

Benign Pituitary Tumor

Disease Report

REPORT CATEGORY —



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.



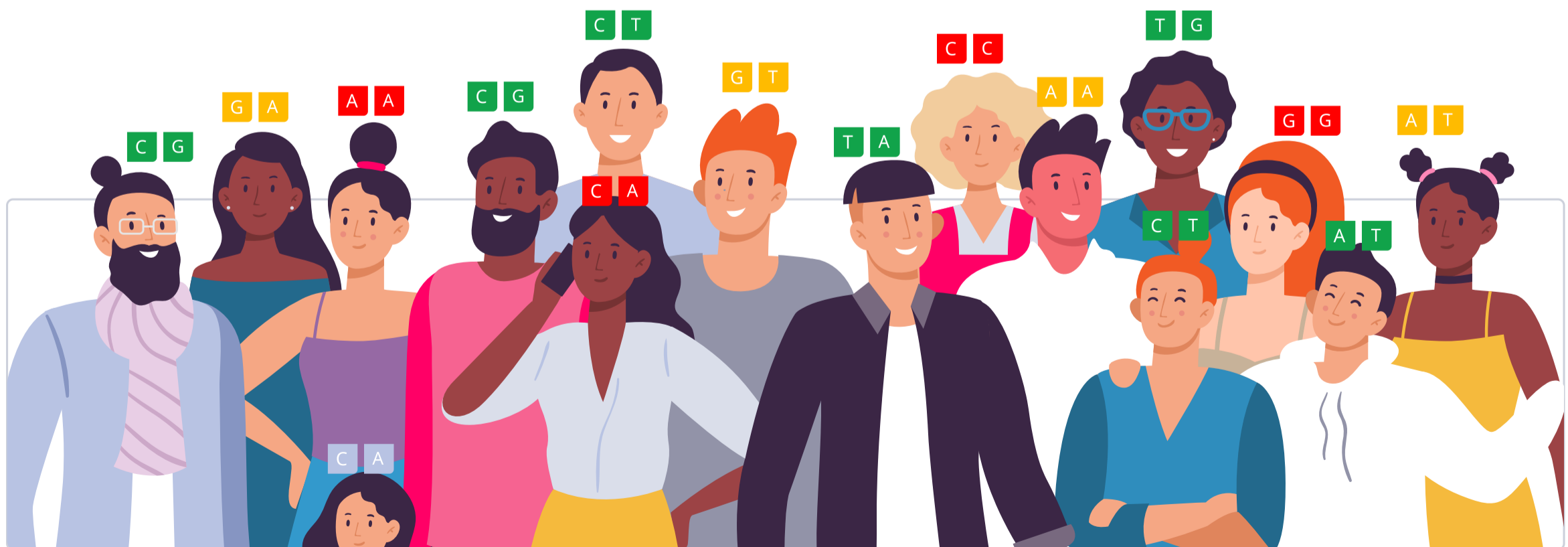
Similarly, our Trait Reports look at how your DNA influences your traits.



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.

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 pituitary adenoma is a typically benign tumor that occurs in the pituitary gland, a small gland at the base of the brain. This gland, often termed the 'master control gland,' plays a significant role by producing hormones that regulate critical functions of the body, including growth, reproduction, and metabolism.

When an adenoma develops, it can impinge on nearby structures or alter the hormone production levels, leading to various physiological disruptions. The majority of pituitary adenomas are noncancerous and grow slowly, thus many individuals may remain asymptomatic for years or throughout their lifetime.

Symptoms and Treatment

Symptoms of pituitary adenomas vary and are often related to the adenoma's size and hormonal influence. Large adenomas, known as macroadenomas, can cause headaches, vision problems, and impairment of other hormones regulated by the pituitary gland due to their mass effect.

Microadenomas, which are smaller, typically do not present with mass effects but can result in hormonal imbalances, potentially leading to conditions such as Cushing's disease, acromegaly, or prolactinoma depending on which hormones are affected. Diagnosis often involves a combination of hormone testing, imaging studies, and sometimes surgical intervention for tissue sampling or removal of the adenoma.



MORE LIKELY

More likely to have a pituitary adenoma based on 16,346 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs2359536	TC
CDK8	rs17083838	GG
OR2W3	rs1337875	AA
PCDH15	rs10763170	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		DOSAGE		
1	5-HTP	100 mg	2	Melatonin	500 mcg
3	Avoid Exposure to Parabens		4	Flower Pollen Extract	20 mg
5	Thyroid Extract		6	Plasmalogens	
7	Avoid Anabolic Steroids		8	Avoid Perchlorate	
9	Avoid BPA (Bisphenol A) Exposure		10	Thymus Glandular	
11	Avoid Organochlorine Pesticide Exposure		12	Avoid Endocrine Disruptors	
13	Avoid Phthalate Exposure		14	Transcranial Magnetic Stimulation (TMS)	1 hour
15	Iodine	150 mcg	16	Aerobic Exercise (Cardio)	1 hour

1  **5-HTP**

IMPACT  **EVIDENCE** 

How to implement

Take 100 mg of 5-HTP as a supplement daily, ideally with a glass of water. It can be taken at any time of the day but taking it at the same time each day may help establish a routine.

