

Glaucoma

Disease Report

REPORT CATEGORIES —



LONGEVITY



EYE 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

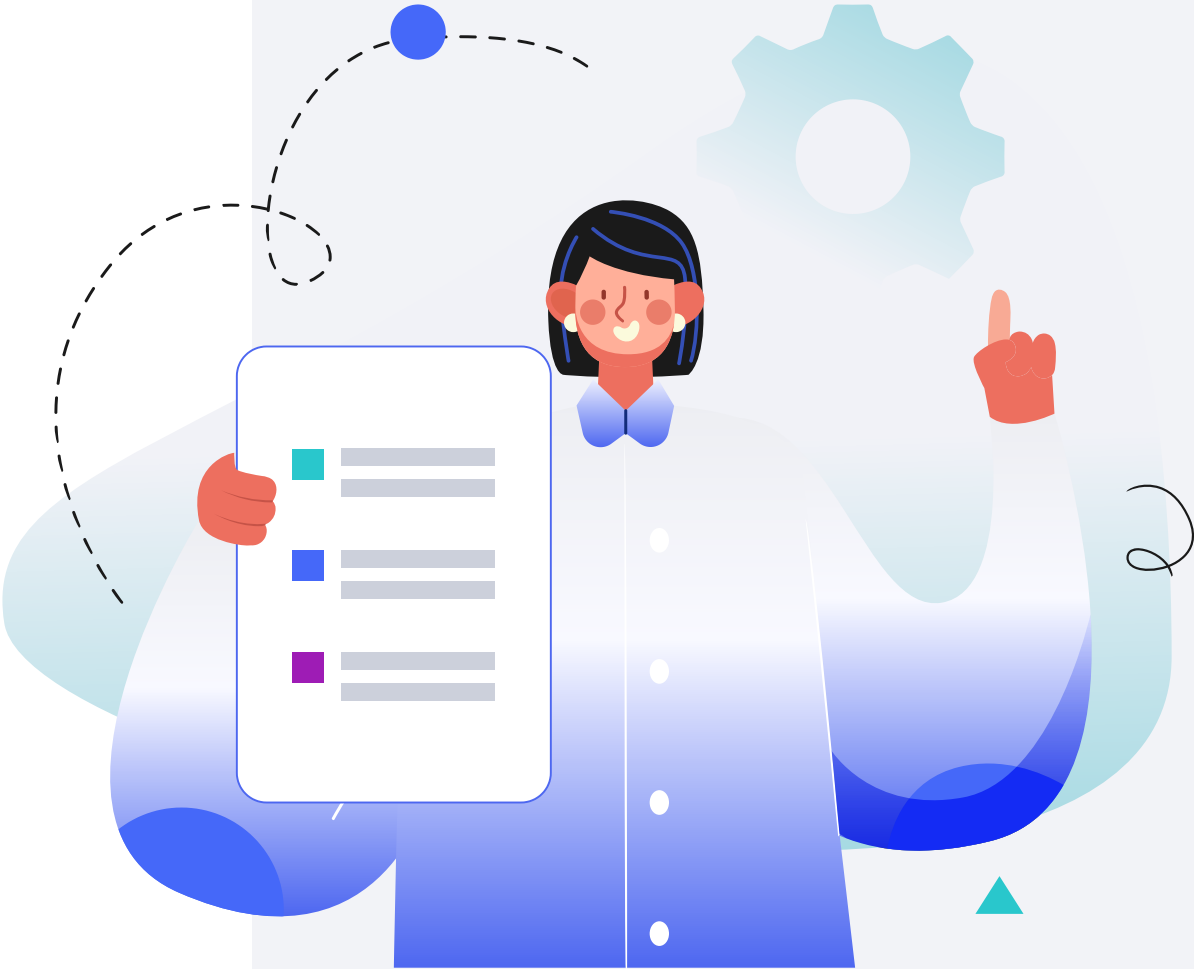
Male

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

Glaucoma is a group of eye conditions that can damage the optic nerve and cause vision loss. About **3 million** people have glaucoma in the U.S. It is much more common as you get older (60+) [\[R\]](#).

