SelfDecode™

Chest Pain (Angina)

DNA Health Report

REPORT CATEGORY

HEART & BLOOD VESSELS

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

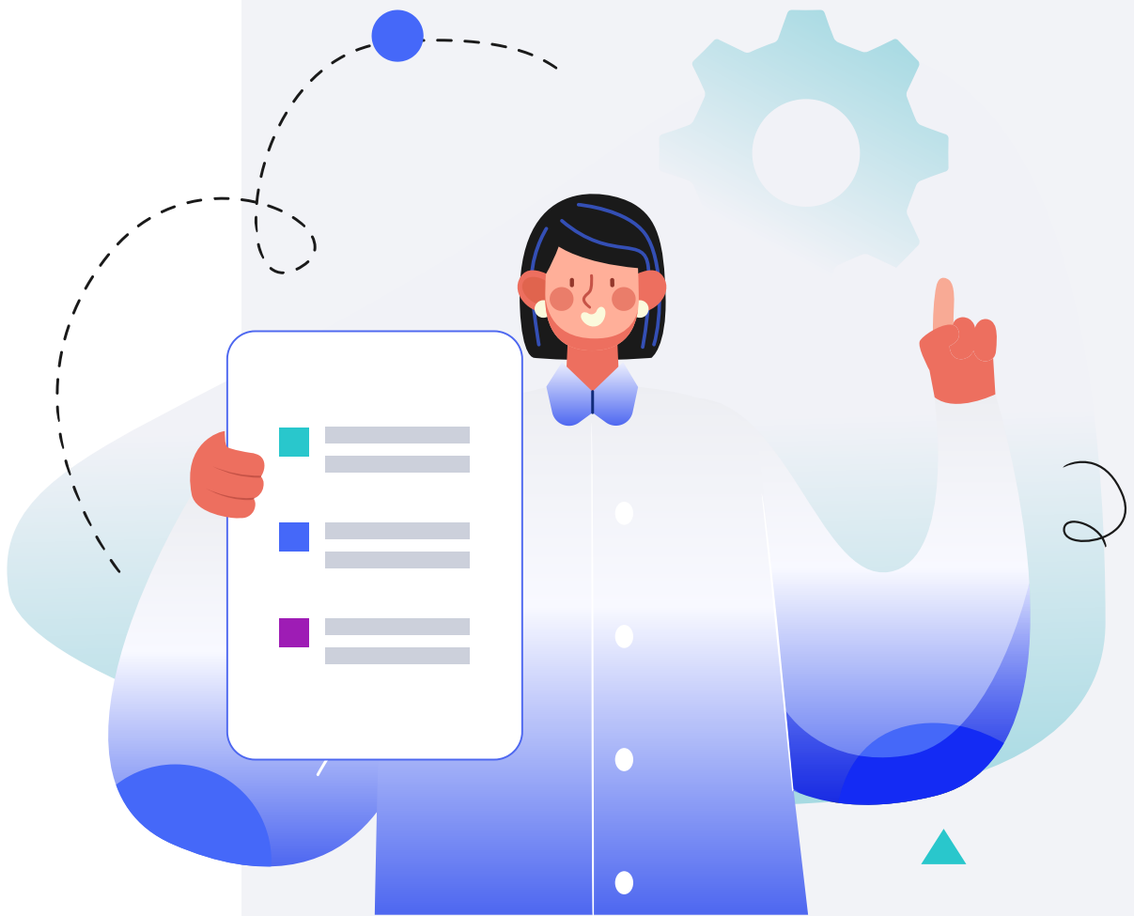
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

