerves and improving blood flow to the affected area. This traditional Chinese medicine technique involves inserting thin needles into specific points on the body, which can help relieve pain and discomfort.