It is often associated with high pressure inside the eye (intraocular pressure), but it can also occur in people with normal eye pressure. Glaucoma is a leading cause of blindness and vision loss, especially in older adults.

There are several types of glaucoma, including open-angle glaucoma (the most common type), angle-closure glaucoma, and normal-tension glaucoma. Symptoms may not appear in early stages, and they depend on the type of glaucoma. The common ones include [\[R\]](#):

- Gradual to complete blindness in peripheral vision
- Difficulty seeing things in your central vision
- Severe headache
- Severe eye pain
- Nausea or vomiting
- Eye redness
- Nearsightedness that gets worse
- Halos around lights

Treatment for glaucoma may include medications to lower intraocular pressure, or surgery to improve the flow of fluid out of the eye. **It's important to have regular eye exams to detect glaucoma early** and to follow your healthcare provider's recommended treatment plan to help prevent vision loss.

Longevity Screener

Longevity Screener analyzes your DNA and biometric data to holistically determine your risk of developing serious medical conditions.

11x higher risk

Your odds of developing Glaucoma are 11 times higher than someone with Normal risk.



Your lifetime risk is **High**



Your 10-year risk is **Normal**

Summary or results

Your results are indicating a High risk of developing Glaucoma in your lifetime but a Normal risk within the next decade.

Monitor your risk by regularly checking your related labs and implementing the recommendations provided.

The risk of developing Glaucoma can be influenced by non-genetic factors such as High blood pressure, Type 1 diabetes, Type 2 diabetes.

What to do if you get a High risk

Analyze your labs

Analyze your lab results to establish a baseline and track any changes or improvements in your health markers over time.

Find out your out-of-optimal labs

We will pinpoint any values that fall outside the optimal range, allowing you to focus on what matters most.

Optimize labs

Aim to bring all your lab results to optimal levels through lifestyle changes, treatments, and ongoing monitoring for the best health outcomes.

Disclaimer

The Longevity Screener feature is designed to provide insights based on genetic predispositions and basic health data to help you understand factors that may influence your longevity. This tool is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before making any decisions related to your health, lifestyle, or medical treatments. The information provided by the Longevity Screener is based on current scientific research and should be used as a supplementary tool in conjunction with professional medical advice.

Risk Factors

Key Takeaways:

- Up to **50%** of the differences in people's chances of getting glaucoma may be due to genetics.
- Other risk factors include internal eye pressure, age, race, eye injury, and high corticosteroid use.
- About **3 million** Americans have glaucoma, and about **2.5%** of the world's population.
- Symptoms include loss of peripheral or central vision, headache, eye pain, halos, eye redness, and nausea.
- If your genetic risk is high, your overall risk is still low until older age, (about 1% at 40, up to 9% at 80).

Risk factors for glaucoma include the following [\[R\]](#):

- High eye pressure (intraocular pressure)
- Age over 55
- African-American, Asian, or Hispanic race
- Medical conditions such as diabetes, migraines, and high blood pressure
- Eye injury or certain types of eye surgery
- Taking corticosteroid medicines, especially eye drops, for a long time
- **Genetics**

Up to **50%** of the differences in people's chances of getting glaucoma may be due to genetics [\[R\]](#).



MORE LIKELY

More likely to get glaucoma based on 1,049,432 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
DISP3	rs149002763	CC
CDKN2B	rs10120806	CC
IKZF2	rs62186461	TT
VCAM1	rs148843724	TT
LOXL1	rs1550437	CC
AFAP1	rs6811851	CC
FNDC3B	rs16845236	GG
FOXC1	rs2745572	AA
LPP	rs6787621	GG
SRSF3	rs9380582	CC
TES	rs11764793	TT
LMX1B	rs10987373	CG
GAS7	rs9913911	AG
KALRN	rs3863066	GA
LTBP2	rs11852134	AG
THSD7A	rs2526099	AG
BMP2	rs55678551	TC
MYOC	rs74315329	GG
FBXO32	rs80328555	TT
ARHGEF12	rs80040504	GG
PAQR8	rs2495850	TT
ME3	rs2226566	TT
NR1H3	rs111228939	TT
MAP3K1	rs61275591	GG

