

Breast Pain

DNA Health Report

REPORT CATEGORY —



PAIN

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

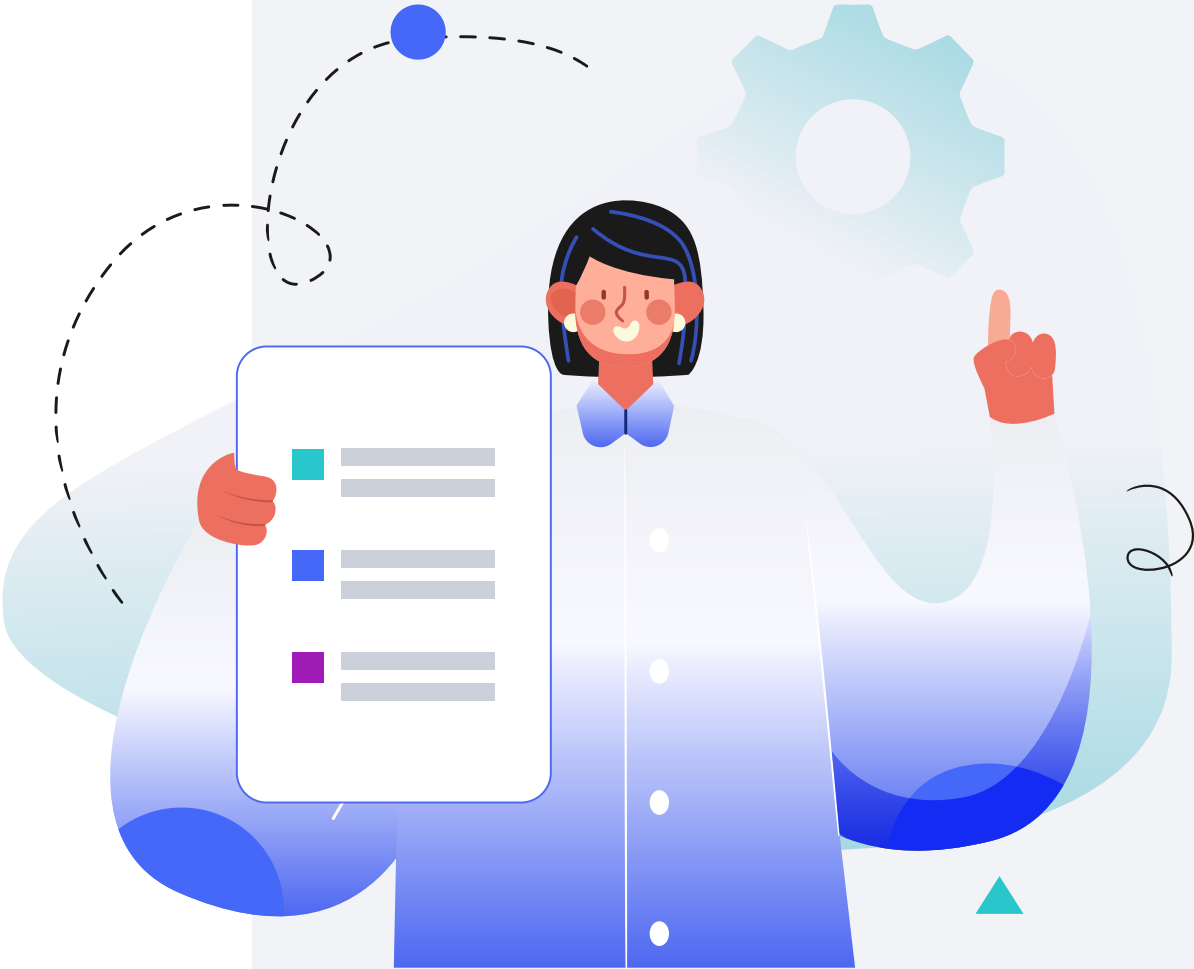
Male

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

Mastalgia, also commonly referred to as breast pain, is a scenario many women may encounter at various points in their lives. The condition can manifest as a sharp, burning, or aching sensation in the breast tissue and can range in severity from mild to intense.

It is often associated with hormonal changes in the body, such as those occurring during the menstrual cycle, pregnancy, or menopause. Nonetheless, it can also be influenced by factors unrelated to hormonal flux, including stress, certain medications, and wearing improperly fitting bras.

Types and Management

Breast pain can be categorized as cyclic or non-cyclic. Cyclic mastalgia is closely related to the menstrual cycle and is characterized by a recurrent pain that intensifies during the premenstrual phase before gradually diminishing.

In contrast, non-cyclic mastalgia is not linked to menstrual patterns and can occur at any time, often localized to a specific area within the breast. Despite its discomforting nature, mastalgia is not typically indicative of a serious health issue; however, persistent or severe pain warrants professional medical evaluation to rule out any underlying conditions that may require attention.



TYPICAL LIKELIHOOD

Typical likelihood of breast pain based on 15,417 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	Evening Primrose Oil	2	Chasteberry150 mg
3	Topical Cabbage Leaf	4	Iodine150 mcg
5	Vitamin E200 iu	6	Topical Black Seed Oil
7	Chamomile300 mg	8	Apply Heat15 minutes

1



Evening Primrose Oil

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Take 500mg to 1000mg of evening primrose oil, in capsule form, once daily with a meal to ensure optimal absorption. This regimen is typically recommended for several months to evaluate its effectiveness for the specific condition being addressed.

