

Genital Herpes

DNA Health Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



SEXUAL HEALTH

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

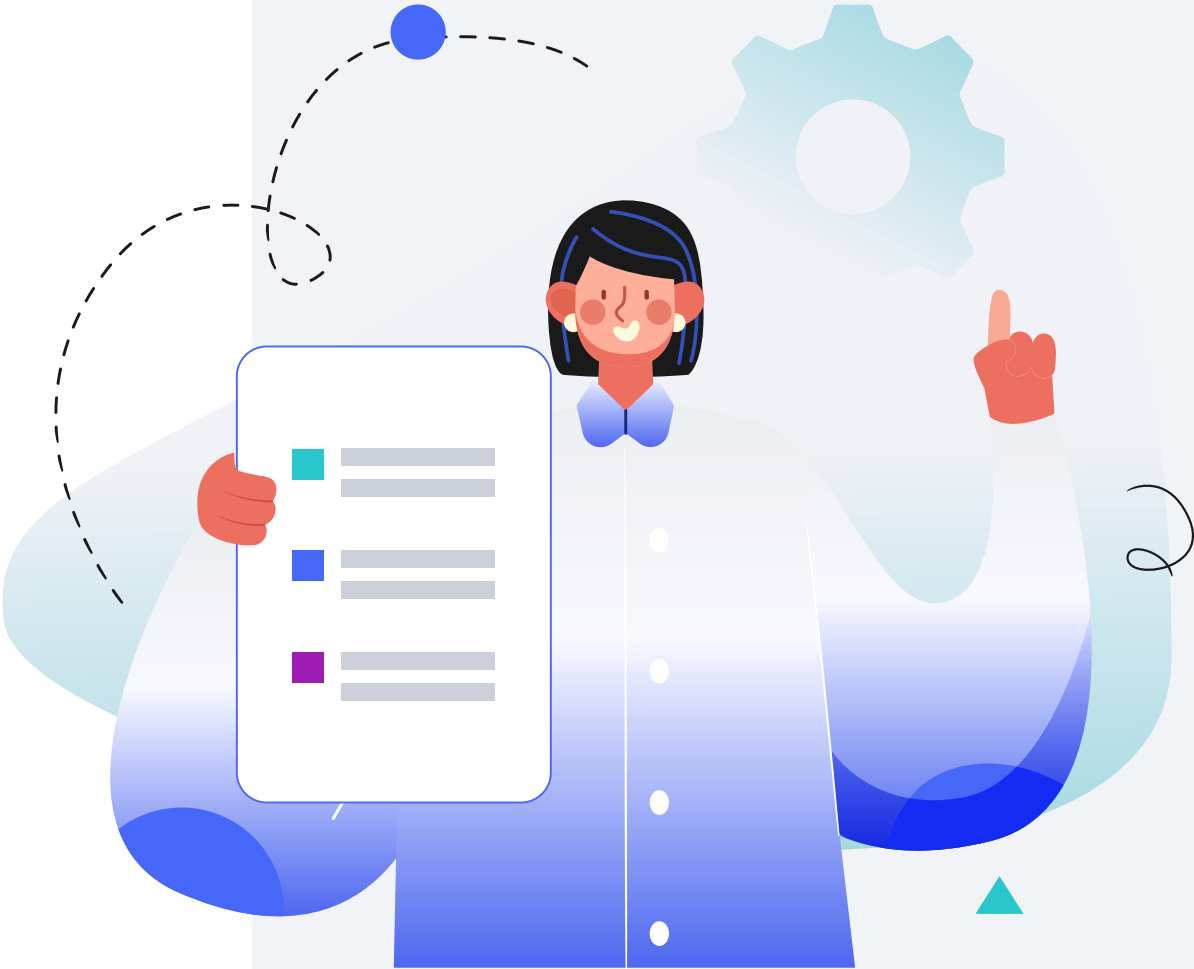
Male

HEIGHT

5ft 5" 165cm

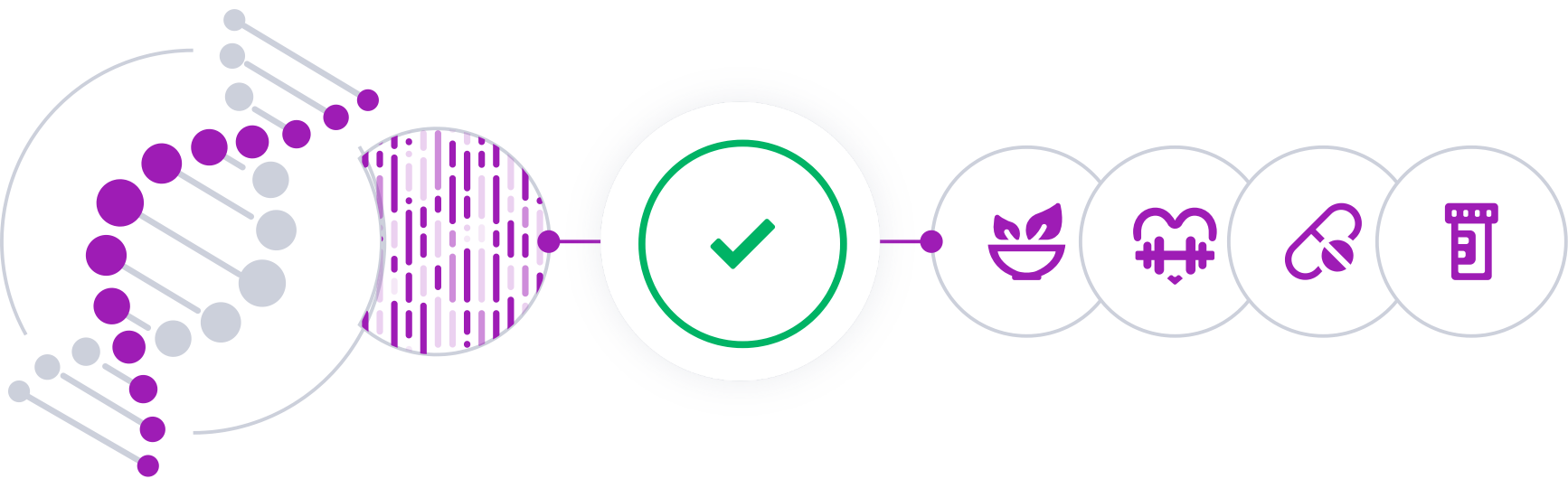
WEIGHT

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

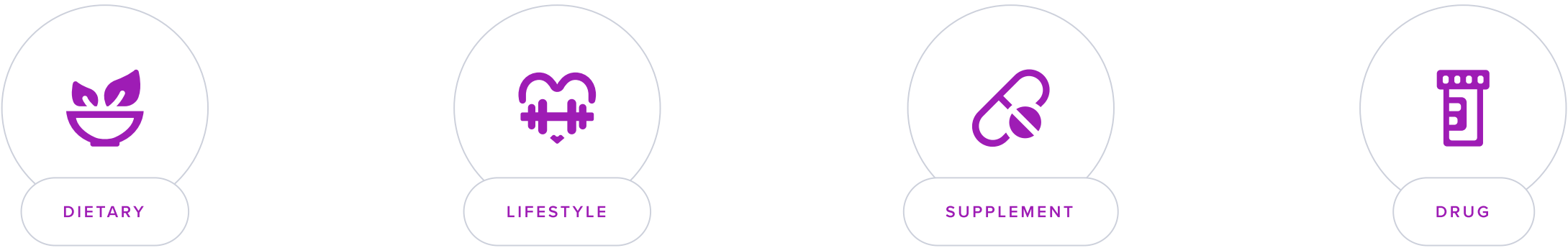
You have 2 risk alleles

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

Genital herpes is a common **sexually transmitted infection (STI)**, caused by two types of the **herpes simplex virus**: HSV-1 and HSV-2 [\[R\]](#).

Both versions are spread by skin-to-skin contact during sexual activity. **HSV-2** is a more common cause of genital herpes because HSV-1 is spread orally. About **12%** of adolescents and adults have HSV-2, but only some of them develop genital herpes [\[R\]](#).

Currently, there is no cure for the HSV infection. People can have recurrent outbreaks that are months or even years apart. The problematic part is that even **people without symptoms can spread the infection** [\[R\]](#).

Symptoms generally start several days after first exposure to the virus and may include [\[R\]](#):

- Pain or itching around the genitals
- Bumps or blisters around the genitals, anus or mouth
- Ulcers from ruptured blisters
- Painful urination
- Discharge from the penis or vagina
- Flu-like symptoms (during initial outbreak)

There are a number of potential complications that can occur due to the HSV infection, including [\[R\]](#):

- Susceptibility to other STIs
- Passing the infection to a newborn
- Inflammation of reproductive organs
- Herpetic whitlow (a finger infection)
- Eye infection

Risk Factors

Genital herpes is a common sexually transmitted infection (STI), usually caused by the herpes simplex virus type 2 (HSV-2).

