

Eye Style

DNA Health Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



EYE HEALTH

Sample Client

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Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

09 Your recommendations

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

An eye stye, also known as a hordeolum, is a common and painful infection of the oil glands of the eyelid. Most styes are caused by the bacterium *Staphylococcus aureus*. They appear as a red, swollen bump near the edge of the eyelid, resembling a pimple. Styes can occur on the outside or inside of the eyelid and are usually not harmful to vision and typically resolve on their own or with minimal treatment [\[R\]](#).

The typical symptoms include [\[R\]](#):

- Swelling: A localized swollen spot on the eyelid, which may spread to the entire eyelid.
- Pain and tenderness: The area is often painful, especially when touched.
- Redness: The affected area and surrounding eyelid may become red.
- Tearing: The eye may water more than usual.
- Crustiness: The affected eyelid may develop a crust along the lash line.
- A feeling of something in the eye: Discomfort when blinking or moving the eye.

Causes and Treatment

Styes can develop when the tiny oil glands around the eyelashes become blocked and infected. Common contributing factors include [\[R\]](#):

- Poor hygiene: Touching the eyes with unwashed hands can transfer bacteria.
- Makeup use: Using old or contaminated makeup or failing to remove makeup properly can contribute to gland blockages.
- Eye irritation: Wearing contact lenses without proper hygiene or leaving them in overnight can increase the risk.
- Chronic blepharitis: People with chronic eyelid inflammation are more prone to developing styes.

Most styes heal on their own within a few days to a week. However, the following treatments can help alleviate symptoms and speed up recovery [\[R\]](#):

- Warm compresses: Applying a clean, warm washcloth to the affected eyelid for 10-15 minutes several times a day can help the stye drain and heal faster.
- Massage: Gently massaging the area with a clean finger may help express the gland and speed healing after applying warm compresses.
- Keep it clean: Regularly washing the affected area and keeping it clean helps prevent further irritation.
- Avoid makeup and contact lenses: Avoid wearing eye makeup or contact lenses until the stye heals to prevent further irritation or spread of infection.
- Over-the-counter pain relievers: Non-prescription pain relievers can help manage pain associated with styes.

Preventive measures include practicing good eyelid hygiene, removing makeup thoroughly each night, and avoiding touching the eyes with unwashed hands. Maintaining these habits can significantly reduce the likelihood of developing styes and other eye infections.



MORE LIKELY

More likely to have eye styes based on 889,333 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	Hot Applications	20 minutes	2	Regular Hand Washing	
3	Avoid Contact Lenses		4	Artificial Tears	1 drop
5	Hyaluronic Acid Eye Drops	1 drop	6	Maintain Eye Moisture	
7	Heated Eye Mask	10 minutes	8	Intense Pulsed Light (IPL) Therapy	30 minutes
9	Acupuncture	1 hour			

1



Hot Applications

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Apply a hot pack, heating pad, or a warm towel to the affected area for 15-20 minutes at a time. Do this several times a day, especially before activities that increase pain.

TYPICAL STARTING DOSE

20 minutes

Description

The use of hot applications, such as heating pads or warm compresses, can help relieve muscle tension, reduce pain, and improve blood flow to affected areas. It is a common approach for managing muscular discomfort and promoting relaxation.

People use hot applications to relieve pain, improve blood flow, and help muscles relax [\[R, R\]](#).

Types of hot applications include [\[R, R\]](#):

- Heating pads
- Hot baths
- Saunas

How it helps

Experts recommend applying a warm washcloth over the closed eye to relieve pain. Apply it for 5-10 minutes while gently massaging the eye, re-wet it when it loses heat, and repeat 2x-3x/day [\[R, R\]](#).

If you have recurrent styes, using a warm compress regularly may help prevent them from coming back [\[R\]](#).

2



Regular Hand Washing

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Styes are caused by an infection of oil glands in the eyelid. Most of them are caused by microbes of the *Staphylococcus* genus. Experts recommend **regular hand washing with soap or sanitizer** and **avoiding touching the eyes** to reduce the risk of eye styes. Washing the affected eye with gentle soap may also help [\[R\]](#), [\[R\]](#).

Don't try to pop the stye or squeeze the pus from a stye. Doing so can cause the infection to spread [\[R\]](#).

3



Avoid Contact Lenses

IMPACT

2 / 5

EVIDENCE

2 / 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

Experts recommend **avoiding contact lenses until the stye goes away** because they can be contaminated with bacteria [\[R\]](#).

If you choose to continue wearing contact lenses, **wash your hands thoroughly before handling them and follow your doctor's advice on disinfecting them** [\[R\]](#).

4



Artificial Tears

IMPACT

1 / 5

EVIDENCE

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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How it helps

Artificial tears help alleviate the symptoms of an eye stye by providing lubrication, which reduces irritation and discomfort associated with dryness. This moisture supports healing by maintaining a stable tear film over the affected area.

5



Hyaluronic Acid Eye Drops

IMPACT

1 / 5

EVIDENCE

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 moisture retention and lubrication on the ocular surface, which can alleviate dryness and irritation often associated with an eye stye. This improved moisture barrier aids in reducing discomfort and promoting healing.

6



Maintain Eye Moisture

IMPACT1 / 5

EVIDENCE1 / 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

Maintaining eye moisture effectively alleviates discomfort associated with a stye by preventing dryness and irritation, which can exacerbate symptoms. Lubricating eye drops enhance overall ocular health, promoting faster healing and reducing inflammation in the affected area.

7



Heated Eye Mask

IMPACT1 / 5

EVIDENCE1 / 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

The application of a heated eye mask aids in relieving discomfort associated with a stye by promoting the melting of hardened oils within blocked meibomian glands, facilitating drainage and reducing inflammation.

8



Intense Pulsed Light (IPL) Therapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Book an appointment with a dermatologist or a licensed practitioner experienced in intense pulsed light (IPL) therapy. The treatment usually requires multiple sessions, typically 3 to 6, spaced about one month apart to allow the skin to heal properly. Each session may last about 20 to 30 minutes, depending on the area being treated.

TYPICAL STARTING DOSE

30 minutes

Description

Intense pulsed light therapy is a non-invasive cosmetic procedure used to improve skin texture and reduce the appearance of various skin issues, such as sun damage and hyperpigmentation. It can enhance skin's appearance and boost self-confidence.

How it helps

In a non-placebo-controlled trial of 20 patients with eye styes, applying intense pulsed light 3-5 times improved the symptoms without causing adverse effects [\[R\]](#).

9



Acupuncture

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

A meta-analysis of 6 trials and 531 participants found low-certainty evidence that acupuncture may provide short-term benefits for improving eye styes [\[R\]](#).