

Endometrial Cancer

Disease Report

REPORT CATEGORIES —



REPRODUCTIVE
HEALTH



CANCER

Sample Client

Report date: 15 January 2026

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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

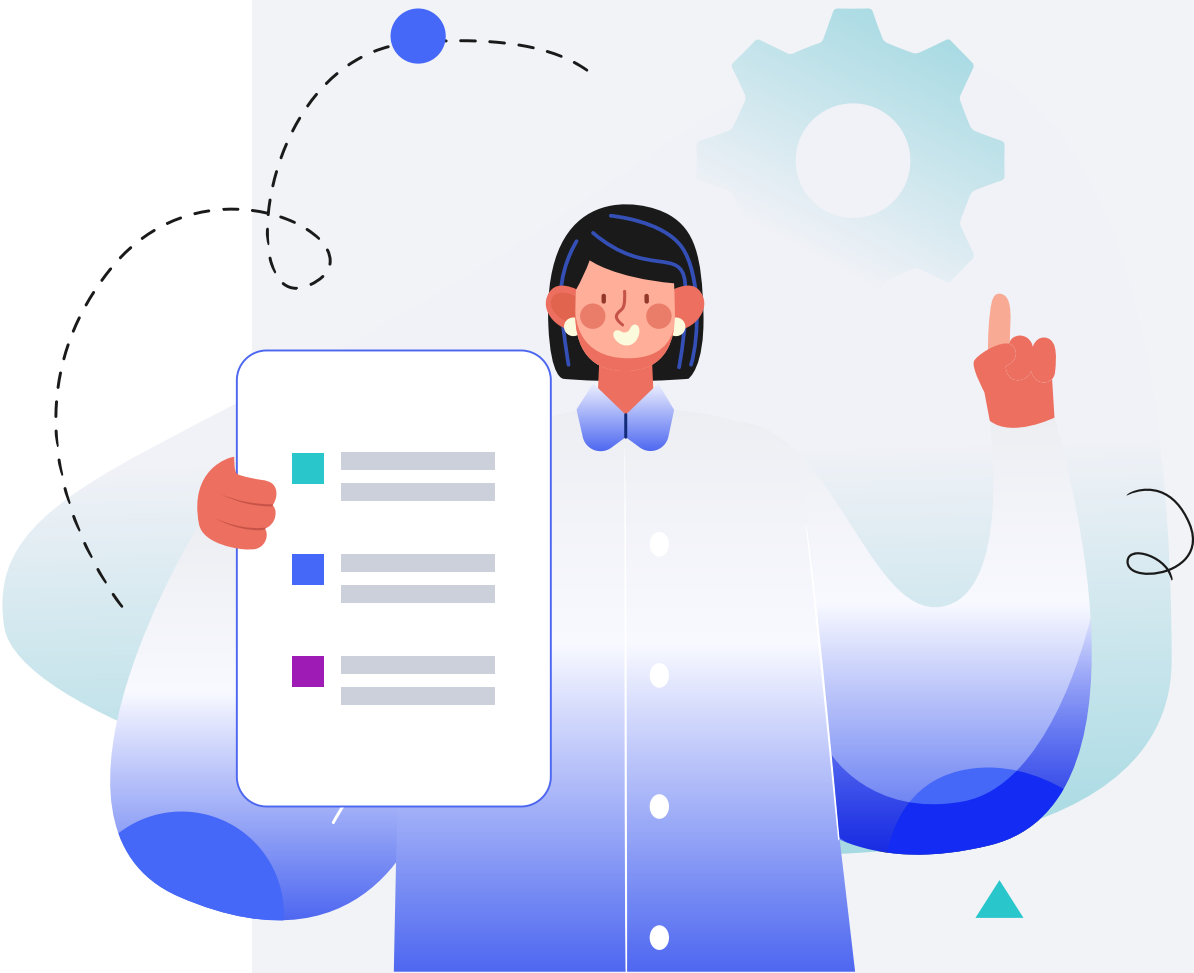