GENE	SNP	GENOTYPE
PLEKHA7	rs34927905	CC

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	Forskolin	500 mg	2	Aerobic Exercise (Cardio)	1 hour
3	Citicoline (CDP Choline)	250 mg	4	Palmitoylethanolamide (PEA)	
5	Rutin		6	Ginkgo	120 mg
7	Saffron	20 mg	8	Mindfulness Meditation	30 minutes
9	Diaphragmatic Breathing	10 minutes	10	Pranayama (Yoga Breathing)	15 minutes
11	Emoxypine		12	Limit Coffee Intake	
13	Alpha-GPC Choline	300 mg	14	Blackcurrant Supplement	
15	Leafy Green Vegetables		16	Choline Supplements	425 mg
17	Avoid Cannabis		18	Regular Sleep Schedule	
19	Ginkgo Eye Drops	1 drop	20	Avoid High-Impact Exercise	
21	Blackcurrants		22	Limit Copper Intake	
23	Sleep for 7+ Hours				

1



Forskolin

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

Take 250 mg of a 10% forskolin extract twice a day. For best results, consume it on an empty stomach about 15-30 minutes before meals. This regimen should be followed daily for at least 12 weeks to evaluate its effectiveness.

TYPICAL STARTING DOSE

500 mg

Description

Forskolin is a natural compound found in the roots of the Indian coleus plant, and it has been studied for its potential to support weight management and heart health.

[Forskolin](#) is a popular supplement and research tool that entered medical practice from Ayurvedic medicine. It is obtained from the dried root of an Indian plant known as *Plectranthus barbatus* or *Coleus forskohlii* [\[R\]](#).

Forskolin is especially popular as a weight loss supplement, but the research behind it is limited [\[R, R, R\]](#).

How it helps

A systematic review of 33 studies found that forskolin supplements can effectively reduce intraocular pressure better than traditional therapy alone. A non-placebo-controlled trial of 53 healthy volunteers revealed that the instillation of 1% forskolin in one eye led to a reduction in intraocular pressure by 2.4 mmHg and a decrease in aqueous flow rate by 15-34%. Furthermore, a combination of forskolin and rutin administered for seven days mitigated the increase in intraocular pressure following laser iridotomy in a placebo-controlled trial of 10 patients undergoing the procedure. In a separate placebo-controlled trial of 38 glaucomatous patients with dry eyes, a dietary supplement containing forskolin, rutin, and vitamins B1 and B2 increased OPI values and improved dry eye symptoms when taken for 30 days [\[R, R, R, R, R, R, R\]](#).

Forskolin may help by lowering intraocular pressure, which is often a primary risk factor for glaucoma.

2



Aerobic Exercise (Cardio)

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic exercise may lower intraocular pressure in both healthy participants and patients with glaucoma in the short term [R, R].

3



Citicoline (CDP Choline)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 250 to 1000 mg of citicoline (CDP choline) daily, in the morning with or without food. For best results, continue this supplement regimen daily for at least 6 weeks to 3 months.

TYPICAL STARTING DOSE
250 mg

Description

Citicoline is a compound that may have cognitive-enhancing properties and is sometimes used as a dietary supplement to support brain function and memory. It's believed to promote neural health and cognitive performance.

CDP-choline is a molecule naturally produced by the body. It is important for cell structure and function. It also contributes to the production of the chemical messenger [acetylcholine](#) [R, R].

The supplement form of CDP-choline is called [citicoline](#). It may support brain and eye health. It may also help with drug addictions [R, R].

How it helps

Citicoline, administered intramuscularly or as eyedrops, improved retinal and cortical bioelectrical responses in patients with open-angle glaucoma. Oral supplementation and eyedrops also lowered disease progression rates and improved vision-related quality of life in glaucoma patients in separate trials [R, R, R, R, R, R].