TYPICAL STARTING DOSE**100 mg**

Description

5-HTP is a building block for serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep. People mainly use 5-HTP as a mood-boosting supplement. It may also help reduce appetite, help with chronic pain and fatigue, and improve sleep quality.

5-HTP is a building block for the “happiness hormone” [serotonin](#). 5-HTP and serotonin help make [melatonin](#), a hormone that promotes sleep [\[R\]](#).

People mainly use **5-HTP** as a mood-boosting supplement [\[R, R\]](#). According to early research, it may also:


- Reduce appetite [\[R, R, R\]](#)
- Help with chronic pain and fatigue [\[R, R, R\]](#)
- Improve sleep quality [\[R, R\]](#)

Please note: 5-HTP can interact with SAM-e, St. John’s wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take 5-HTP without consulting your doctor [\[R, R, R\]](#).

How it helps


5-HTP supplementation may alleviate mood disturbances and improve sleep quality in individuals with benign pituitary tumors by enhancing serotonin and melatonin levels, thus addressing symptoms of anxiety and insomnia often associated with these tumors.


2



Melatonin

IMPACT
EVIDENCE





How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.


Melatonin is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [\[R, R, R\]](#).

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [\[R, R, R\]](#).

How it helps


Melatonin may aid in regulating circadian rhythms and hormonal balance in patients with benign pituitary tumors, potentially alleviating symptoms related to disrupted sleep patterns and hormonal fluctuations.


3



Avoid Exposure to Parabens

IMPACT
EVIDENCE





How to implement

Check the labels of personal care products such as lotions, shampoos, and cosmetics. If they list methylparaben, propylparaben, butylparaben, or ethylparaben among the ingredients, choose alternative products that are paraben-free. Aim to do this consistently for all personal care purchases.

Description

Avoiding exposure to parabens involves avoiding personal care and cosmetic products that contain these synthetic preservatives. This is done to minimize the potential risk of skin irritation and to reduce the likelihood of exposure to compounds that may disrupt hormone regulation.

How it helps

Avoiding parabens helps protect hormonal balance, which is crucial for individuals with benign pituitary tumors, as these tumors may be sensitive to hormonal fluctuations. By reducing exposure to these synthetic preservatives, patients can mitigate potential endocrine disruptions that could exacerbate their condition.

4

Flower Pollen Extract

IMPACT
EVIDENCE

1 / 5

1 / 5

How to implement

Take a flower pollen extract supplement, typically available in capsule or tablet form, daily. The common dosage ranges from 20 to 40 mg per day, and it's recommended to follow the specific dosing instructions on the product label or as directed by a healthcare professional.

TYPICAL STARTING DOSE

20 mg

Description

Flower pollen extract is sometimes used as a dietary supplement for its potential to support prostate health and reduce symptoms of benign prostatic hyperplasia (BPH) in men. It contains nutrients and compounds that may have anti-inflammatory and antioxidant properties.

How it helps

Flower pollen extract may aid in managing a benign pituitary tumor by exerting anti-inflammatory effects, potentially alleviating symptoms and promoting overall health. Its antioxidant properties can also contribute to cellular protection within the endocrine system.

5

Thyroid Extract

IMPACT
EVIDENCE

1 / 5

1 / 5

How to implement

Thyroid extract, a drug prescribed for hypothyroidism, is typically taken orally once daily, preferably on an empty stomach, 30 minutes to 1 hour before breakfast. Your healthcare provider will determine the exact dosage based on your condition and response to treatment. It's important to take this medication consistently at the same time each day.

Description

Thyroid extract is a medication derived from the thyroid glands of animals, primarily used to treat thyroid hormone deficiencies. It provides essential thyroid hormones like T3 and T4, helping regulate metabolism, energy production, and overall body function.

How it helps

Thyroid extract helps restore adequate levels of thyroid hormones when pituitary tumors disrupt hormone signaling, thereby improving metabolic functions, energy levels, and overall health. Careful monitoring is important to avoid complications related to hormone imbalance.

