

Breast Infection

DNA Health Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



REPRODUCTIVE
HEALTH

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

Mastitis is a painful inflammatory condition of the breast tissue, often associated with infection. It commonly affects women who are breastfeeding, leading to symptoms such as breast tenderness, swelling, warmth, and redness, frequently accompanied by fever and chills. The infection often stems from a blocked milk duct or bacteria entering the breast through a cracked or sore nipple.

It can lead to a palpable lump in the breast and, in some cases, discharge from the nipple. If mastitis is not treated promptly, it can develop into an abscess that might require surgical drainage.

Treatment

Treatment of mastitis typically involves antibiotics to combat the underlying infection, along with measures to alleviate symptoms and maintain breast milk flow. It is important for breastfeeding mothers to continue breastfeeding or pumping to keep the milk flowing, which can help clear the blockage and reduce the risk of further infection.

Pain relief can be managed with over-the-counter pain relievers, and women are encouraged to rest and stay hydrated. Moreover, applying warm compresses to the affected area and adjusting breastfeeding techniques can aid in a quicker recovery.



MORE LIKELY

More likely to have mastitis based on 781 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	Lactobacillus Salivarius	10 billion CFU	2	Lactobacillus Fermentum	10 billion CFU
3	Iodine	150 mcg	4	Lactobacillus Gasseri	10 billion CFU
5	Good Feminine Hygiene		6	Apply Heat	15 minutes
7	Regular Hand Washing		8	Probiotics	30 billion CFU
9	Topical Honey		10	Vitamin C	2000 mg
11	Probiotic Yogurt		12	Topical Propolis	
13	Massage	30 minutes	14	Topical Cabbage Leaf	

1



Lactobacillus Salivarius

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a probiotic supplement containing Lactobacillus salivarius daily, preferably with a meal to enhance absorption. The exact dosage can vary, but a common amount is around 10 billion CFUs (colony forming units). It is generally recommended to continue taking the probiotic for at least four weeks to observe benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus saliverius is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

In a placebo-controlled trial of 108 pregnant women, supplementation with *L. salivarius* PS2 from approximately week 30 of pregnancy until delivery helped prevent infectious mastitis. In 2 placebo-controlled trials of 372 women with mastitis, supplementation with *L. salivarius* CECT5713 for 14-21 days improved the clinical signs [\[R\]](#), [\[R\]](#), [\[R\]](#).

L. salivarius may help by competing with harmful bacteria, thereby reducing infection rates and symptoms associated with mastitis.

2



Lactobacillus Fermentum

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take a supplement containing Lactobacillus fermentum, aiming for dosages around 10 billion CFU (colony forming units). Consume it daily, preferably with a meal, to ensure proper absorption. Continue this routine for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus fermentum is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

- A study investigated *Lactobacillus fermentum* CECT5716's effect during needle aspiration for lactational breast abscesses. The experimental group showed a higher 5-day cure rate (43.1%) without significant adverse effects [\[R\]](#).
- A study involved 352 women with infectious mastitis, randomly assigned to receive *L. fermentum* CECT5716, *L. salivarius* CECT5713, or antibiotics. Probiotic groups showed lower bacterial counts and reduced mastitis recurrence, suggesting probiotics as effective antibiotic alternatives [\[R\]](#).
- Oral *L. fermentum* CECT5716 may decrease the risk of breastfeeding cessation due to mastitis recurrence in lactating women with a history of breast abscess [\[R\]](#).
- A randomized controlled study with probiotic doses (3×10^9, 6×10^9, and 9×10^9 CFU/day) and a placebo showed *L. fermentum* CECT5716 reduced *Staphylococcus* levels in breastmilk and alleviated breast pain during lactation [\[R\]](#).

3



Iodine

IMPACT2 / 5

EVIDENCE1 / 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

Studies on iodide treatments for fibrocystic breast disease show molecular iodine most effective, improving symptoms in up to 74% of patients with fewer side effects compared to sodium and protein-bound iodides [\[R\]](#).

4



Lactobacillus Gasseri

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a Lactobacillus gasseri supplement containing around 10 billion colony-forming units (CFUs) daily, ideally with a meal, for at least 2 weeks to 4 months to observe benefits. Continuous daily intake is recommended for ongoing support.