Citicoline strengthens the optic nerve, which can potentially slow the progression of glaucoma. This supplement can also improve retinal function, providing major benefits for glaucoma patients.

4



Palmitoylethanolamide (PEA)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

For managing pain and inflammation, take 300mg to 1,200mg of palmitoylethanolamide (PEA) in divided doses throughout the day, preferably with meals to enhance absorption. This regimen should be followed for at least 6 weeks to evaluate its effectiveness.

Description

Palmitoylethanolamide (PEA) is a naturally occurring fatty acid amide. It is a compound found in various tissues of animals, including humans. PEA has been a supplement for the past couple of decades, and is utilized for its potential anti-inflammatory and pain-relieving properties.

[Palmitoylethanolamide](#) (PEA) is a compound naturally made by the body to help combat inflammation [\[R\]](#).

It's also made by plants and other animals. Good sources of PEA include [\[R\]](#):

- Soy lecithin
- Soybeans
- Egg yolk
- Peanuts

How it helps

In various studies, PEA demonstrated potential benefits for the treatment and prevention of glaucoma. In non-placebo-controlled trials, PEA (600 mg/day for 6-8 months) reduced intraocular pressure and improved visual field indices in normal-tension glaucoma patients, and increased P50-wave amplitude, lowered intraocular pressure, and improved quality of life in glaucoma patients. In a placebo-controlled trial, PEA reduced intraocular pressure in patients with primary open-angle glaucoma or ocular hypertension. Additionally, it reduced intraocular pressure and improved vascular function in a placebo-controlled trial of 40 patients and 40 healthy controls, and countered the intraocular pressure increase after laser iridotomy in a placebo-controlled trial of 15 patients undergoing the procedure [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

PEA may reduce inflammation and eye pressure, both of which are major contributors to glaucoma.

5



Rutin

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Take 500mg of rutin supplement daily, preferably with a meal to enhance absorption. Continue this supplementation regularly for at least 4 weeks to evaluate its benefits on your health, as effects may take some time to become noticeable.

Description

Rutin is a flavonoid found primarily in citrus fruits, buckwheat, and tea, and is known for its antioxidant and anti-inflammatory properties. It may support cardiovascular health and promote strong blood vessels.

How it helps

A study with 97 primary open-angle glaucoma patients on maximum topical medication and awaiting surgery found that a food supplement with forskolin and rutin reduced intraocular pressure (IOP) by 10% within a week. The effect was more pronounced in those with higher initial IOP levels (≥ 21 mmHg) compared to lower values (15% vs. 9%). This supplement improved IOP control, especially in patients less responsive to multiple therapies [\[R\]](#).

Another controlled clinical trial with 10 patients undergoing bilateral Neodymium:YAG (Nd:YAG) laser iridotomy found that an oral treatment with an association of forskolin and rutin can blunt the intraocular pressure (IOP) spikes and avoid the damage that may occur after laser iridotomy [\[R\]](#).

Rutin may enhance blood flow in your eyes, aiding in glaucoma treatment. Additionally, its antioxidant properties can protect the eyes from damage caused by free radicals.

Please note: *rutin may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using rutin and always consult with a healthcare provider before taking this supplement* [\[R\]](#).

How to implement

TYPICAL STARTING DOSE
120 mg

Description

According to limited evidence, ginkgo leaf extract may help with [R, R, R, R]:

- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo

How it helps

Ginkgo biloba, can help with glaucoma by enhancing blood flow to the optic nerve. This can help reduce optic nerve damage and visual field loss.

In 3 placebo-controlled trials of 102 patients with normal tension glaucoma, supplementation with ginkgo extract (120-160 mg/day) for 4 weeks improved visual field indices, blood flow, and blood velocity [[R](#), [R](#), [R](#)].

However, ginkgo extract (40 mg, 3 times/day) taken for 4 weeks had no effect on visual field or contrast sensitivity in a placebo-controlled trial of 35 patients with normal tension glaucoma [R].

7



Saffron

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 20 mg of saffron supplement daily. This can be taken at any time of the day, with or without food.

