

Chlamydia

DNA Health Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



SEXUAL 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

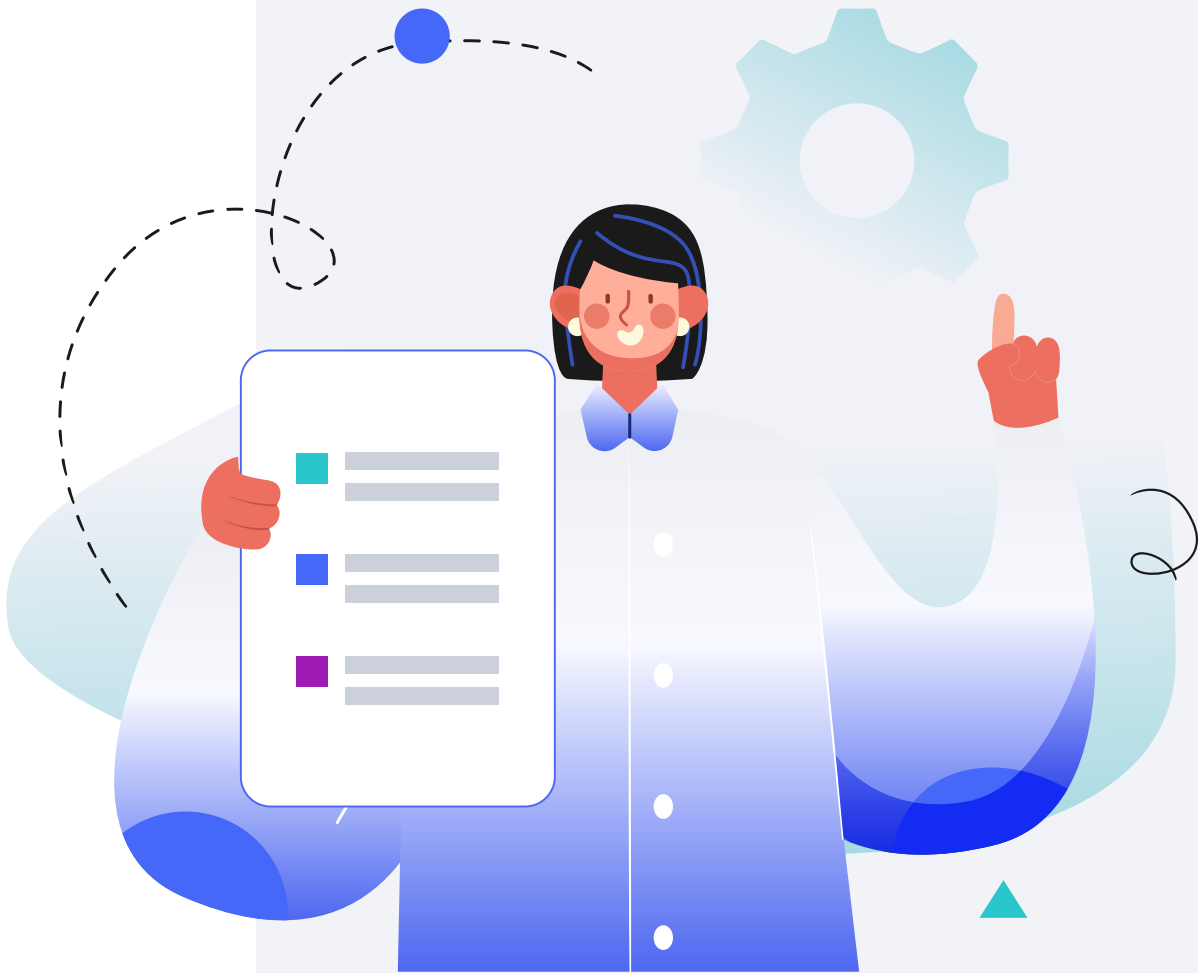
Male

HEIGHT

5ft 5" 165cm

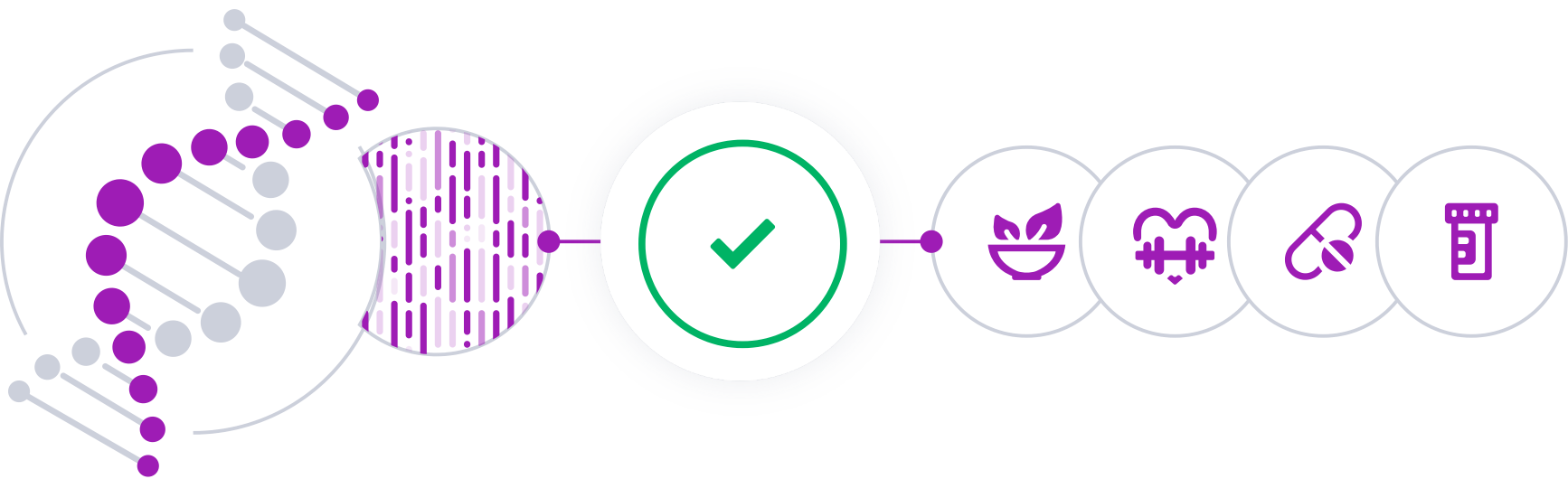
WEIGHT

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.