Male

HEIGHT

5ft 5" 165cm

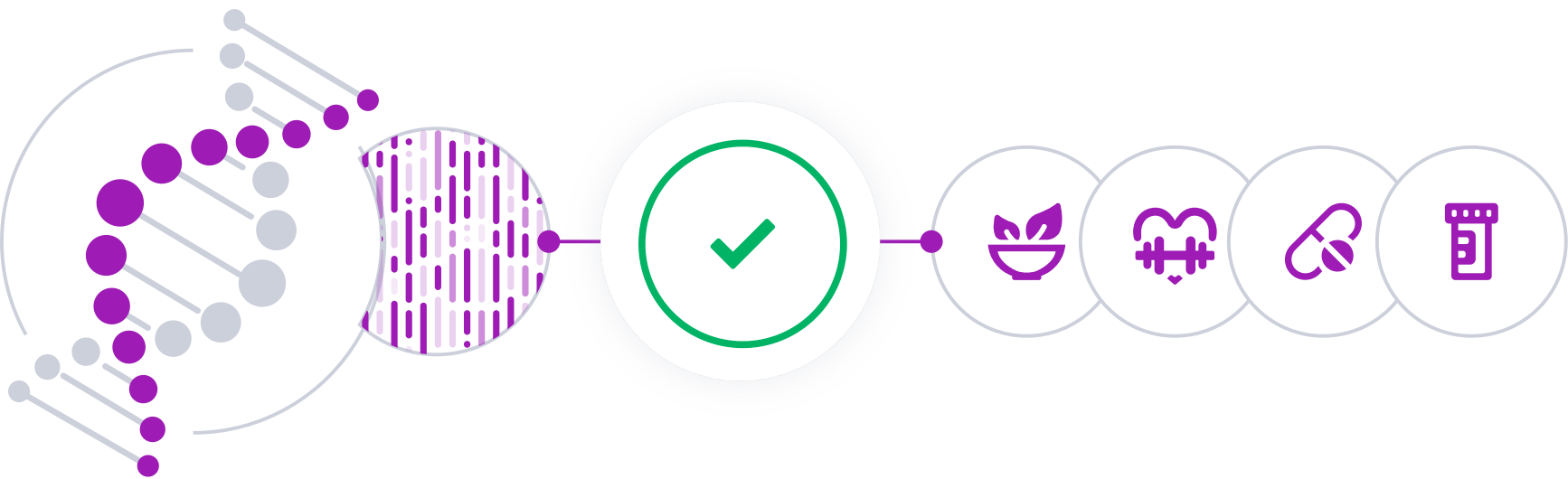
WEIGHT

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.

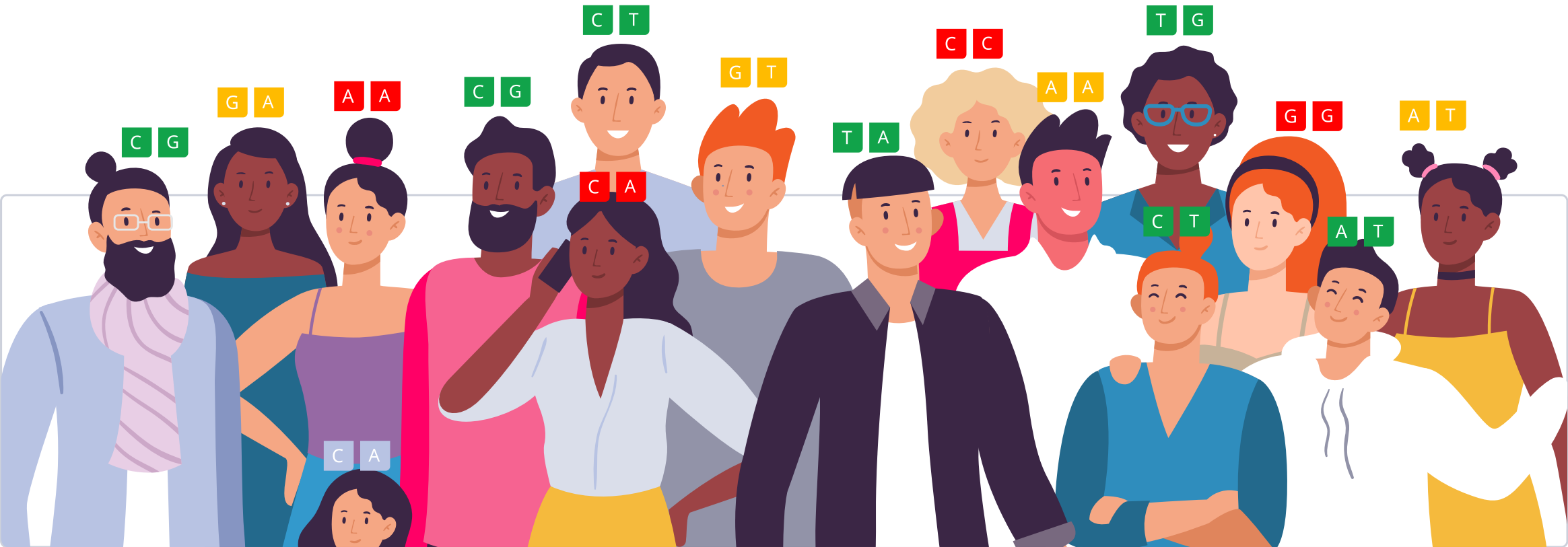


Similarly, our Trait Reports look at how your DNA influences your traits.



