

Droopy Eyelids

DNA Health Report

REPORT CATEGORY —



Sample Client

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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.



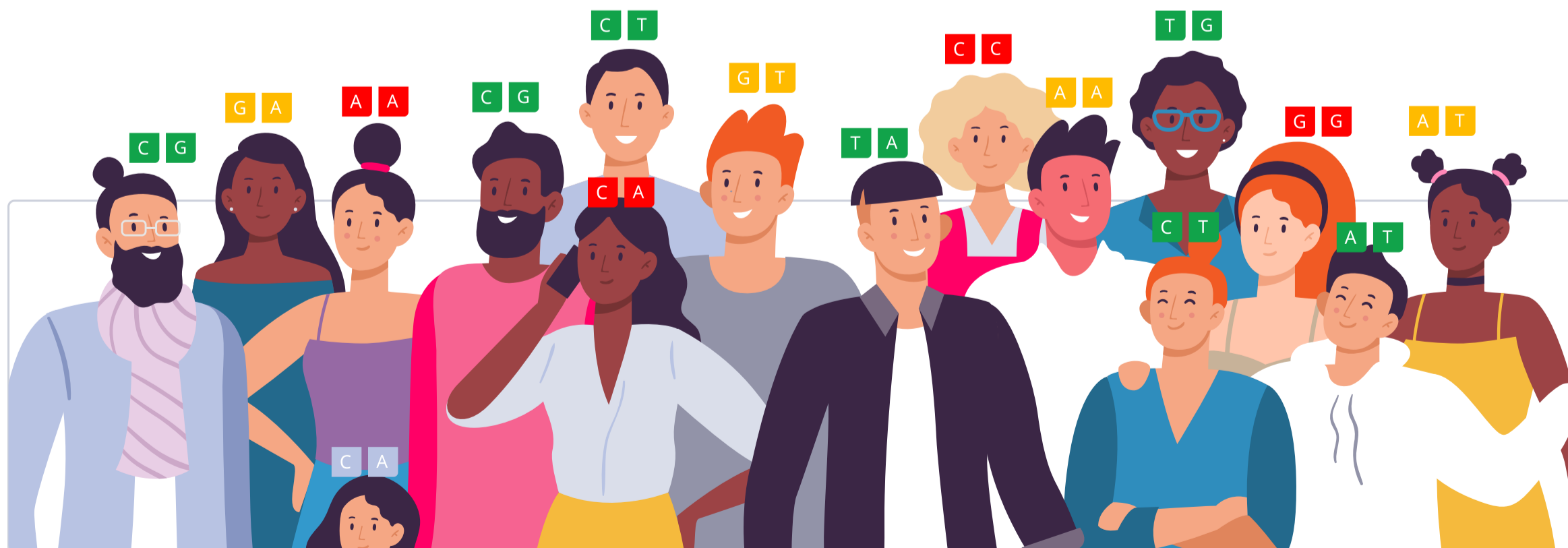
Similarly, our Trait Reports look at how your DNA influences your traits.



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

Eyelid drooping is excess sagging of the upper eyelids. The eyelid may be sitting lower than it should (*ptosis*) or drooping due to loose or excess skin (*dermatochalasis*). In both cases, the eyes can look sleepy or tired [\[R\]](#).

Droopy eyelids can affect one or both eyes. Mild cases can be **cosmetic and self-image issues** for people, while more serious sagging can **impair vision**. Over time, repetitive movements a person makes to see better may **affect their head and neck** [\[R\]](#), [\[R\]](#).

The only available treatment for droopy eyelids is surgery. Doctors may recommend it for severe cases that affect vision [\[R\]](#).

Risk Factors and Genetics

Eyelid drooping is excess sagging of the upper eyelid.

The eyelid may be sitting lower than it should (*ptosis*) or drooping due to loose or excess skin (*dermatochalasis*).

About **60%** of the differences in people’s eyelid drooping may be due to genetics. Involved genes may play a role in skin aging [R].