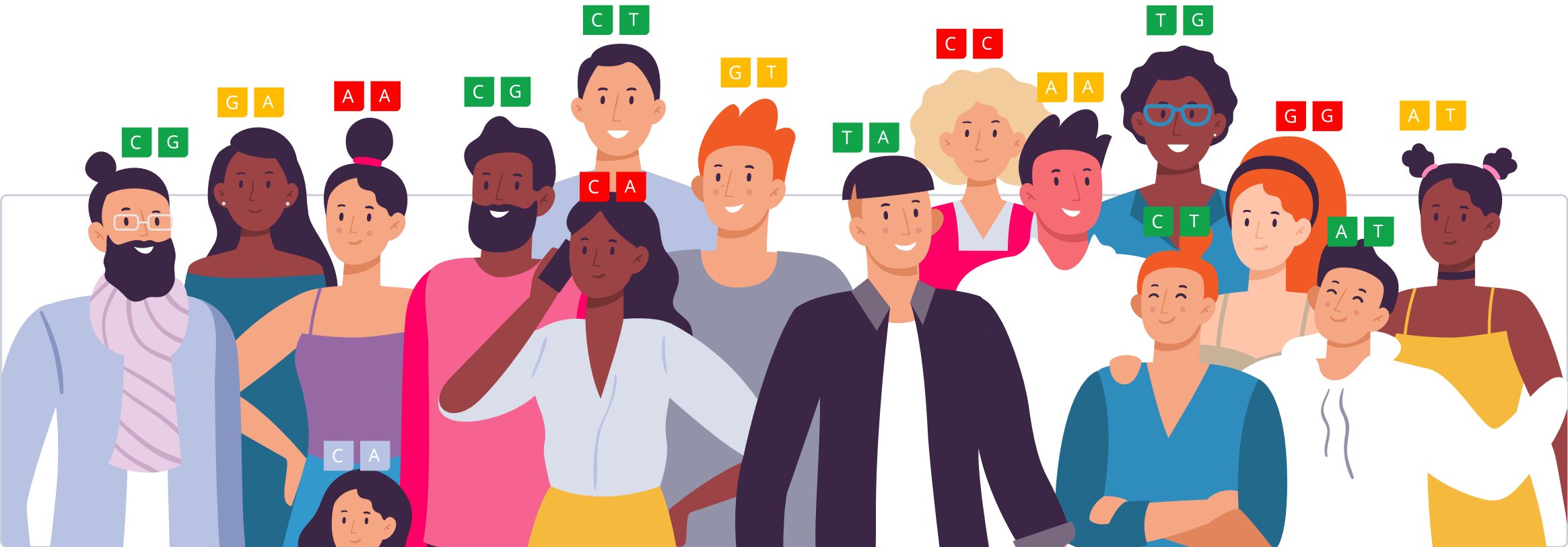


Similarly, our Trait Reports look at how your DNA influences your traits.



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

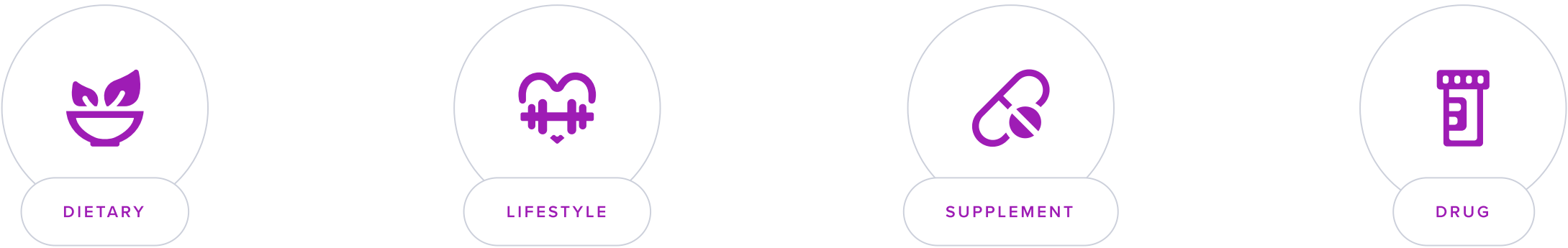
You have 2 risk alleles

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

Chlamydia is a common **sexually transmitted infection (STI)** caused by the *Chlamydia trachomatis* bacterium. It affects mostly **young women**, but it can occur in men and women of all age groups [\[R\]](#).

Signs and symptoms may include [\[R\]](#):

- Painful urination
- Discharge from the penis or vagina
- Bleeding between periods and after sex
- Painful sex in women
- Testicular pain in men

However, symptoms are not common, so chlamydia often goes undetected. This can lead to long-term issues if left untreated, such as [\[R\]](#):

- Pelvic inflammatory disease (PID)
- Infection near the testicles (epididymitis)
- Infections in newborns
- Ectopic pregnancy
- Female infertility
- Reactive arthritis (Reiter's syndrome)

Risk Factors and Genetics

Chlamydia is a common **sexually transmitted infection (STI)** caused by the *Chlamydia trachomatis* bacterium.

Factors that increase the risk of chlamydia include [\[R\]](#):

- Female sex
- African ancestry
- Being sexually active before age 25
- Having multiple sex partners
- Not using a condom consistently
- History of STIs

Interestingly, studies have found **genetic variants** linked to increased susceptibility to chlamydia. Involved genes play a role in the **immune response and skin barrier function** [\[R\]](#).



TYPICAL LIKELIHOOD

Typical likelihood of getting chlamydia based on 1,675 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
NPSR1	rs720756	TT
MT1X	rs79741827	TT
MANBA	rs6821248	GG
/	rs77175455	TA
PIGN	rs61755362	GG
SIGLEC1	rs150358287	CC
STARD3	rs11556624	GG
OR13F1	rs79177442	GG
SLC1A7	rs116623976	GG
ITIH3	rs74320783	GG
VAV2	rs61751477	GG
SCN9A	rs141268327	TT
VPS35L	rs150300279	CC
LAMA5	rs79319629	TT
APOBEC1	rs34275479	CC
VWA2	rs79009215	GG
RRP7A	rs146723886	CT
NCK2	rs143335233	CC
DKK1	rs12259288	GG
BRAT1	rs150942467	AA
CUZD1	rs36212072	AA
ALPK1	rs35756863	TT
FLNC	rs181067717	CC
C11ORF21	rs188839109	CC