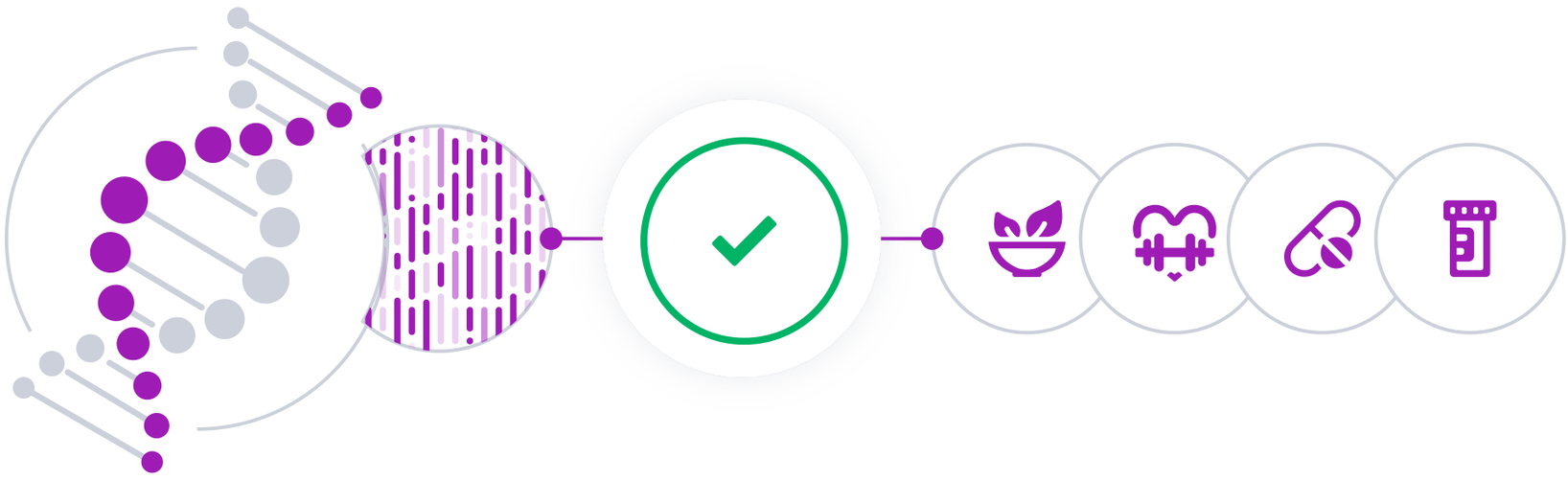


DISCLAIMER

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

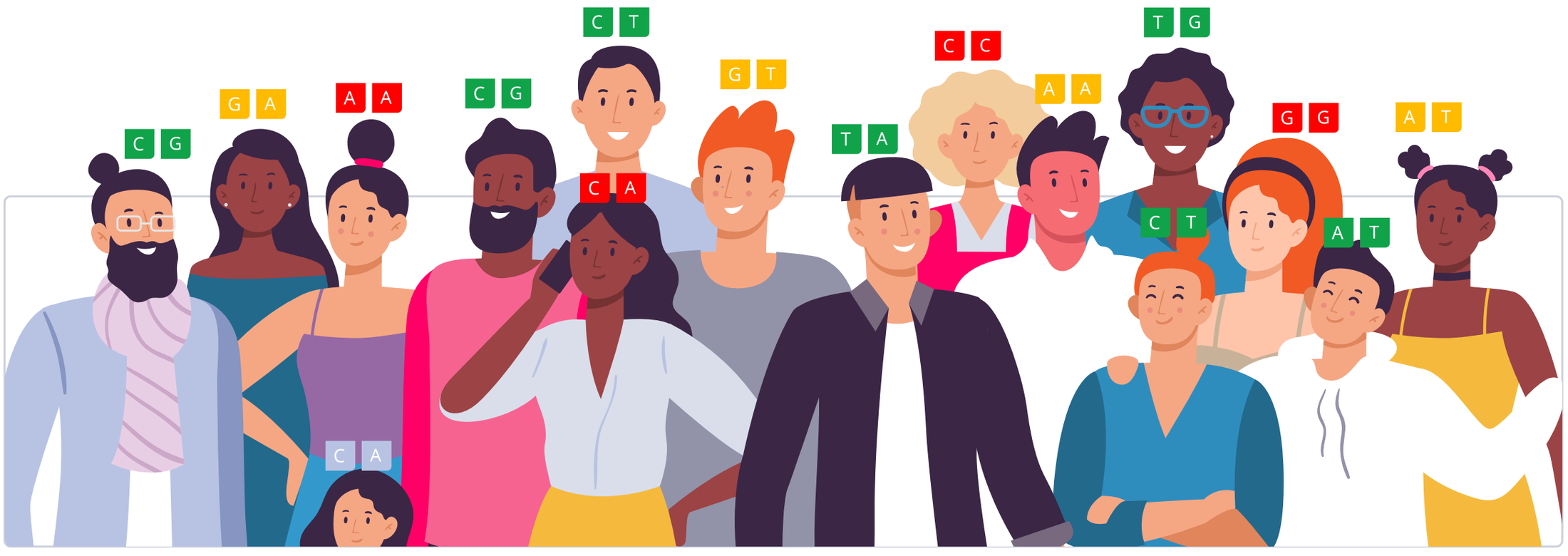
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

