

Frequent Urination

DNA Health Report

REPORT CATEGORY —



URINARY TRACT
HEALTH

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

Frequent urination, medically referred to as polyuria, pertains to an increase in the urge and frequency of urination beyond what is considered normal for the individual. This condition is not a disease by itself, but rather a symptom or a side effect of a variety of underlying issues that can range from lifestyle choices to serious medical conditions.

For example, increased fluid intake, especially of diuretics such as coffee or alcohol, can lead to this symptom. Additionally, it can also be a response to feelings of anxiety or stress, which sometimes stimulate the sensation of needing to urinate more often.

Causes and Treatment

On a medical front, frequent urination can be indicative of a urinary tract infection (UTI), where the irritation of the bladder and urethra may cause a feeling of needing to urinate more often. However, it can also signal more chronic conditions such as diabetes, where excess glucose in the bloodstream leads to increased urine production, or an overactive bladder, which is characterized by involuntary contractions leading to frequent and sudden urges to urinate.

Understanding the underlying cause is crucial, as treatment varies greatly depending on the diagnosis, ranging from antibiotics for a UTI to lifestyle changes and medication for chronic conditions like diabetes or overactive bladder syndrome.



LESS LIKELY

Less likely to have polyuria based on 14,414 genetic variants we looked at



PERCENTILE



Your risk is greater than 1% of the population and lower than 99% of the population.

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

Yoga

30 minutes

3

Pumpkin Seeds

5

Pumpkin Seed Oil

2

Avoid Carbonated Beverages

4

Avoid Spicy Food

1



Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Experts say that relaxation techniques like yoga may help decrease the urge to go [\[R\]](#).

Practicing yoga may improve bladder control problems by [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Helping to focus on and strengthen the pelvic floor muscles
- Reducing the stress and anxiety of leaks

However, **mindfulness** helped more than yoga in one small study [\[R\]](#).

2



Avoid Carbonated Beverages

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stop consuming drinks like soda, sparkling water, and other carbonated beverages. If you're used to drinking these regularly, gradually reduce your intake by replacing one carbonated drink with a non-carbonated alternative, such as still water or herbal tea, each day until you no longer consume them.

Description

Avoiding carbonated beverages, particularly those high in sugar or artificial additives, can support dental health by reducing the risk of tooth decay and enamel erosion, and avoid potentially irritating the bladder.

How it helps

Carbonated drinks can irritate the bladder, potentially increasing the urge to urinate. By avoiding these types of beverages, individuals may experience a decrease in the frequency of urination.

3



Pumpkin Seeds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a handful of pumpkin seeds (about 28 grams) into your diet daily. You can add them to your breakfast cereal, sprinkle them over a salad, blend them into smoothie bowls, or simply eat them as a snack. This practice can be continued indefinitely as part of a healthy dietary pattern.

Description

Pumpkin seeds, also known as pepitas, are the edible seeds of the pumpkin.They are rich in protein, antioxidants, iron, zinc, magnesium, manganese, and phosphorus. The compounds in pumpkin seeds may benefit heart health and immune function.

Pumpkin seeds are rich in arginine, protein, antioxidants, iron, zinc, magnesium, manganese, and phosphorus. Pumpkin seeds contain 54.18 mg of arginine per gram.

How it helps

Pumpkin seeds may help with bladder issues, including overactive bladder, which can lead to frequent urination. They contain a compound that may support bladder health and reduce the urge to urinate.

4



Avoid Spicy Food

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

Spicy foods can irritate the bladder lining in some individuals, leading to an increase in urinary frequency. Avoiding spicy foods may help mitigate this irritation and reduce the urge to urinate frequently.

5



Pumpkin Seed Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 to 2 tablespoons of pumpkin seed oil daily, either directly or by adding it to salad dressings, smoothies, or yogurt. It's best consumed with meals to increase absorption.

Description

Pumpkin seed oil is a plant extract obtained from the seeds of the pumpkin (Cucurbita pepo). Traditionally, it has been used for its potential health benefits, including supporting prostate and urinary health. Its beneficial compounds include phytosterols, antioxidants, and essential fatty acids. It also nutrients like vitamin E and K, zinc, and magnesium.

Pumpkin seed oil is a good source of healthy fats and antioxidants [\[R\]](#), [\[R\]](#).

It is used to support hair and prostate health [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Pumpkin seed oil may help improve symptoms of urinary disorders by strengthening the pelvic floor muscles. It's thought that the phytochemicals in pumpkin seed oil can have a beneficial effect on the function of the urinary tract, which can reduce symptoms like frequent urination.

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.

	Ketones, Urine		Optimal High	9 Nov 2025
	Glucose, Urine		Negative Positive	9 Nov 2025
	Specific Gravity, Urine	1.015 x100%	1 1.04	9 Nov 2025
	HbA1c	30 mmol/mol	26 36 48	29 Dec 2025
	Albumin/Creatinine Ratio, Random Urine	37 mg/g crt	0 10 30 300	9 Nov 2025