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

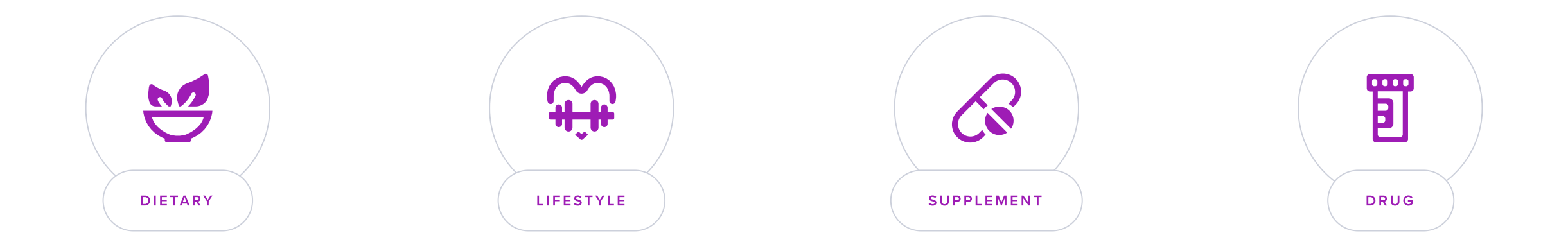
You have 2 risk alleles

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

Endometrial cancer, also known as uterine cancer, primarily affects the endometrium, which is the lining of the uterus. It's the most common type of uterine cancer and predominantly affects postmenopausal women, although it can occur before menopause as well [\[R\]](#).

Common symptoms of endometrial cancer include [\[R\]](#):

- Abnormal vaginal bleeding, which is especially important to investigate in postmenopausal women.
- Pelvic pain such as cramps or pressure.
- Pain during intercourse
- Unusual vaginal discharge: Watery or tinged with blood.
- Weight loss

These symptoms can also be caused by non-cancerous conditions. However, any persistent symptoms should be evaluated by a healthcare provider.

Risk Factors and Treatment

While the exact cause of endometrial cancer is not fully understood, several factors are known to increase the risk of developing the disease [\[R\]](#):

- **Hormonal imbalance:** An excess of estrogen relative to progesterone can stimulate the endometrium excessively, leading to cancer. Conditions that cause this imbalance include obesity, PCOS, and estrogen-only hormone replacement therapy without progesterone.
- **Age:** Most cases occur in women aged 50 and older.
- **Obesity:** Fat tissue can produce estrogen, which increases the risk.
- **Reproductive history:** Never having been pregnant increases the risk.
- **Menstrual history:** Early menstruation (before age 12) or late menopause (after age 55) extends exposure to estrogen.
- **Family history:** A family history of endometrial cancer or colorectal cancer linked to Lynch syndrome increases the risk.
- **Diabetes:** Linked with obesity and higher insulin levels, which may play a role in endometrial cancer.
- **Tamoxifen:** This drug, used to treat breast cancer, may increase the risk due to its estrogen-like effects on the uterus.

Treatment options depend on the stage of the cancer, the patient's general health, and preferences. They may include [\[R\]](#):

- **Surgery:** Removal of the uterus (hysterectomy) is often the first treatment used for endometrial cancer. Removal of the ovaries and fallopian tubes might also be necessary.
- **Radiation therapy:** Used before surgery to shrink the tumor or after surgery to destroy any remaining cancer cells.
- **Hormone therapy:** Used if the cancer has spread or returned and is sensitive to hormones.
- **Chemotherapy:** Used to kill cancer cells when the cancer is advanced or has returned.
- **Targeted therapy:** Drugs that specifically target cancer cells without affecting normal cells.