Eyelid sagging can occur due to a variety of other factors, including [R, R]:

- Weakness of the eyelid muscle
- Nerve damage to the eyelid muscle
- Loose skin of the upper eyelids
- Swelling in the eyelid
- Aging
- Injury, surgery, or disease
- Diabetes
- Rare health conditions



MORE LIKELY

More likely to have droopy eyelids based on 240,468 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SERP1	rs1520818	TT
ARSB	rs4704521	CC
ATP8A1	rs6447160	TT
DLGAP1	rs11876749	TT
ATP8A1	rs16854624	CC
DLGAP1	rs7239297	GG
/	rs17465658	TT
FZD4	rs674017	AC
COX10	rs12451218	TT
ZNF385D	rs1515451	CG
MAGEF1	rs4074869	GA
ZNF385D	rs1356100	AG
KCNQ5	rs4706522	GA
HOXD1	rs6714226	TG
CCL15	rs7217473	CC
SFRP4	rs10499596	TT
PJA2	rs10077083	TT
YWHAQ	rs7602784	GG
TTC27	rs3769560	TT
TSPAN8	rs2270588	CC
ROCK2	rs6432188	CC
SMYD3	rs11808632	CC

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		2	10 minutes
Avoid Contact Lenses		Heated Eye Mask	
3	1 drop	4	1 drop
Guar Gum Eye Drops		Artificial Tears	
5	1 drop	6	
Hyaluronic Acid Eye Drops		Topical Hyaluronic Acid	
7		8	
Sleep for 7+ Hours		Maintain Eye Moisture	

1




Avoid Contact Lenses

IMPACT

 4 / 5

EVIDENCE

 3 / 5

How to implement

Switch to using glasses for your vision correction needs. If you must use contact lenses, such as for specific activities where glasses are not feasible, limit their use to those occasions only. Prioritize wearing glasses on a daily basis.

Description

Avoiding the use or extended use of contact lenses can reduce the risk of eye infections and improve ocular comfort by allowing the eyes to breathe and maintain their natural tear film.

Contact lenses are **small, artificial devices placed on the front surface of the eye**. They were first proposed in the **1500s** by Leonardo da Vinci and became popular in the **1940s** [\[R\]](#).

There are **different types of contact lenses** based on their [\[R\]](#):

- Material (soft, hard, rigid gas permeable)
- Wear time (daily, extended, disposable)
- Water content (low, medium, high)
- Design (single or lenticular cut)

People mainly use contact lenses to help **correct vision problems** [\[R\]](#).

How it helps

Wearing contact lenses is linked to droopy eyelids. The risk may rise with different types of contact lenses [\[R\]](#), [\[R\]](#):

- Hard lenses: **17 times** higher risk
- Soft lenses: **8 times** higher risk

The drooping severity may increase as the wear time increases [\[R\]](#).

However, one study didn't find a link between hard contact lenses and droopy eyelids [\[R\]](#).

If you wear contact lenses, and you are worried about droopy eyelids, **discuss potential options with your doctor**.

2

Heated Eye Mask

IMPACT
EVIDENCE

1 / 5

1 / 5

How to implement

Place a heated eye mask in the microwave for the duration specified by the product instructions, typically around 15-30 seconds. Once heated, place the mask over your closed eyelids for 10-20 minutes. Perform this routine daily, ideally in the evening to help alleviate dry eyes or meibomian gland dysfunction.

TYPICAL STARTING DOSE

10 minutes

Description

How it helps

Using a heated eye mask can enhance moisture retention by stimulating the meibomian glands, which release oils essential for tear film stability. This alleviates dryness and discomfort associated with droopy eyelids, promoting overall eye health and comfort.

3

Guar Gum Eye Drops

IMPACT
EVIDENCE

1 / 5

1 / 5

How to implement

Use guar gum eye drops by applying 1-2 drops in each eye, usually up to 4 times a day. Make sure to follow the instructions on the product label or as prescribed by a healthcare provider.

TYPICAL STARTING DOSE

1 drop

Description

Guar gum eyedrops are used to lubricate and relieve dry eyes. They provide temporary relief from eye discomfort and can help maintain ocular moisture.

Guar gum is a fiber made from the seeds of the Indian cluster bean (*Cyamopsis tetragonolobus*). It is used in food products to help bind and thicken them [\[R\]](#).

Guar gum may be used as a thickening agent in eye drops, skincare, makeup, and hair care products [\[R\]](#).