6

Plasmalogens

IMPACT
EVIDENCE

1 / 5

1 / 5

How to implement

Follow the dosage instructions provided on the product label or as directed by your healthcare provider. Typically, these supplements come in capsule form and are taken once daily with water, ideally with a meal to enhance absorption. Consistency is key, so taking them at the same time each day is recommended. Always consult a healthcare professional before starting plasmalogen supplements, especially if you are pregnant, nursing, or have any medical conditions.

Description

Plasmalogens are a special kind of phospholipids found in cell membranes, particularly in the brain (comprising 20% of its content), heart, lungs, eyes, and kidneys. Plasmalogens help the nervous system work and prevent brain cell death by reducing inflammation and oxidative stress. Their levels decrease with age [\[R\]](#).

Plasmalogen supplements are being researched to improve cognitive function in both healthy subjects and those with mild cognitive impairment or Alzheimer's disease [\[R, R\]](#).

How it helps

Plasmalogens may enhance cellular membrane integrity and neuronal health, which could support the overall brain function affected by a benign pituitary tumor. Their potential neuroprotective effects may help mitigate cognitive decline associated with tumor presence or treatment.

7

Avoid Anabolic Steroids

IMPACT
EVIDENCE

1 / 5

1 / 5

How to implement

Do not consume or inject any substances classified as anabolic steroids. This includes avoiding use for performance enhancement in sports or bodybuilding. Compliance should be permanent to avoid potential health risks.

Description


Unless you have a condition that warrants the use of anabolic steroids, avoid them. Apart from having many potential adverse effects, long-term use of anabolic steroids can eventually impair testosterone production [\[R, R, R, R, R\]](#).

Also, refrain from using herbs that increase testosterone levels, such as tongkat ali, ashwagandha, fenugreek, or *Mucuna pruriens* [\[R, R, R, R, R\]](#).

How it helps


Avoiding anabolic steroids is crucial for individuals with benign pituitary tumors, as these substances can disrupt hormonal equilibrium and exacerbate existing endocrine issues linked to pituitary adenomas.


8



Avoid Perchlorate

IMPACT
EVIDENCE





How to implement

To avoid perchlorate, check water quality reports for your area to ensure your drinking water does not contain high levels of perchlorate. Also, limit consumption of foods known to have higher perchlorate levels, such as leafy green vegetables, dairy products, and fruits, or opt for organic versions of these foods as organic farming standards restrict certain chemicals.


Description

Perchlorate is a chemical that can interfere with the thyroid gland's ability to produce thyroid hormone. This can lead to a variety of health problems, including hypothyroidism, developmental delays, and cancer. Avoiding perchlorate can help to protect your health.

How it helps


Avoiding perchlorate is crucial for individuals with benign pituitary tumors as it helps maintain thyroid function, which is essential for hormonal balance. Preserving this balance is vital to prevent complications that could arise from disrupted endocrine regulation.


9



Avoid BPA (Bisphenol A) Exposure

IMPACT
EVIDENCE





How to implement

To avoid BPA exposure, choose BPA-free products, particularly when selecting food containers, water bottles, and baby bottles. Prefer glass, porcelain, or stainless steel containers, especially for hot food or liquids. Reduce use of canned foods as they may be lined with BPA and avoid handling thermal paper receipts, as they can contain BPA. When possible, select fresh or frozen foods over canned goods.

Description

Avoiding BPA (Bisphenol A) exposure involves minimizing contact with products or containers containing this chemical, which is commonly found in plastics and can potentially disrupt hormone regulation.


BPA (bisphenol A) is a chemical used to make certain plastics and resins. BPA-containing plastics are often used in containers that store food and beverages. Plastics marked with **recycling code 3 or 7** may contain BPA [\[R\]](#).

BPA is a well-known hormone disruptor. Research has linked BPA exposure to diabetes, heart disease, altered behavior, and more [\[R\]](#).

How it helps

Avoiding BPA exposure helps mitigate potential hormonal disruptions that could exacerbate the effects of a benign pituitary tumor. This reduction in endocrine disruptors may support overall hormonal balance and tumor management.

10



Thymus Glandular

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a thymus glandular supplement, usually found in capsule form, once daily with a meal. It is commonly recommended to follow the dosage instructions on the product label or as directed by a healthcare professional. Continue as long as recommended in the guidance you receive.

Description

Thymus extract is derived from the thymus gland of animals and may contain bioactive compounds believed to support the immune system. It's used in some dietary supplements for potential immune-modulating effects.

How it helps

The thymus glandular supplement may enhance immune function, potentially benefiting patients with a benign pituitary tumor by promoting overall health and resilience against infections, although it does not directly affect hormonal imbalances related to pituitary function.