A higher risk of getting genital herpes is linked to [\[R\]](#):

- Being female
- Being African American
- Any type of sexual activity (spreading is more common from men to women)
- Having sex with multiple partners
- Having a partner with an active infection
- Having a history of other STIs

To limit these risks, it’s essential to adopt **safer sex practices** and consider getting **regular screenings** if you are sexually active.

Genetics may also affect susceptibility to genital herpes. Involved genes may play a role in the immune response, cell life cycle, and more [\[R\]](#).



MORE LIKELY

More likely to get genital herpes based on 284,981 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HASPIN	rs7503464	AG
ANKRD30A	rs148685730	TC
SH2D4B	rs539848481	GC
TAMM41	rs144232229	GG
ADAM32	rs117705146	GG
ATP1B3	rs538162817	TT
CDH23	rs190960403	CC
POLR3A	rs144589616	GG
IL2RA	rs41294917	CC
CYP2C9	rs116878692	GG
OTUD1	rs188573619	CC
APBB1IP	rs113638825	AA
CELF2	rs188771969	TT
EGR2	rs188020302	GG
MSRB2	rs72800658	CC
CYP2C9	rs186327276	GG
CYP2C9	rs142997475	GG
ZNF365	rs537125040	TT
AKR1E2	rs139830049	GG
NOC3L	rs184211742	TT
CISD1	rs147432596	AA
/	rs111930398	GG
EGR2	rs565712932	GG
MAP3K8	rs145728473	GG

GENE	SNP	GENOTYPE
GDI2	rs77670253	GG
CCDC6	rs74155250	GG
PCGF5	rs117298996	GG
SH2D4B	rs112062168	TT
ADARB2	rs186430301	GG
SGPL1	rs142897553	GG
/	rs140410565	CC
TFAM	rs117428895	CC
UPF2	rs192348516	CC
KCNMA1	rs116959407	TT
/	rs116957978	AA
KIAA1217	rs141471212	GG
ZNF37A	rs189130822	GG
C10ORF53	rs150994976	CC
ADARB2	rs116297852	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.

DOSAGE		DOSAGE	
1	Safer Sex Practices	2	Topical Honey
3	Topical Propolis	4	Relaxation Techniques30 minutes
5	Topical Clinacanthus Nutans	6	Topical Dragon's Blood
7	Topical Aloe Vera	8	Wakame3 g
9	Applied Relaxation30 minutes	10	Regular Sleep Schedule

1



Safer Sex Practices

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Use latex condoms every time you have vaginal, anal, or oral sex. Reduce the number of sexual partners you have, and get tested regularly for sexually transmitted infections (STIs), ideally every 3 to 6 months if you're sexually active with new or multiple partners.

Description

Safer sex practices refer to using barrier methods like condoms or dental dams during sexual activity to reduce the risk of sexually transmitted infections (STIs) and unintended pregnancies. They are essential for promoting sexual health and preventing the transmission of STIs.

Safer sex practices help reduce the risk of chlamydia and other STDs. They include [\[R\]](#), [\[R\]](#):

- Using a condom for all types of sex
- Limiting the number of sex partners (ideally to one)
- Discussing past partners, STDs, and drug use
- Avoiding alcohol and drug use
- Avoiding douching after intercourse
- Getting regular screenings

Using a condom helps prevent chlamydia in men and women. A **combination of male and female condoms** may be the safest option [\[R\]](#), [\[R\]](#).

Women using **birth control pills** may have **3 times higher** risk of chlamydia compared to those using condoms [\[R\]](#).

In men who have sex with men, using **pre-exposure prophylaxis (PrEP) for HIV** may be linked to **11 times higher** risk of chlamydia. Reduced condom use may be one of the reasons for this rise [\[R\]](#), [\[R\]](#), [\[R\]](#).

Men who go to sex workers may have a **2.5 times higher** risk of chlamydia [\[R\]](#).

How it helps

Safer sex practices help reduce the risk of genital herpes and other STDs. They include [\[R\]](#), [\[R\]](#):

- Using a condom or dental dam during sexual activity
- Limiting the number of sex partners (ideally to one)
- Discussing past partners, STDs, and drug use
- Avoiding alcohol and drug use
- Avoiding douching after intercourse
- Getting regular screenings
- Avoiding sex when a partner has herpes symptoms

Using a condom helps prevent genital herpes infection in both men and women [\[R\]](#), [\[R\]](#).

A higher number of sexual partners may increase the risk of contracting genital herpes. In line with this, **sex workers** have the highest infection rates [\[R\]](#), [\[R\]](#).

2



Topical Honey

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Apply a thin layer of raw, unpasteurized honey directly to the affected area of the skin. Cover it with a sterile bandage and leave it on for at least 1 hour, or overnight for best results. Repeat daily until improvement is seen.