TYPICAL STARTING DOSE

20 mg

Description

Saffron is a spice derived from the stigma of the saffron crocus flower, and is native to the Mediterranean and Asia. Its main compounds include crocin, picrocrocin, and safranal, which may contribute to its antioxidant properties and potential mood-enhancing effects.

[Saffron](#) is a yellow spice praised for its color, taste, and potential health benefits [\[R\]](#).

Saffron is rich in antioxidants such as *crocin*. Researchers are looking into its potential benefits for [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Gut conditions
- Heart health
- Mental health

How it helps

Saffron is beneficial for Glaucoma because it contains antioxidant compounds that protect against retinal damage. It can help slow the progression of the disease by improving circulation and decreasing intraocular pressure.

In a study involving stable primary open-angle glaucoma (POAG) patients on timolol and dorzolamide eye drops, saffron extract (30 mg/day) significantly lowered intraocular pressure (IOP) after three and four weeks of treatment compared to the control group. IOP returned to baseline levels after a one-month wash-out period, with no reported side effects [\[R\]](#).

8



Mindfulness Meditation

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation helps manage stress and lower blood pressure, both of which indirectly benefit the eye health and may delay the progression of glaucoma. Also, it enhances the overall quality of life thereby helping in managing glaucoma symptoms better.

Sixty primary open-angle glaucoma patients with IOP $\geq$ 21 mm Hg taking maximal topical medication and scheduled for trabeculectomy were included in this study at a tertiary eye care center in India. Thirty patients (Group 1) underwent 3 weeks of 45-minute daily MM sessions in addition to medical therapy while Group 2 continued medical therapy only. MM was associated with a significant decrease in IOP and changes in TM gene expression, indicating its direct impact on ocular tissues [R].

9



Diaphragmatic Breathing

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice diaphragmatic breathing for 10-15 minutes per day. Sit or lie down in a comfortable position, place one hand on your chest and the other on your belly. Breathe in slowly through your nose, ensuring your belly moves out more than your chest. Exhale slowly through your mouth or nose, consciously relaxing the belly. Repeat this process, focusing on the movement of your belly rather than your chest.

TYPICAL STARTING DOSE

10 minutes

Description

Diaphragmatic breathing, also known as deep breathing, can help reduce stress and anxiety by activating the body's relaxation response. It promotes better oxygen exchange, reduces muscle tension, and supports overall mental and physical well-being.

How it helps

Diaphragmatic breathing improves oxygen and blood flow throughout the body, including the eyes, reducing intraocular pressure which is beneficial in managing Glaucoma. This breathing technique also promotes relaxation, reducing stress-related spikes in eye pressure.

In a non-placebo-controlled trial of 90 patients with primary open-angle glaucoma, practicing diaphragmatic breathing daily for 6 months reduced intraocular eye pressure by ~6 mm [R].

10



Pranayama (Yoga Breathing)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice pranayama for 10 to 15 minutes daily. Choose a quiet, comfortable spot where you won't be disturbed. Begin with simple techniques like Ujjayi (Ocean Breath) or Anulom Vilom (Alternate Nostril Breathing), gradually working your way up to more advanced techniques. Consistency is key for observing benefits.

TYPICAL STARTING DOSE

15 minutes

Description

Pranayama is a yogic practice involving controlled and mindful breathing techniques. It is believed to enhance mental clarity, reduce stress, and improve respiratory health by optimizing the flow of life force energy (prana) in the body.

How it helps

In a non-placebo-controlled trial of 90 patients with primary open-angle glaucoma, practicing yogic pranayama and diaphragmatic breathing daily for 6 months lowered intraocular pressure by ~6 mmHg in both eyes [R].

Pranayama may help by reducing eye pressure, a key risk factor for glaucoma. These exercises can also enhance blood circulation, providing more nutrients to the optic nerve and preserving its health.