11



Avoid Organochlorine Pesticide Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Minimize exposure by choosing organic fruits and vegetables, thoroughly washing produce before consumption, and avoiding areas where organochlorine pesticides are applied. Consider using air purifiers in homes close to agricultural areas to reduce indoor pesticide levels.

Description

Reducing organochlorine pesticide exposure involves minimizing contact with pesticides like DDT, which can accumulate in the body and potentially lead to adverse health effects, including disruption of hormonal functions and carcinogenicity.

How it helps


Avoiding organochlorine pesticides helps protect hormonal balance and reduces the risk of endocrine disruption, which is crucial for individuals with benign pituitary tumors as hormonal health plays a significant role in tumor stability and overall wellbeing.

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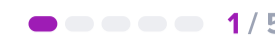
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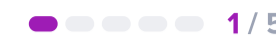
12



Avoid Endocrine Disruptors

IMPACT
EVIDENCE





How to implement

Minimize exposure to endocrine disruptors by opting for organic foods to reduce pesticide intake, using glass or stainless steel instead of plastic containers for food and beverages, avoiding cosmetics and personal care products with parabens or phthalates, and regularly vacuuming and dusting your home to reduce contact with flame retardants found in household dust.

Description

Avoiding exposure to endocrine disruptors, such as certain chemicals found in plastics and pesticides, is crucial for maintaining hormonal balance and reducing the risk of hormone-related health problems.

Endocrine disruptors are chemicals that interfere with the body's hormone (endocrine) system by [\[R, R\]](#):

- Blocking the function or activity of hormones
- Mimicking the function of hormones


Based on limited studies, long-term exposure to these chemicals can have negative effects on health [\[R, R\]](#).

Endocrine disruptors can be found in cosmetics, food products, pesticides, and other common household items [\[R\]](#).

How it helps


Avoiding endocrine disruptors helps maintain hormonal balance by minimizing the interference with the pituitary gland's function, which is essential for individuals with benign pituitary tumors. This can alleviate symptoms and reduce the risk of exacerbating hormonal imbalances associated with the tumor.


13



Avoid Phthalate Exposure

IMPACT
EVIDENCE





How to implement

To avoid phthalate exposure, check product labels and choose phthalate-free options for personal care items, plastics (look for recycling codes 3 and 7 or the letters 'V' or 'PVC'), and household products. Additionally, reduce the use of plastic containers for food storage, especially those not marked as 'phthalate-free', and avoid microwaving food in plastic containers. Aim to make these changes consistently in your daily life for long-term health benefits.

Description

Avoiding phthalate exposure involves choosing phthalate-free products, such as personal care items and plastics, to minimize potential endocrine-disrupting effects and protect reproductive and hormonal health.

How it helps

Avoiding phthalate exposure is beneficial for patients with benign pituitary tumors, as it minimizes hormonal disruptions that could exacerbate tumor growth or affect endocrine functions. This protective measure supports hormonal balance essential for managing this condition.

14



Transcranial Magnetic Stimulation (TMS)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule sessions with a certified healthcare provider who specializes in TMS therapy. Initially, treatment typically involves sessions 5 days a week for 4 to 6 weeks. Each session lasts about 30 to 60 minutes. This therapy should be conducted in a professional setting with the appropriate TMS equipment.

TYPICAL STARTING DOSE

1 hour

Description

TMS is a non-invasive medical procedure that uses magnetic fields to stimulate specific areas of the brain. It is primarily used as a treatment for depression and certain neurological conditions by modulating brain activity.

How it helps

Transcranial Magnetic Stimulation (TMS) can alleviate psychiatric symptoms that may arise from benign pituitary tumors by modulating neurotransmitter activity and enhancing mood-regulating brain pathways, offering essential supportive care without influencing hormonal levels directly.

15



Iodine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a 150 mcg iodine supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

150 mcg

Description


Iodine is an essential mineral necessary for thyroid function and overall metabolic health. Ensuring adequate iodine intake through diet or supplementation can help prevent thyroid disorders and promote overall well-being.

Adults should be getting **150 micrograms** of iodine per day. People who are deficient can take iodine as a supplement. However, most people in the US and other developed countries don't need to take extra iodine.

Please note: *Iodine supplementation can be harmful and may make hypothyroidism (underactive thyroid) worse. Supplement only if deficient and instructed by your doctor.*

How it helps

Supplementing with iodine can support thyroid function in patients with benign pituitary tumors by ensuring adequate hormone production, which may help regulate metabolic processes and mitigate symptoms related to hormonal imbalances.

16  **Aerobic Exercise (Cardio)**

IMPACT 0 / 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

In a non-placebo-controlled trial of 10 women with pituitary adenoma, the combination of aerobic exercise, strength training, and yoga improved quality of life [R].

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.