Typical likelihood of endometrial cancer based on 11,357 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ZKSCAN5	rs34670419	GG
KLF5	rs7981863	CC
CYP19A1	rs17601876	GG
CDKN2A	rs1679014	TC
HNF1B	rs11263761	AG
SOX4	rs1740828	AG
BHLHE41	rs9668337	GA
HMGB4	rs79024726	TG
SH2B3	rs3184504	TC
HEY2	rs2747716	GA
SRP14	rs937213	CT
BCL11A	rs7579014	AG
EEFSEC	rs872267	GA
TMEM63A	rs11583244	CT
GATA6	rs561726060	CC
PAPOLG	rs148261157	GG
SNIP1	rs113998067	TT
MYC	rs4733613	GG
PPP1R14C	rs76165228	GG
BPTF	rs60856912	GG
HOXB4	rs882380	CC
FOXA2	rs4607001	CC
EVI2A	rs1129506	AA
TBX3	rs10850382	CC
PRRG4	rs10835920	CC
PPARG	rs2960422	GG
NAV3	rs1677893	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Please note: This report is not diagnostic and can't be used to make any medical decisions. Most cancers are uncommon and have a strong environmental component. Even if your genetic predisposition is high, you will most likely not develop the disease. This report doesn't test for hereditary cancer syndromes or 'cancer genes'. These are usually caused by rare mutations that can't be analyzed by our test. If you're concerned about your risk of hereditary cancer, consider getting a specialized test at a reference laboratory.

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	Methylfolate	400 mcg	2	Green Tea	400 mg
3	Soy Isoflavones	40 mg	4	Tea	
5	Soy		6	Vitamin C	2000 mg
7	Avoid Acrylamide		8	Art Therapy	1 hour
9	Walking	30 minutes	10	Cruciferous Vegetables	

1



Methylfolate

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

[Vitamin B9](#) (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn't require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

How it helps

Meta-analysis of nine case-control and five cohort studies found a marginal negative association between folate intake and endometrial cancer risk. Further research is needed to confirm this association and explore potential threshold effects [\[R\]](#).

2



Green Tea

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R\]](#) [\[R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Two meta-analyses (the largest one with 16 studies) found that green (but not black) tea reduces the risk of endometrial cancer [\[R\]](#) [\[R\]](#).

Please note: polyphenols from green tea may bind to iron and form insoluble complexes, which reduces iron absorption in the gut. If you have anemia, consult your healthcare provider before using green tea [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Habitual green tea intake may reduce the risk of endometrial cancer more in people with your [SHBG](#) gene variant [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
TNFSF12	rs6259	GG	

3

Soy Isoflavones

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take a soy isoflavone supplement containing 40 to 80 milligrams daily, ideally with food to improve absorption. This dosage can be continued on a daily basis for several months, but it's recommended to reevaluate its effectiveness and any potential side effects with a healthcare provider periodically.

TYPICAL STARTING DOSE

40 mg

Description

Soy isoflavones are natural compounds found in soybeans and soy products. They are phytoestrogens, which means they can mimic the effects of estrogen in the body and are associated with potential health benefits like menopausal symptom relief and improved heart health.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It's a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Dietary isoflavones from soy and legumes may reduce the risk of endometrial cancer according to a meta-analysis of 13 studies [\[R\]](#).

PERSONALIZED TO YOUR GENES

Your [SHBG](#) gene variant has been associated with an increased risk of endometrial cancer. However, consuming soy isoflavones may reduce this risk [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
TNFSF12	rs6259	GG	

4



Tea

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Drink 1-3 cups of tea daily, choosing from green, black, or herbal varieties according to preference. It's beneficial to consume tea throughout the day, either hot or cold, for ongoing hydration and health benefits.

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to polyphenols and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains many active compounds. These include antioxidants like EGCG and amino acids like [L-theanine](#). Active components of tea help support [\[R, R, R, R, R, R\]](#):

- Heart health
- Cognition
- Immunity
- Relaxation

How it helps

An [umbrella review of 64 studies](#) identified endometrial cancer among those whose **risk is reduced by tea intake** [\[R\]](#).

A [meta-analysis of 7 studies](#) associated tea intake with a **15% reduced risk of endometrial cancer. An increase of 2 cups/day reduced the risk by 25%**. However, [3 meta-analyses \(the largest one with 8 studies\)](#) found **no association** [\[R, R, R, R\]](#).

Nevertheless, [2 meta-analyses \(the largest one with 16 studies\)](#) found that **green (but not black) tea reduces the risk of endometrial cancer** [\[R, R\]](#).



PERSONALIZED TO YOUR GENES

Habitual green tea intake may reduce the risk of endometrial cancer more in people with your [SHBG](#) gene variant [\[R\]](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
TNFSF12	rs6259	GG	

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5



Soy

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Incorporate soy-based products such as tofu, soy milk, and edamame into your daily diet. Aim for at least one serving per day, equivalent to about a cup of soy milk, a half-cup of cooked soybeans, or a 3-ounce piece of tofu.