GENE	SNP	GENOTYPE
ZBTB49	rs34623124	CC
WDR38	rs61738476	CC
PDCD11	rs61751511	TT
BCAN	rs115373136	CC
ST6GAL2	rs34558933	GG
ACAD9	rs115532916	GG
ABHD12B	rs138523238	GG
NOD2	rs2066845	GG
CERCAM	rs148321495	GG
ETV4	rs34260468	GG
ZNF212	rs76516730	GG
EPYC	rs17784152	GG
ZNF154	rs74939505	GG
NTN5	rs549539292	AA
ZNF100	rs138292237	GG
MDN1	rs114646660	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.

- 1

Safer Sex Practices
- 2

Avoid Douching
- 3

Good Feminine Hygiene

1



Safer Sex Practices

IMPACT

4 / 5

EVIDENCE

5 / 5

How to implement

Use latex condoms every time you have vaginal, anal, or oral sex. Reduce the number of sexual partners you have, and get tested regularly for sexually transmitted infections (STIs), ideally every 3 to 6 months if you're sexually active with new or multiple partners.

Description

Safer sex practices refer to using barrier methods like condoms or dental dams during sexual activity to reduce the risk of sexually transmitted infections (STIs) and unintended pregnancies. They are essential for promoting sexual health and preventing the transmission of STIs.

Safer sex practices help reduce the risk of chlamydia and other STDs. They include [R](#), [R](#):

- Using a condom for all types of sex
- Limiting the number of sex partners (ideally to one)
- Discussing past partners, STDs, and drug use
- Avoiding alcohol and drug use
- Avoiding douching after intercourse
- Getting regular screenings

Using a condom helps prevent chlamydia in men and women. A **combination of male and female condoms** may be the safest option [R](#), [R](#).

Women using **birth control pills** may have **3 times higher** risk of chlamydia compared to those using condoms [R](#).

In men who have sex with men, using **pre-exposure prophylaxis (PrEP) for HIV** may be linked to **11 times higher** risk of chlamydia. Reduced condom use may be one of the reasons for this rise [R](#), [R](#), [R](#).

Men who go to sex workers may have a **2.5 times higher** risk of chlamydia [R](#).

How it helps

Safer sex practices help reduce the risk of chlamydia and other STDs. They include [R](#), [R](#):

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2



Avoid Douching

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Stop using any douching products, whether vaginal or rectal, immediately and do not start this practice. Instead, maintain natural balance and cleanliness through regular bathing with water and mild soap if necessary, avoiding inserting any substances or products into the body.

Description

Douching is washing or cleaning out body cavities with water or other mixtures of fluids. It usually refers to vaginal douching. Experts however, recommend against douching because it can lead to health problems, such as vaginal infections, STD's, and difficulties getting pregnant.

Douching is washing or cleaning out body cavities with water or other mixtures of fluids. It usually refers to vaginal douching.

This practice is common in women. However, **experts recommend against douching** because it can lead to health problems, including [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Difficulty getting pregnant
- Vaginal infections
- Sexually transmitted diseases (STDs).

How it helps

Experts recommend avoiding douching to reduce the risk of chlamydia and other STDs. It may harm good bacteria in the vagina and spread the infection farther into reproductive organs [\[R\]](#), [\[R\]](#).

Using vaginal douches at least once a month may increase the risk of chlamydia and other vaginal infections up to nearly **four times**. However, one study didn't come to this conclusion [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Rectal douching is linked to a **3.25 times higher risk** of chlamydia in men who have sex with men [\[R\]](#).

3



Good Feminine Hygiene

IMPACT1 / 5

EVIDENCE1 / 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 supports the natural balance of vaginal flora and helps prevent secondary infections, which can exacerbate chlamydia. This practice reduces discomfort and promotes overall intimate health, minimizing complications associated with the infection.

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.

	Zinc	17.12 umol/L		9 Nov 2025
	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025