11



Emoxypine

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Emoxypine is typically available in oral capsules, tablets, or injectable forms, with the dosage depending on the condition being treated. For general antioxidant or neuroprotective purposes, the oral dose ranges from 125–250 mg taken 2–3 times daily, while more intensive treatments may require higher doses or injectable administration under medical supervision. It is usually recommended to take Emoxypine with meals to minimize gastrointestinal discomfort. Treatment duration can vary from a few weeks to several months, depending on the therapeutic goal.

Description

Emoxypine (2-ethyl-6-methyl-3-hydroxypyridine succinate) is a synthetic antioxidant and nootropic compound primarily used in Russia and some Eastern European countries. It is derived from pyridoxine (vitamin B6) and known for its neuroprotective, anti-stress, and anti-inflammatory properties.

Emoxypine can reduce anxiety, stress, and symptoms of depression by normalizing neurotransmitter levels and protecting brain cells from oxidative stress. Additionally, it has applications in managing cognitive impairment, improving memory, and protecting against age-related neurodegeneration. Emoxypine is also used for cardiovascular health, as it can improve blood flow and protect tissues from ischemia-reperfusion injuries.

Emoxypine works by scavenging free radicals, enhancing membrane fluidity, and improving the body's antioxidant defenses.

How it helps

In 3 non-placebo-controlled trials of patients with glaucoma, treatment with Emoxypine (150-300 mg) improved visual acuity, perimetric, electrophysiological indices, and blood flow velocity of the central retinal artery. The combination of Emoxypine and picamilon was more effective than picamilon alone [\[R\]](#), [\[R\]](#), [\[R\]](#).

12



Limit Coffee Intake

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Reduce your coffee consumption to no more than 2-3 cups (approximately 200-300 mg of caffeine) per day. Try to avoid drinking coffee after 2 PM to minimize potential impacts on sleep.

Description

Limiting coffee consumption can help prevent potential side effects like jitteriness, insomnia, and increased heart rate, while allowing for better sleep quality and overall energy regulation. Moderation in coffee intake supports overall well-being without overstimulation.

People often drink coffee for an energy and mood boost [\[R, R\]](#).

However, **coffee also comes with some drawbacks**. Drinking a lot of coffee can increase blood pressure and anxiety. It may also cause headaches [\[R, R, R\]](#).

How it helps

Excessive coffee consumption may raise intraocular pressure, a primary risk factor for glaucoma, worsening the condition. So, following the recommendation to limit coffee intake can control the pressure, potentially slowing the progression of glaucoma.

The study found that a genetically predicted higher coffee consumption (phenotype 1 and 2) was associated with an increased risk of POAG (glaucoma). The risk was significant, with odds ratios ranging from 1.155 to 1.727 using different methods [\[R\]](#).

Please note: Too much caffeine (over 400 mg per day) may lead to sleep problems, high blood pressure and cholesterol, fast heart rate, and dependence. If you're pregnant, try to limit caffeine to 200 mg per day [\[R, R\]](#).

13



Alpha-GPC Choline

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 300-600 mg of Alpha-GPC choline supplement daily, preferably in the morning or early afternoon to avoid interference with sleep. It can be taken with or without food. Continue this supplementation for at least 4-6 weeks to assess its effectiveness.

TYPICAL STARTING DOSE

300 mg

Description

Alpha-GPC (L-alpha glycerylphosphorylcholine) is a natural compound that can be found in small amounts in various foods, including soy, and is also produced in the body. It is a choline-containing compound that may support cognitive function and memory.

How it helps

Alpha-GPC Choline enhances the brain's ability to transmit signals, which could potentially aid in the repair of damaged optic nerves in Glaucoma patients. However, this is purely theoretical as there's not enough conclusive clinical evidence supporting it.

A randomized controlled trial with 240 patients with advanced glaucoma found that the drug Gliatilin (IV 1000 mg/4ml, 12--15 doses and then oral 1 capsule, 2x/day. for 4 months) in combination with neuroprotective therapy may **slightly improve progressive glaucomatous optic neuropathy** by causing a tendency toward improvement in visual functions: central visual field, foveolar and total light sensitivity, peripheral visual field, and MD and PSD indices [\[R\]](#).