TYPICAL STARTING DOSE

10 billion CFU

Description

Lactobacillus Gasseri is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

In a placebo-controlled trial of 20 women with mastitis, supplementation with *L. gasseri* CECT5714 for 4 weeks improved the clinical signs [\[R\]](#).

5



Good Feminine Hygiene

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wash your genital area once a day with warm water and mild, unscented soap. Wear cotton underwear and change it daily or more often if it gets damp. Avoid using scented products like douches, sprays, or powders in the genital area.

Description

Good feminine hygiene practices, including regular cleansing and maintaining a balanced vaginal pH, can help prevent infections and discomfort while promoting overall intimate health for women.

How it helps

Maintaining good feminine hygiene is crucial for preventing the introduction of bacteria into the breast tissue, which can reduce the risk of developing mastitis.

6



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 affected area can increase blood flow, which may help to alleviate pain and reduce inflammation associated with mastitis.

7



Regular Hand Washing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Regular hand washing can prevent the spread of bacteria, reducing the risk of mastitis, especially for breastfeeding mothers.

8



Probiotics

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

30 billion CFU

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

[Probiotic bacteria](#) are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

Probiotics, such as Lactobacillus strains, help restore the natural balance of bacteria in the body, which can improve immunity and aid in the prevention and treatment of infections, including breast infections.

9



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

Topical Honey is known for its antibacterial properties and can help in wound healing and infection control when applied to the infected area.

10



Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[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 [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

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

Vitamin C boosts the immune system and helps the body fight infections by encouraging the production of white blood cells.

11



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

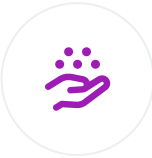
Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt contains beneficial bacteria that can help balance the microbiome in the body, potentially reducing inflammation and the risk of infections such as mastitis. Consuming probiotic yogurt regularly may aid in maintaining a healthy balance of bacteria, thus potentially preventing the overgrowth of harmful bacteria that can lead to mastitis.

12



Topical Propolis

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of topical propolis cream or ointment directly to the affected area of skin 2 to 3 times daily. Continue this application daily for 1 to 2 weeks or as needed for symptom improvement.

Description

Propolis is a resinous substance produced by bees and is rich in various bioactive compounds. It is often used topically for its potential antibacterial and wound-healing properties, making it beneficial for minor skin irritations and abrasions.

Propolis is a waxy compound, also known as “bee glue.” Honeybees make it from plants and use it to build, repair, and protect their hives [\[R\]](#).

Green propolis is a special type of propolis made from the *Baccharis dracunculifolia* tree. This plant commonly grows in Brazil [\[R\]](#).

People use propolis to potentially help [\[R\]](#):

- Reduce the appearance of acne
- Maintain oral health
- Support the immune system

How it helps

Topical Propolis has antimicrobial properties and can help prevent and control infections, encouraging faster healing of the infected breast tissue.

13



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

Gentle massage of the affected breast can help to unclog blocked milk ducts, promoting milk flow and reducing the risk of milk stasis, a risk factor for mastitis.

14



Topical Cabbage Leaf

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a fresh, clean cabbage leaf directly to the affected area. Leave it in place for at least an hour or overnight if possible, securing it with a loose bandage. Repeat daily until symptoms improve.

Description

Cabbage leaf compresses are a natural remedy involving cabbage leaves placed on the skin. They are used topically to relieve breast engorgement in breastfeeding women and reduce swelling and inflammation.

How it helps

Cabbage leaves have been traditionally used to relieve breast engorgement and mastitis often associated with breastfeeding. The exact mechanism isn't fully understood, but it's believed that the cabbage leaves possess anti-inflammatory properties which help reduce swelling and pain.

Next Steps

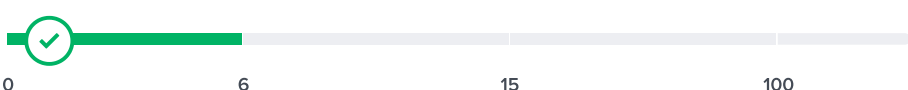
Remember, your genes only tell one important part of your health story!

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.

	ESR	1 mm/hr		9 Nov 2025
	WBC	6.92 x10 ³ /mm ³		9 Nov 2025
	Neutrophils (%)	69.3 %		9 Nov 2025
	Neutrophils (Absolute)	4.8 x10 ⁹ /L		9 Nov 2025
	hs-CRP	1.6 mg/L		9 Nov 2025