Description

Honey is a natural topical application known for its moisturizing, antibacterial, and wound-healing properties. It is used to soothe dry skin, promote skin repair, and address minor burns and cuts.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. For example, kanuka honey is made from the flowers of the New Zealand kanuka tree [\[R\]](#), [\[R\]](#).

Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Skin problems

How it helps

Applying honey (for at least 8 days) may help improve herpes sores and reduce pain. Honey may help by reducing the virus growth [\[R\]](#).

3



Topical Propolis

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Apply a thin layer of topical propolis cream or ointment directly to the affected area of skin 2 to 3 times daily. Continue this application daily for 1 to 2 weeks or as needed for symptom improvement.

Description

Propolis is a resinous substance produced by bees and is rich in various bioactive compounds. It is often used topically for its potential antibacterial and wound-healing properties, making it beneficial for minor skin irritations and abrasions.

Propolis is a waxy compound, also known as “bee glue.” Honeybees make it from plants and use it to build, repair, and protect their hives [\[R\]](#).

Green propolis is a special type of propolis made from the *Baccharis dracunculifolia* tree. This plant commonly grows in Brazil [\[R\]](#).

People use propolis to potentially help [\[R\]](#):

- Reduce the appearance of acne
- Maintain oral health
- Support the immune system

How it helps

Applying propolis may help improve herpes sores. Propolis may help by reducing the herpes virus growth [\[R\]](#), [\[R\]](#).

Analysis of nine studies found propolis and honey to be superior to acyclovir in healing Herpes simplex virus-induced wounds, with propolis showing better efficacy. Both substances induced quicker re-epithelization and comparable pain reduction, validating their potential as antiherpetic agents [\[R\]](#).

Please note: *Be careful with propolis if you are prone to allergies, especially if you are allergic to pollen* [\[R\]](#).

4



Relaxation Techniques

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R\]](#), [\[R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R\]](#), [\[R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R\]](#), [\[R\]](#).

How it helps

Psychological stress is associated with recurrent genital herpes sores [\[R\]](#).

According to limited evidence, practicing **cognitive-behavioral stress management** (for at least 10 weeks) may help control herpes infection. Other techniques like applied relaxation may also help, but the evidence is scarce [\[R\]](#), [\[R\]](#), [\[R\]](#).

5



Topical Clinacanthus Nutans

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Apply a cream or gel containing Clinacanthus nutans extract directly to the affected area of the skin. Use a thin layer and gently massage it in until fully absorbed. Do this 2-3 times daily for up to two weeks or as symptoms improve.

Description

Clinacanthus nutans extract, derived from the Clinacanthus nutans plant, is used topically for its potential anti-inflammatory and antiviral properties. It is applied to soothe skin conditions like insect bites and herpes sores.

Clinacanthus nutans Lindau, also known as Sabah snake grass, is a small shrub native to tropical Asia. People use it as a traditional remedy for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Viral infections (e.g., herpes, chickenpox)
- Skin rashes
- Insect or snake bites

C. nutans may help reduce pain and inflammation [\[R\]](#), [\[R\]](#).

How it helps

Applying *C. nutans* extract (5%) may improve herpes sores. *C. nutans* may help by fighting the herpes virus infection [\[R\]](#).

6

Topical Dragon's Blood

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of dragon's blood extract directly to the affected area of the skin. This should be done 2-3 times daily. Continue application until the desired healing or improvement is observed.

Description

Dragon's blood is a resin obtained from certain trees and is used in traditional medicine for its potential anti-inflammatory and wound-healing properties. It is sometimes applied topically to promote skin health.

Dragon’s blood is blood-red sap extracted from different tropical tree species commonly called dragon trees (e.g., *Croton*, *Dracaena*).

It may help combat microbes and reduce oxidative stress and inflammation. People use it as a traditional remedy for [R](#), [R](#):

- Viral infections (e.g., herpes)
- Diarrhea
- Wounds (e.g., stomach ulcers)
- Insect bites

How it helps

Applying dragon’s blood ointment (SP-303, 3x/day for 3 weeks) may reduce herpes sores by preventing the herpes virus growth [R](#).

7



Topical Aloe Vera

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

Topical aloe vera may help soothe burns and skin conditions [\[R\]](#).

Oral aloe vera may help with blood sugar and gut health [\[R\]](#).

How it helps

According to a single study, applying aloe vera cream or gel (0.5%, for 2 weeks) may improve herpes sores [\[R\]](#).