14



Blackcurrant Supplement

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take a blackcurrant supplement containing 300mg of blackcurrant extract daily, preferably with a meal to enhance absorption. Continue this regimen for at least 8 weeks to observe potential benefits.

Description

Blackcurrant supplements are often used to harness the health benefits of blackcurrants in a convenient form. They can provide a concentrated source of antioxidants and nutrients that support various aspects of well-being.

Black currant oil contains between 150-200mg of GLA per gram.

How it helps

Taking Blackcurrant supplements may improve blood flow and decrease eye pressure, which are key factors in controlling Glaucoma. Blackcurrant contains anthocyanins, a potent antioxidant, that also helps protect retinal cells from oxidative stress damage.

In a 24-month study on 38 patients with open-angle glaucoma (OAG) receiving antiglaucoma drops, a group taking black currant anthocyanins (BCACs) showed a statistically significant difference in mean change from baseline in MD ($p = 0.039$) and increased ocular blood flows compared to the placebo group, while no significant changes were observed in other parameters, including IOP [\[R\]](#).

Oral administration of black currant anthocyanins (BCACs) for 4 weeks led to a significant decrease in intraocular pressure (IOP) in healthy subjects, while glaucoma patients taking BCACs for 24 months experienced reduced IOP and slowed deterioration of visual field mean deviation compared to the placebo group, with no significant changes in blood pressure or pulse rates observed [\[R\]](#).

Oral administration of black currant anthocyanins (BCACs) in open-angle glaucoma (OAG) patients normalized serum endothelin-1 (ET-1) levels, potentially influencing ocular blood flow regulation and contributing to the positive effects on visual field progression seen in a 24-month trial. Other parameters such as nitric oxide (NO), advanced oxidation protein products (AOPP), and antioxidant activities remained relatively stable throughout the study [\[R\]](#).

15



Leafy Green Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least one serving of leafy green vegetables, such as spinach, kale, or Swiss chard, into your diet daily. This can be done by adding them to salads, smoothies, or as a side dish to your meals.

Description

Leafy green vegetables like spinach and kale are packed with vitamins, minerals, and antioxidants. Incorporating them into your diet can promote overall health by providing essential nutrients, supporting digestion, and reducing the risk of chronic diseases like heart disease and certain cancers.

Leafy green vegetables, also called leafy greens, or greens, are edible plant leaves, which can include stalks and shoots as well. Common examples include: lettuce, spinach, kale, chard, endive, and fennel.

Leafy greens contain a host of vitamins and minerals, as well as fiber. Most of them are a particularly good source of vitamin K.

How it helps

Leafy green vegetables like kale and spinach are high in antioxidants, such as lutein and zeaxanthin, which can help protect the eyes from oxidative stress.

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Choline Supplements

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take choline supplements at a dosage of 425 mg to 550 mg daily, depending on age and gender, with a glass of water. It is best to consume choline supplements with a meal for optimal absorption. Continue this regimen daily as part of your dietary supplement routine.

TYPICAL STARTING DOSE

425 mg

Description

Choline is an essential nutrient that plays a crucial role in various bodily functions, including brain health, liver function, and metabolism. Incorporating choline-rich foods into your diet supports cognitive function and overall nutritional well-being.

[Choline](#) is a nutrient required for optimal health. Although the body makes some, we need to get choline from our diets to avoid deficiency [\[R\]](#).

It plays key roles in supporting [\[R\]](#), [\[R\]](#):

- DNA production
- Cell structure and function
- Brain, nerve, and heart health

Eggs and beef liver are the best sources of choline. If you can’t meet your daily requirements with food, consider taking a choline supplement such as [\[R\]](#):

- [Phosphatidylcholine](#) (PC)
- [Citicoline](#) (CDP-choline)
- [Alpha-GPC](#)
- [Lecithin](#)

They all supply choline, but each one has unique health perks you may prefer. Check out our posts on different choline-containing supplements to find out which one suits you best.