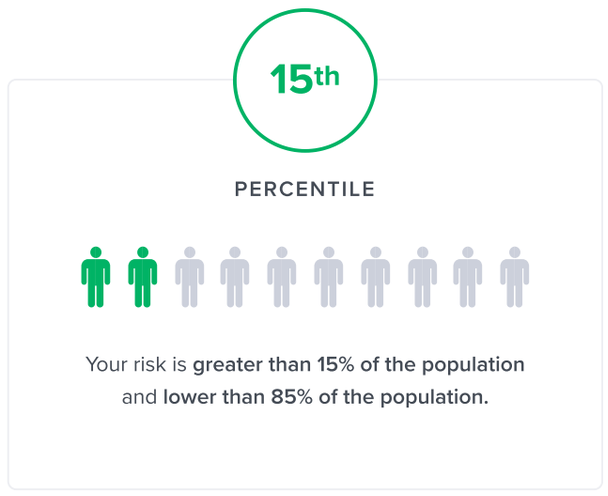
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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

Angina, commonly known as angina pectoris, refers to chest pain or discomfort caused by reduced blood flow to the heart muscle. It’s typically due to the narrowing or blockage of coronary arteries.

This lack of blood flow means the heart doesn't get enough oxygen, leading to the characteristic pain of angina. Angina is often a symptom of coronary artery disease (CAD), which is the accumulation of plaque in the coronary arteries.

Common manifestations of angina include:

- Chest pain or discomfort, typically located in the center or left side of the chest, which may feel like pressure, squeezing, or fullness.
- Pain in the arms, neck, jaw, shoulder, or back.
- Shortness of breath.
- Nausea or fatigue.
- Dizziness or lightheadedness.
- Sweating.

Risk Factors and Genetics

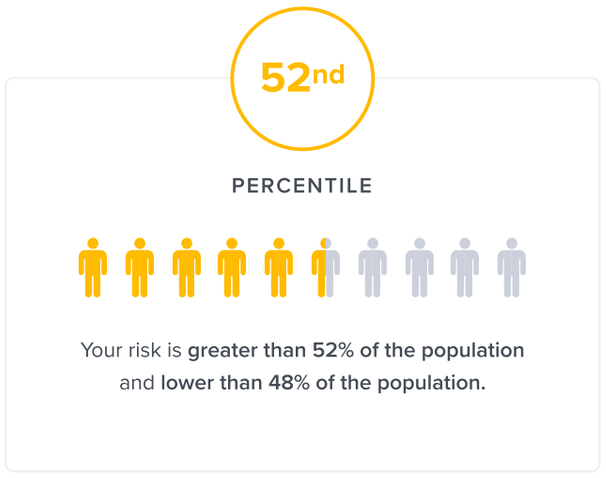
Factors that might increase the risk of developing angina or coronary artery disease include:

- Age: Men over 45 and women over 55 are at increased risk.
- Tobacco use.
- Diabetes.
- High blood pressure.
- High cholesterol levels.
- Family history of heart disease.
- Obesity or being overweight.
- Sedentary lifestyle.
- Unhealthy diet.
- Chronic stress or short episodes of severe stress.
- Genetics

There is a genetic component to the susceptibility to coronary artery disease and, consequently, angina. Specific genetic mutations and familial patterns have been identified that increase the risk of developing heart disease. Families with a history of early heart disease or angina may carry a higher risk due to shared genetic and environmental factors.

TYPICAL LIKELIHOOD

Typical likelihood of having angina based on 709,266 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
CDKN2B	rs1537371	AA
SORT1	rs646776	TT
PHACTR1	rs9349379	GG
MRPS6	rs28451064	AG
TWIST1	rs2107595	AG
PRRT1	rs3130283	CA
TAF1A	rs1909196	CT
MAP3K11	rs11227229	GA
CTAGE1	rs1893250	CA
FGF5	rs36034102	TG
SRR	rs4790881	AC
/	rs7873013	GT
STOML1	rs11072452	GT
DHX38	rs12325142	TG
PHACTR2	rs191867719	CC
/	rs112735431	GG
/	rs191650849	TT
LPA	rs10455872	AA
/	rs13306206	GG
NAA25	rs11066132	CC
APOE	rs429358	TT
BET1L	rs73392700	GG
TTC32	rs16986953	GG
CCDC71L	rs12705390	GG

GENE	SNP	GENOTYPE
ZNF32	rs1870635	CC
CFDP1	rs4146810	AA

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	Salvia Miltiorrhiza	
2	Ginkgo	120 mg
3	Sage Extract	300 mg
4	Autogenic Training	10 minutes
5	Emoxypine	
6	Aerobic Exercise (Cardio)	1 hour
7	Mediterranean Diet	
8	Dietary Nitrates	
9	Stress Management Therapy	1 hour
10	Extra Virgin Olive Oil (EVOO)	
11	Omega-3 (Fish Oil)	2000 mg

1

Salvia Miltiorrhiza

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Take 200-600mg of Salvia miltiorrhiza extract in capsule or tablet form daily, divided into two or three doses. This should be taken with water, preferably 30 minutes before meals. Continue for a period of 8 to 24 weeks for noticeable effects.