Description

Evening primrose is a plant known for its seeds, which are a source of gamma-linolenic acid (GLA), an essential fatty acid. Some studies suggest that evening primrose oil, derived from these seeds, may help alleviate symptoms of conditions like premenstrual syndrome (PMS) and eczema, as well as support overall skin health.

Evening primrose (*Oenothera biennis*) is a flowering plant. Its name comes from the fact that its flowers close during the day and open when the sun sets [R].

[Evening primrose oil](#) comes from the plant’s seeds. It is rich in omega-6 fatty acids like [GLA](#). People use this oil to help with high triglycerides [R, R].

How it helps

Evening Primrose Oil contains gamma-linolenic acid (GLA), a type of omega-6 fatty acid that may help reduce the sensitivity of breast tissue to hormonal changes. Clinical studies have shown that taking evening primrose oil supplements can significantly ease breast pain experienced during the menstrual cycle by reducing inflammation and hormonal fluctuations.

A study found Evening Primrose Oil (EPO) as effective and safe as NSAIDs, danazol, vitamin E, and placebo for treating breast pain (mastalgia) in women, with no increased adverse events [R].

2



Chasteberry

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take 150-500 mg of chasteberry extract daily, ideally in the morning to align with the body's natural hormonal rhythms. This dose is typically recommended for a duration of at least three months to evaluate its effectiveness on symptoms.

TYPICAL STARTING DOSE

150 mg

Description

Chasteberry, also known as chaste tree or Vitex, is an herb commonly used to support women's health, particularly in addressing symptoms of premenstrual syndrome (PMS) and hormonal imbalances. It may help regulate the menstrual cycle and alleviate some PMS symptoms.

Chasteberry is the fruit of the chaste tree (*Vitex agnus-castus*), a plant native to Europe and Asia [\[R\]](#), [\[R\]](#).

Early studies note that chasteberry may help with menstrual problems [\[R\]](#).

How it helps

A meta-analysis of 25 studies concluded that chasteberry may improve cyclic mastalgia as effectively as medications such as dopamine agonists, nonsteroidal anti-inflammatory drugs, serotonin reuptake inhibitors, and hormonal contraceptives [\[R\]](#).

3



Topical Cabbage Leaf

IMPACT

2 / 5

EVIDENCE

2 / 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

A meta-analysis found that cold cabbage leaf application in the postpartum period significantly reduces breast pain, but not engorgement [\[R\]](#).

4



Iodine

IMPACT

2 / 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

In a clinical trial with 111 women experiencing breast pain and fibrosis, various doses of molecular iodine were tested. There was no significant difference in dropout rates between the placebo and iodine groups. However, higher iodine doses (3.0 mg/day and 6.0 mg/day) showed significant improvement in pain scores compared to placebo. Physician assessments also improved with 3.0 mg/day and 6.0 mg/day doses after 5 months, while patient-reported pain reduction was notable by month 3 in these groups. All doses had acceptable safety profiles with no dose-related adverse events [\[R\]](#).

5



Vitamin E

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

Meta-analysis of 11 studies shows vitamin E significantly reduces the severity and duration of cyclic mastalgia compared to placebo, though less effective than herbal medicines. Further standardized research is recommended due to high study heterogeneity [\[R\]](#).

6



Topical Black Seed Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of black seed oil to the affected area of the skin. Gently massage it in until fully absorbed. Repeat this application twice daily, in the morning and at night before bed, for a period of 1 to 2 months to observe beneficial effects.

Description

Black seed oil is a topical application derived from the seeds of the *Nigella sativa* plant. It contains the compound thymoquinone and is used for its potential anti-inflammatory and antioxidant properties, making it beneficial for skin health and wound healing.

[Black seed](#) (black cumin) and its oil are used in cooking and traditional medicine [\[R\]](#).

People use black seed for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Asthma
- High blood sugar
- High blood pressure
- Allergies
- Joint pain

How it helps

Topical *Nigella sativa* seed oil was found to be safe and more effective than a placebo in treating cyclic mastalgia in women. The treatment demonstrated clinical effectiveness similar to topical diclofenac for pain relief, with no observed adverse effects [\[R\]](#).

7



Chamomile

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take chamomile supplements in the form of capsules or tablets, usually ranging from 300 to 400 mg, up to three times daily between meals. If using chamomile tea as a supplement, drink 1 to 4 cups daily.

TYPICAL STARTING DOSE

300 mg

Description

Chamomile is an herbal remedy derived from the dried flowers of the chamomile plant. It is widely used for its calming and soothing properties

Chamomile is an herb native to Africa, Asia, and Europe. It was used as a traditional herbal remedy in ancient Greece, Rome, and Egypt. Today, chamomile is used in cosmetics, aromatherapy, tea, and supplements. It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Skin problems
- Period cramps
- Gut problems
- Sleep quality
- Mood

How it helps

This double-blind randomized controlled trial with 60 mastalgia patients found chamomile significantly reduced pain compared to placebo after 8 weeks ($p < .0001$). Chamomile was safe and well-tolerated. This suggests chamomile as an effective treatment for mild to moderate mastalgia, offering an alternative to hormonal therapies [\[R\]](#).

8



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 a warm compress or heating pad to the breast area can relax the muscles, improve blood flow, and provide relief from the pain associated with breast tissue discomfort. This is a simple, non-invasive method to address discomfort.

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.