How it helps

Choline produces a chemical essential for brain health, which may support optic nerve function deteriorated by glaucoma. However, there's currently not enough scientific evidence to definitively suggest choline can directly help with glaucoma.

17



Avoid Cannabis

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stop any form of cannabis use, including smoking, vaping, edibles, and topical applications. If you currently use cannabis, it's recommended to cease usage immediately and seek support or counseling if necessary for cessation.

Description

Avoiding cannabis is advised in situations where its use is prohibited by law or poses health risks, particularly for individuals with a history of substance abuse or mental health conditions. Responsible use and adherence to local regulations are essential to minimize potential negative consequences.

[Cannabis](#) (marijuana) is a plant used for its medicinal and recreational properties. It contains substances called *cannabinoids*, such as [CBD](#) and THC [\[R\]](#).

Cannabis misuse can have long-term consequences, such as [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung damage
- Mental health problems
- Cognitive impairment

How it helps

While some believe cannabis lowers eye pressure, it's not recommended due to short-term effects and lack of long-term efficacy studies.

18



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

Consistent sleep patterns can help regulate circadian rhythms and potentially intraocular pressure fluctuations.

19



Ginkgo Eye Drops

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Place 1-2 drops of ginkgo biloba eye drops in each eye, twice daily, preferably in the morning and before bedtime. Continue this regimen daily for at least one month to notice potential benefits.

TYPICAL STARTING DOSE

1 drop

Description

Ginkgo eye drops, which often contain ginkgo biloba extract, are used to promote eye health and may provide relief from conditions like dry eyes or age-related eye issues.

How it helps

Ginkgo biloba has been shown to improve pre-existing visual field damage in some people with normal-tension glaucoma.

20



Avoid High-Impact Exercise

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Opt for low-impact activities such as swimming, cycling, or walking instead of running or jumping exercises. Engage in these alternative exercises for at least 150 minutes per week, spread out over several days to ensure rest periods between sessions.

Description

For individuals with certain medical conditions or joint issues, avoiding high-impact exercise can help prevent injuries and joint strain. Choosing lower-impact activities like swimming or cycling can provide similar cardiovascular benefits while minimizing the risk of overuse injuries.

How it helps

High-impact exercises may increase intraocular pressure; therefore, avoiding them can prevent spikes in eye pressure for glaucoma patients.

21



Blackcurrants

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate about 1/2 cup of fresh or frozen blackcurrants into your daily diet. You can add them to your morning yogurt, oatmeal, or smoothies. For those who prefer, blackcurrant juice or preserves can also be consumed, but be mindful of added sugars in processed forms.

Description

Blackcurrants are small, nutrient-dense berries packed with vitamins, minerals, and antioxidants. They are known for their potential to promote heart health, improve cognitive function, and provide essential nutrients for overall vitality.

How it helps

Blackcurrants have high amounts of anthocyanins, powerful antioxidants believed to improve blood flow to the eyes and reduce oxidative stress. This could potentially slow the progression of glaucoma by protecting the optic nerve from damage.

22



Limit Copper Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Do not include copper supplements in your daily vitamin or supplement routine. Check the labels of any multivitamins or dietary supplements you are currently taking to ensure they do not contain copper. Ideally, you should also check copper levels in your tap water. If they are excessive, consider using a reliable water filter or drinking spring water.

Description

Taking too many copper supplements can cause a copper overdose in your body. This can be harmful, leading to issues like stomach pain, nausea, and even heart problems. For healthy individuals, the amount of copper obtained through a balanced diet is usually enough without needing supplementation. It's vital to maintain the natural balance of minerals in the body for good health.

Contaminated tap water can also be a source of excess copper.

How it helps

Avoiding copper supplements could help with glaucoma because excessive copper intake can lead to oxidative stress, which can potentially damage the optic nerve, worsening glaucoma. While copper is important for health, there seems to be a delicate balance, and there's potential harm in having too much.

Genetically higher copper levels may increase the risk of glaucoma [\[R\]](#).

23



Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Proper sleep is essential for overall health and can help regulate blood flow to the optic nerve, potentially benefiting glaucoma management.

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.