How it helps

Guar gum eye drops help alleviate discomfort associated with droopy eyelids by providing essential lubrication, thus reducing dryness and irritation. While they do not treat the eyelid condition itself, they improve overall eye comfort and support ocular health.

4

Artificial Tears

IMPACT
EVIDENCE

1 / 5

1 / 5

How to implement

Apply 1-2 drops of artificial tears into the affected eye(s) as needed for relief. Use them throughout the day whenever you experience dryness or irritation. There is no maximum duration; they can be used as long as they provide relief.

TYPICAL STARTING DOSE

1 drop

Description

Artificial tears help lubricate the eyes and maintain their moisture in people with dry eyes. They normally come in liquid form (eye drops), but gels and ointments are also available. There are two types of artificial tears: **preserved and non-preserved**.

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There are two types of artificial tears: **preserved and non-preserved** [\[R, R\]](#).

How it helps

Artificial tears provide essential lubrication, which alleviates dryness and irritation caused by droopy eyelids. By improving ocular surface moisture, they enhance overall comfort and visual clarity in affected individuals.

5

Hyaluronic Acid Eye Drops

IMPACT
EVIDENCE

1 / 5

1 / 5

How to implement

Place 1-2 drops of hyaluronic acid eye drops into each eye, three times a day. Blink several times after application to ensure the solution covers the entire surface of the eye. Continue this routine daily for relief of dry eye symptoms.

TYPICAL STARTING DOSE

1 drop

Description

Hyaluronic acid eye drops are used to relieve dry eyes and maintain eye moisture. They provide lubrication and may help reduce discomfort associated with dry eye syndrome.

How it helps

Hyaluronic acid eye drops enhance ocular surface hydration and lubrication, effectively reducing the discomfort linked with dry eyes often experienced in individuals with droopy eyelids. This hydration aids in maintaining eyelid function and alleviating associated symptoms.

6



Topical Hyaluronic Acid

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a few drops of hyaluronic acid serum directly to your clean, damp skin twice a day, in the morning and before bedtime. Gently massage it into your face and neck until fully absorbed. Follow up with your regular moisturizer to seal in the hydration.

Description

Hyaluronic acid is a naturally occurring substance in the skin that is used topically to enhance skin hydration, reduce fine lines, and improve overall skin texture. It can be derived from various sources, including microbial fermentation.

Hyaluronic acid is a compound naturally found in the body. It helps the skin, eyes, connective tissues, and joints retain water [\[R, R\]](#).

By doing so, hyaluronic acid can help keep the [\[R\]](#):

- Joints moving smoothly
- Skin and eyes moist
- Skin flexible

Hyaluronic acid is popular as a topical serum. It is also available as an injection, supplement, and eye drop.

How it helps

Topical hyaluronic acid aids in enhancing skin hydration and elasticity, which may improve the overall appearance of droopy eyelids by providing a fuller, more youthful skin texture. This hydration can temporarily soften the skin, potentially reducing the visual impact of sagging.

7



Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep supports your body and mind](#) [R, R]. More precisely, sleep helps:

- Support brain health [R, R]
- Maintain a healthy weight and appetite [R, R, R]
- Regulate blood pressure [R, R]
- Balance blood sugar [R, R]

Ways to sleep better include [R]:

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that's cool, dark, and quiet

How it helps

Quality sleep can reduce puffiness and fatigue around the eyes, which might lessen the droopiness of the eyelids.



Maintain Eye Moisture

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Blink regularly especially while using digital devices, take frequent screen breaks every 20 minutes to look at something 20 feet away for 20 seconds, and use a humidifier in dry environments to help maintain eye moisture.

Description

Maintaining eye moisture through methods such as using lubricating eye drops can help prevent dry eye syndrome and maintain ocular comfort. Adequate eye moisture supports visual clarity and reduces the risk of eye discomfort and irritation.

The eyes have a very high water content and a unique system of water regulation. Imbalances in this system may cause dry eyes and blurry vision [\[R\]](#).

Causes of decreased eye moisture include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Exposure to dry air
- Wearing contact lenses
- Not blinking enough, especially while working on a computer or reading
- Certain health conditions and surgical procedures
- Dehydration

How it helps

Keeping the eyes well-lubricated can prevent irritation and strain on the eyelid muscles.

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.