Description

Salvia miltiorrhiza, also known as Danshen, is a traditional Chinese medicinal herb. It is primarily used for its potential cardiovascular benefits, including improving blood circulation and reducing the risk of heart-related conditions. It contains various compounds, including tanshinones and salvianolic acids.

How it helps

Two meta-analyses (the largest one with 109 trials and 11,973 participants) concluded that supplementation with *Salvia miltiorrhiza* improves chest pain and electrocardiogram results in people with chronic stable angina pectoris. One of them found it more effective than isosorbide dinitrate [R, R].

2

Ginkgo

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Take 120 mg of Ginkgo supplement daily, preferably with meals to aid absorption. This dosage is typically split into two 60 mg doses taken in the morning and evening for best results.

TYPICAL STARTING DOSE

120 mg

Description

Ginkgo (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [R, R].

According to limited evidence, ginkgo leaf extract may help with [R, R, R, R]:

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

How it helps

A review of 23 low-quality RCTs (2,529 patients) found Ginkgo Biloba extract with conventional treatment improved angina relief and ECG outcomes compared to treatment alone. Adverse events included stomach discomfort, nausea, and bitter taste. Conclusion: Ginkgo Biloba may benefit angina patients, but more research is needed [R].

In a meta-analysis of 41 randomized controlled trials (RCTs) involving 4,462 patients, combining traditional Chinese medicine (GD) with Western medicine (WM) improved the effectiveness and reduced certain blood parameters in acute pancreatitis (AP) patients compared to WM alone [R].

In a meta-analysis of 73 randomized controlled trials (RCTs) with 7,621 patients, gastrointestinal (GI)-assisted complementary therapy (CT) was found to be more effective in treating acute pancreatitis (AP) compared to CT alone [R].

3

Sage Extract

IMPACT 3 / 5

EVIDENCE 3 / 5

How to implement

Take sage extract in supplement form, ideally in doses ranging from 300 to 600 mg daily, divided into 2 or 3 doses throughout the day. It is recommended to follow this regimen for at least 1 to 2 months to evaluate its effects on cognitive function and mood improvements.

TYPICAL STARTING DOSE

300 mg

Description

Common sage (*Salvia officinalis*) is an herb from the mint family. It is native to the Mediterranean region. The main compounds in sage extract include essential oils like thujone and cineole, which contribute to its flavor and potential benefit for sore throats and digestive issues [R].

People commonly use sage as a spice and a traditional remedy for [R, R]:

- Sore throat
- Mood
- Blood sugar and cholesterol control
- Heavy sweating

How it helps

A meta-analysis of 51 randomized controlled trials and 4732 participants found that compound salvia pellets were more effective than nitrates in improving angina symptoms and ECG tests in chronic stable angina. Additionally, compound salvia pellets had fewer adverse events (3.2% vs. 17.0%) [R].

Please note: *rosmarinic acid from sage may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using sage extract and always consult with a healthcare provider before taking this supplement* [R].

4

Autogenic Training

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Practice autogenic training for 10-15 minutes daily, ideally in a quiet, comfortable space where you won't be disturbed. Sit or lie down in a comfortable position, close your eyes, and focus on calming your mind and body through self-suggested affirmations. Repeat this routine daily for at least 2-3 months to observe beneficial effects on stress reduction and relaxation.

TYPICAL STARTING DOSE

10 minutes

Description

Autogenic training is a relaxation technique that involves self-suggestion and progressive muscle relaxation to promote relaxation, reduce stress, and alleviate symptoms of anxiety and tension.

Autogenic training is a relaxation technique that a person may carry out on their own [R, R].

Autogenic training uses 6 exercises that take the mind’s attention to bodily sensations such as warmth and heaviness. The exercises involve guided imagery and verbal cues (e.g. "My arm is very heavy") to [R, R]:

- Relax the body
- Quiet and calm the mind
- Increase energy

How it helps

In a non-placebo-controlled trial of 53 women with cardiac syndrome X, an 8-week autogenic training program improved symptom frequency [R].

