

Femoral Hernia

DNA Health Report

REPORT CATEGORY —



INJURIES

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

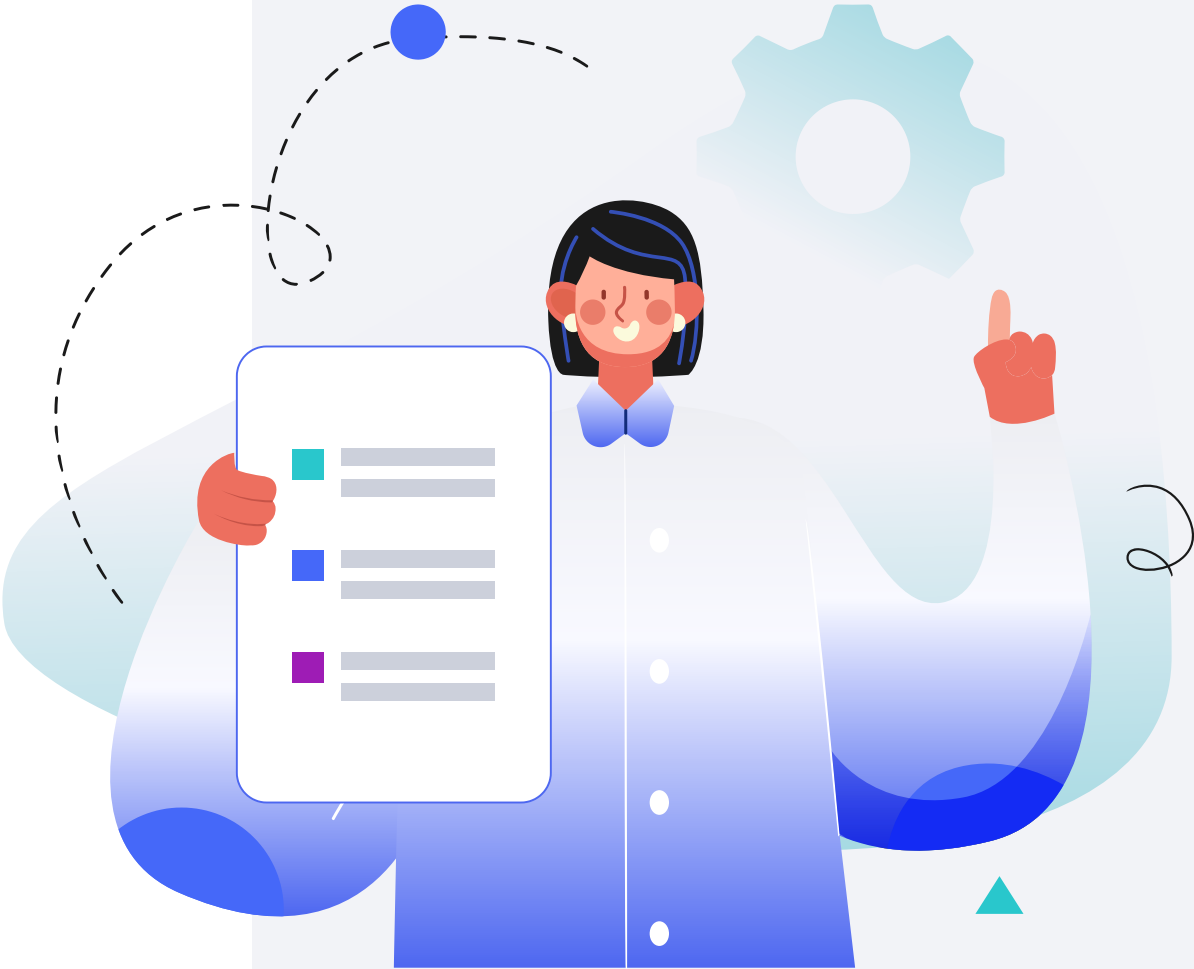
Male

HEIGHT

5ft 5" 165cm