Description

Soy is a legume native to East Asia, and its health benefits include being a source of plant-based protein, fiber, and various vitamins and minerals. It is known for its potential to support heart health, reduce cholesterol levels, and provide essential nutrients in vegetarian and vegan diets.

Soy is a common food in many cuisines around the world, especially Asian cuisines [R].

It’s a great source of [R, R]:

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [R]:

- Soy beverages
- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Soy consumption may reduce the risk of endometrial cancer. The protective effects may be strongest in postmenopausal women and those consuming unfermented soy products [R].

Similarly, dietary isoflavones from soy and legumes may reduce the risk of endometrial cancer according to a meta-analysis of 13 studies [R].

 PERSONALIZED TO YOUR GENES

Your **SHBG** gene variant has been associated with an increased risk of endometrial cancer. However, consuming soy isoflavones may reduce this risk [R].

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
TNFSF12	rs6259	GG	

6



Vitamin C

IMPACT

2 / 5

EVIDENCE

2 / 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

Meta-analysis suggests dietary beta-carotene, vitamin C, and vitamin E may inversely affect endometrial cancer risk, though further cohort studies are needed for confirmation [\[R\]](#).

7



Avoid Acrylamide

IMPACT1 / 5

EVIDENCE3 / 5

How to implement

Reduce your intake of fried, baked, or roasted high-carbohydrate foods, such as potato chips, fries, and toast, to minimal levels. Opt for boiling, steaming, or microwaving these foods instead. When cooking at high temperatures, aim to keep the temperature below 248 degrees Fahrenheit (120 degrees Celsius) to prevent the formation of acrylamide.

Description

Avoiding acrylamide involves minimizing exposure to this chemical compound, which can form in certain foods when cooked at high temperatures. Reducing acrylamide intake may lower the risk of potential health concerns associated with its consumption.

How it helps

A meta-analysis of fourteen cohort studies found no significant association between dietary acrylamide intake and the risk of breast, endometrial, or ovarian cancers, regardless of various subgroup analyses [\[R\]](#).

A study found no significant associations between dietary acrylamide intake and most cancers. Borderline links were observed for kidney cancer and, among never-smokers, for endometrial and ovarian cancers [\[R\]](#).

Among 453,355 women in four cohort studies, high dietary acrylamide intake wasn't linked to endometrial cancer overall (RR = 1.10). However, never-smoking women showed an increased risk [\[R\]](#).

Acrylamide intake was linked to a slightly elevated risk of ovarian and endometrial cancers, especially among never-smokers [\[R\]](#).

8



Art Therapy

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Participate in art therapy sessions, which can include activities such as painting, sculpting, or drawing, for 1-2 hours per week. These sessions can be done either in group settings guided by a trained art therapist or individually, depending on your comfort level and goals. It is beneficial to engage in this practice consistently for several months to observe the therapeutic benefits.

TYPICAL STARTING DOSE

1 hour

Description

Art therapy is a type of therapy that encourages free self-expression and reflection through [\[R\]](#):

- Painting
- Drawing
- Clay modeling

It may be combined with mindfulness. Mindfulness is the practice of being aware of the present moment without any judgment [\[R\]](#).

Art therapy is used to improve [\[R\]](#):

- Self-esteem
- Self-awareness
- Emotional resilience
- Social skills

How it helps

In an uncontrolled trial of 16 patients with gynecological cancers (including endometrial cancer), receiving 5 sessions of art therapy during chemotherapy prevented a decline in quality of life [\[R\]](#).

9



Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Walking is a low-impact exercise that can help improve cardiovascular health, reduce fatigue, and enhance overall physical function, which is beneficial for those undergoing or recovering from endometrial cancer treatment.

10



Cruciferous Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a serving of cruciferous vegetables, such as broccoli, cauliflower, Brussels sprouts, kale, or cabbage, into at least one meal each day. A serving size is about a half cup cooked or one cup raw. Try to maintain this habit consistently over time for the best health outcomes.

Description

Cruciferous vegetables like broccoli, cauliflower, and kale are rich in vitamins, fiber, and antioxidants. Including them in your diet can promote overall health and may offer cancer-protective properties.

Cruciferous vegetables are a group of vegetables that belong to the Brassicaceae family. They are rich in fiber, vitamins, minerals, and other nutrients.

Some common cruciferous vegetables include broccoli, cauliflower, cabbage, kale, and brussels sprouts.

How it helps

Cruciferous vegetables like broccoli, Brussels sprouts, and cabbage contain compounds that may help protect against cancer by promoting the elimination of carcinogens and inhibiting the growth of cancer cells.

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.