5

Emoxypine

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Emoxypine is typically available in oral capsules, tablets, or injectable forms, with the dosage depending on the condition being treated. For general antioxidant or neuroprotective purposes, the oral dose ranges from 125–250 mg taken 2–3 times daily, while more intensive treatments may require higher doses or injectable administration under medical supervision. It is usually recommended to take Emoxypine with meals to minimize gastrointestinal discomfort. Treatment duration can vary from a few weeks to several months, depending on the therapeutic goal.

Description

Emoxypine (2-ethyl-6-methyl-3-hydroxypyridine succinate) is a synthetic antioxidant and nootropic compound primarily used in Russia and some Eastern European countries. It is derived from pyridoxine (vitamin B6) and known for its neuroprotective, anti-stress, and anti-inflammatory properties.

Emoxypine can reduce anxiety, stress, and symptoms of depression by normalizing neurotransmitter levels and protecting brain cells from oxidative stress. Additionally, it has applications in managing cognitive impairment, improving memory, and protecting against age-related neurodegeneration. Emoxypine is also used for cardiovascular health, as it can improve blood flow and protect tissues from ischemia-reperfusion injuries.

Emoxypine works by scavenging free radicals, enhancing membrane fluidity, and improving the body's antioxidant defenses.

How it helps

In a non-placebo-controlled trial of 55 patients with unstable angina pectoris, Emoxypine injection (3 mg/kg intramuscular or 10 mg/kg intravenous for 20 days) improved stabilization and reduced lipid peroxidation [R].

6

Aerobic Exercise (Cardio)

IMPACT 0 / 5

EVIDENCE 0 / 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

Aerobic exercise helps improve cardiovascular health by increasing heart efficiency and reducing risk factors associated with chest pain, such as hypertension and high cholesterol levels.

7

Mediterranean Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The Mediterranean diet is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats (olive oil).

The Mediterranean diet focuses on traditional cuisine from the Mediterranean regions. It's rich in [R]:

- Olive oil
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [R, R, R, R].

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [R].

How it helps

The Mediterranean Diet, rich in fruits, vegetables, whole grains, and healthy fats, has been shown to improve heart health and reduce the frequency of angina attacks.

8

Dietary Nitrates

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate foods high in dietary nitrates, such as beets, spinach, arugula, and celery, into your daily meals. Aim for about 300-400 mg of dietary nitrates daily, which equates to roughly 2 cups of nitrate-rich vegetables.

Description

Nitrates found in foods like leafy greens and beets can convert into nitric oxide in the body, which may help dilate blood vessels, lower blood pressure, and enhance exercise performance.

How it helps

Nitrates found in foods like beetroot and leafy greens can help improve blood flow and reduce chest pain in people with angina.

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

Managing stress can reduce your chances of angina by lowering the body's stress-related hormones that can tighten your heart arteries.

10

Extra Virgin Olive Oil (EVOO)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate 1-2 tablespoons of extra virgin olive oil into your daily diet. Use it as a dressing for salads, vegetables, or incorporate it into cooking, but avoid using it at high temperatures to preserve its health benefits.

Description

Extra virgin olive oil is a high-quality olive oil obtained from the first pressing of olives. It is rich in monounsaturated fats and antioxidants, like polyphenols, and is associated with various health benefits, including heart health and anti-inflammatory properties.

Olive oil is fat from the olive, a traditional tree of the Mediterranean Basin [R].

Olive oil has anti-inflammatory and antioxidant properties. It may also reduce the risk of [R, R]:

- Heart disease
- Diabetes
- Cancer

Olive oil is also the primary fat source in the Mediterranean diet, which may improve brain and heart health [R].

How it helps

Extra Virgin Olive Oil can help reduce inflammation and improve overall heart health, which may relieve chest pain related to angina.

11

Omega-3 (Fish Oil)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

Omega-3 fatty acids are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [R, R, R].

There are three major types of omega-3s: ALA, EPA, and DHA [R, R].

Fatty fish are rich in EPA and DHA. They include [R]:

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week.** Fish oil supplements are available for those who don't eat fish regularly [R].

How it helps

Omega-3 fatty acids can reduce inflammation and improve heart health, which may help to lower the frequency and severity of chest pain in angina patients.

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.

Homocysteine	12.84 umol/L	5 9 15 100	9 Nov 2025
Creatine Kinase	173 IU/L	44 196	9 Nov 2025
hs-CRP	1.6 mg/L	0 0.5 3 100 500	9 Nov 2025