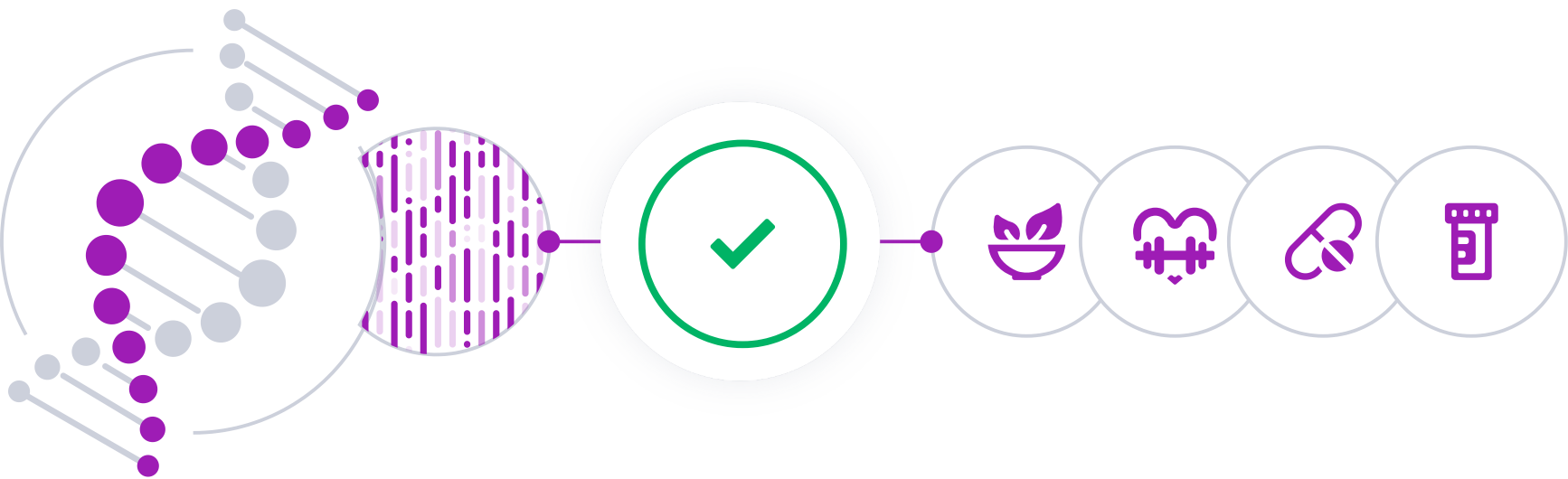
WEIGHT

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.

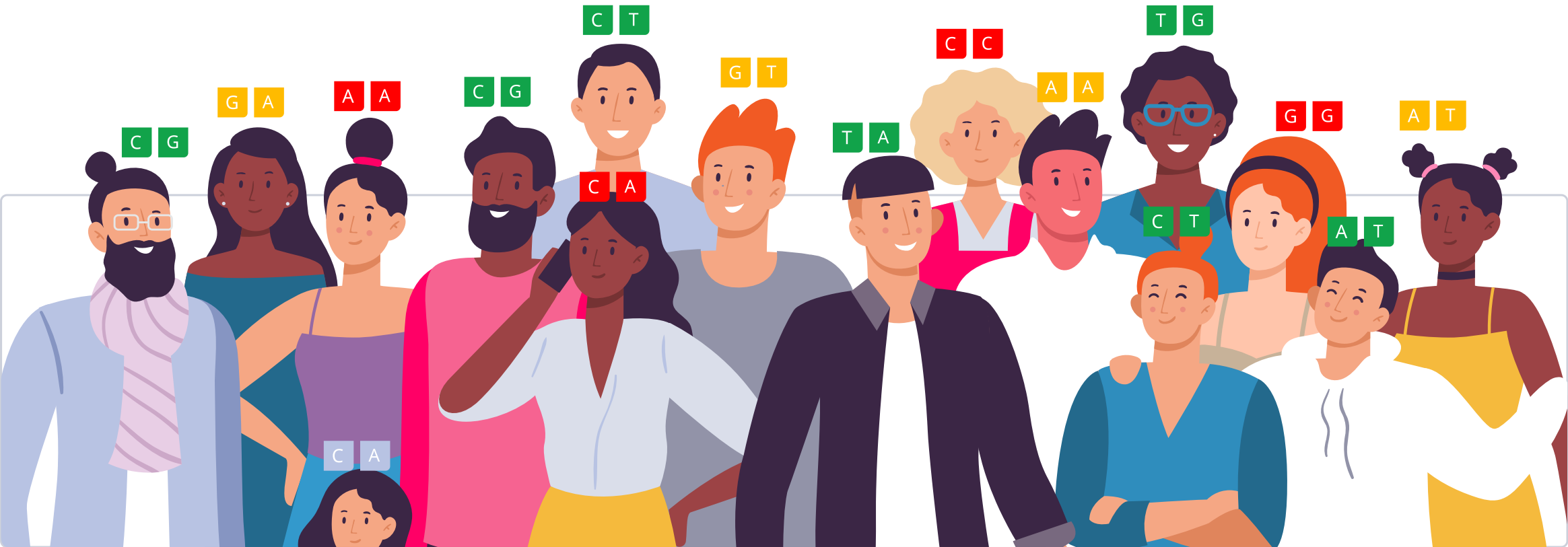


Similarly, our Trait Reports look at how your DNA influences your traits.