Please note: *Some people may have an allergic reaction after putting aloe vera on their skin. Do not use aloe if you are allergic to plants that are part of the lily family (such as onions and tulips)* [\[R\]](#), [\[R\]](#), [\[R\]](#).

8



Wakame

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take wakame as a dried supplement, rehydrating it in water for about 20 minutes before consuming. Aim for a daily intake of 3 to 5 grams. It can also be powdered and added to smoothies or soups.

TYPICAL STARTING DOSE

3 g

Description

Wakame is an edible seaweed commonly used in Asian cuisine. It is a source of essential nutrients like vitamins, minerals, and dietary fiber, and is known for its potential to support thyroid health, regulate blood pressure, and promote overall nutritional wellness. It contains various vitamins and minerals, including iodine, which is essential for thyroid function.

How it helps

Patients with active or latent Herpetic infections (HSV-1, 2, EBV, Zoster) showed improved healing rates with GFS ingestion. The latent infection remained asymptomatic with GFS. GFS extract inhibited Herpes viruses in vitro and stimulated human T cells. GFS shows promise for Herpes management [\[R\]](#).

9



Applied Relaxation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice applied relaxation by dedicating 15-30 minutes each day to learning and practicing relaxation techniques, such as deep breathing, progressive muscle relaxation, or guided imagery. Consistency is key, so aim to incorporate these practices into your daily routine for an ongoing period to effectively manage stress and anxiety.

TYPICAL STARTING DOSE

30 minutes

Description

Applied relaxation is a stress management technique that involves systematically tensing and then relaxing muscle groups in the body to reduce tension and promote relaxation. It can be effective in reducing anxiety and stress-related symptoms.

How it helps

Psychological stress is associated with recurrent genital herpes sores [\[R\]](#).

According to limited evidence, practicing **cognitive-behavioral stress management** (for at least 10 weeks) may help control herpes infection. Other techniques like applied relaxation may also help, but the evidence is scarce [\[R, R, R\]](#).

10



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

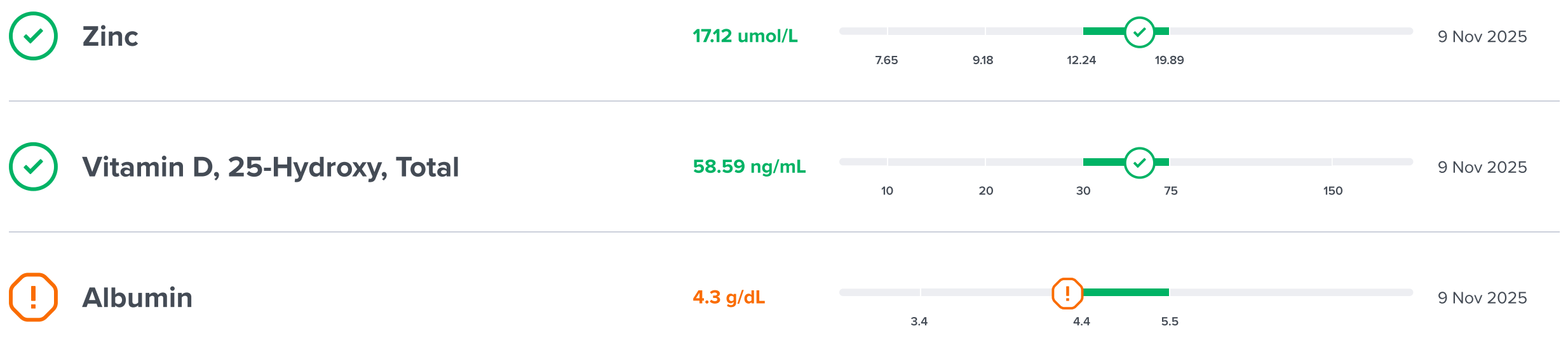
Adequate sleep supports the immune system, which is important for managing symptoms and reducing outbreak frequency.

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 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.



Your Lifestyle Assessments

Ever heard of the term Nature vs. Nurture?

The thing is, both DNA and environment play a role in determining your health risks. The following assessments shows how much of an impact your lifestyle, environment and medical history are having on your health risks.

✓

LIFESTYLE

You have a **reduced risk** of genital herpes based on the answers you provided.

Your Lifestyle Risk

Low

Decreased

Average

Increased

High

Factors impacting your risk:

Did you have sexual intercourse before the age of 16?	Decreasing Risk ✓
No	
Have you ever had a sexually transmitted disease (STD) other than HIV/AIDS?	Decreasing Risk ✓
No	
How many sexual partners have you had in your lifetime?	Decreasing Risk ✓
2-5	
What is your primary method of birth control?	Decreasing Risk ✓
Condom	