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

A femoral hernia occurs when tissue pushes through a weak spot in the muscle wall of the groin or inner thigh. This type of hernia appears just below the inguinal ligament, which runs along the crease where the leg meets the pelvis.

Compared to other types of hernias, femoral hernias are relatively uncommon and tend to affect more women than men. They can be caused by a variety of factors including repetitive strain, heavy lifting, obesity, or chronic coughing - which increase the pressure on the abdominal wall.

Symptoms and Complications

The symptoms of a femoral hernia can vary depending on its size and whether it becomes strangulated or not. Patients may notice a small lump in the groin or upper thigh area that could be accompanied by discomfort or sharp pain, especially when straining or lifting heavy objects.

Strangulation, where the blood supply to the herniated tissue gets cut off, is a serious complication and can lead to nausea, vomiting, and severe pain and requires immediate medical attention to prevent further health risks.



MORE LIKELY

More likely to have a femoral hernia based on 14,508 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
EFEMP1	rs59985551	CT
EFEMP1	rs3791679	AG
EFEMP1	rs3791675	CT
EFEMP1	rs1346786	CT
EFEMP1	rs9753383	AG
ZC3H11B	rs7538503	AG
ZC3H11B	rs12131794	CA
/	rs55893113	GC
ZC3H11B	rs4846569	CT
ZC3H11B	rs3902972	GA
TGFB2	rs1337101	GT
ZC3H11B	rs1415293	AT
TGFB2	rs4846302	GC
TGFB2	rs2820441	AC
TGFB2	rs2785998	CA
TGFB2	rs2820446	CG
ZC3H11B	rs4846567	GT
ZC3H11B	rs4846303	GT
ZC3H11B	rs3001032	TC
ZC3H11B	rs2820443	TC
DYNC1LI1	rs73069443	TT
EFEMP1	rs1430203	GG
EFEMP1	rs12478566	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

Avoid Overeating
- 2

Avoid Rapid Weight Changes
- 3

Avoid Lifting Heavy Objects

1



Avoid Overeating

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume meals slowly, taking time to chew your food thoroughly and pausing between bites to allow your body to signal when it is full. Aim to stop eating when you feel about 80% full rather than waiting until you feel uncomfortably full. Implement this practice at every meal and snack, making it a consistent part of your daily eating habits.

Description

People who overeat take in more food than their body needs. Overeating may contribute to obesity and diabetes, as well as digestive and sleep problems.

People who overeat take in more food than their body needs.

Overeating may contribute to [R](#), [R](#), [R](#), [R](#):

- Obesity
- Diabetes
- Digestive problems
- Sleep problems

How it helps

Overeating can increase pressure within the abdomen, which may exacerbate a femoral hernia or increase the risk of its development. Adjusting portion sizes and avoiding large meals can help manage this pressure.

2



Avoid Rapid Weight Changes

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Maintain a consistent, healthy weight by avoiding extreme dieting or sudden increases in food intake. Aim for gradual weight changes, not exceeding 1-2 pounds per week, by adjusting your diet and physical activity levels accordingly. This approach should be sustained over a long-term period to ensure health and prevent potential adverse effects on the body.

Description

Avoiding extreme and rapid weight changes, whether through crash diets or excessive calorie restriction, is essential for preventing negative health consequences such as nutritional deficiencies and metabolic disruptions.

Your weight is determined by the number of calories you consume compared to those you burn. Changes in exercise frequency, amount and type of food consumed, and alcohol intake may alter your energy expenditure. This may cause small weight fluctuations [\[R\]](#).

Some people may gain or lose weight at a faster rate. Rapid weight fluctuations may be due to [\[R\]](#), [\[R\]](#):

- Very drastic diets
- Water retention or dehydration
- Hormonal changes
- Pregnancy
- Taking certain medications
- Certain health conditions

How it helps

Rapid weight changes can strain the abdominal and groin areas, increasing the risk of developing or exacerbating a femoral hernia. Gradual weight management is recommended to maintain the integrity of the abdominal wall and reduce hernia risks.

3



Avoid Lifting Heavy Objects

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from picking up items that require significant strain or exertion, typically defined as those weighing more than 25 pounds (11 kilograms), to avoid unnecessary pressure on your body. This restriction should be adhered to as long as your healthcare provider advises, which may be indefinitely for chronic conditions or for a specific recovery period following surgery or injury.

Description

Avoiding improper lifting techniques when handling heavy objects can help prevent back injuries and musculoskeletal strain. Practicing safe lifting methods and using proper equipment promotes spine and musculoskeletal health.

How it helps

Lifting heavy objects can increase intra-abdominal pressure, which can strain the weakened area in the groin where a femoral hernia occurs. By avoiding heavy lifting, individuals can reduce the risk of hernias becoming larger or more painful.