

HLA-DQA2 (Inflammation)

Gene Report

REPORT CATEGORY —



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

12 Next Steps

- 12 Your Lab Results

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

The *human leukocyte antigen (HLA)* system is a group of human genes encoding the major histocompatibility complex (MHC) proteins. HLAs are proteins or antigens on the surface of [white blood cells](#) [R].

The [HLA-DQA2](#) gene helps make a specific protein of this system that stimulates the immune response against foreign substances. Of all gene variants, those in the HLA-DQA2 gene have the strongest known impact on [alopecia areata](#) (spot baldness or patchy hair loss) [R].

HLA-DQA2

Genetics

Variants that increase or altere HLA-DQA2 activity may contribute to the autoimmune disruption of hair growth, as seen in alopecia areata. For instance, a study of 4,332 participants associated the ‘G’ variant of [rs9275572](#) with up to 5-fold higher odds of alopecia areata. This variant has also been associated with an increased risk of [\[R\]](#):

- Liver cancer caused by HBV [\[R\]](#), [\[R\]](#)
- Systemic lupus erythematosus [\[R\]](#)
- Lung cancer [\[R\]](#)

Interestingly, the ‘G’ variant is protective against liver cancer caused by HCV. This suggests the rs9275572 polymorphism is involved in two different liver cancer-related pathways [\[R\]](#).

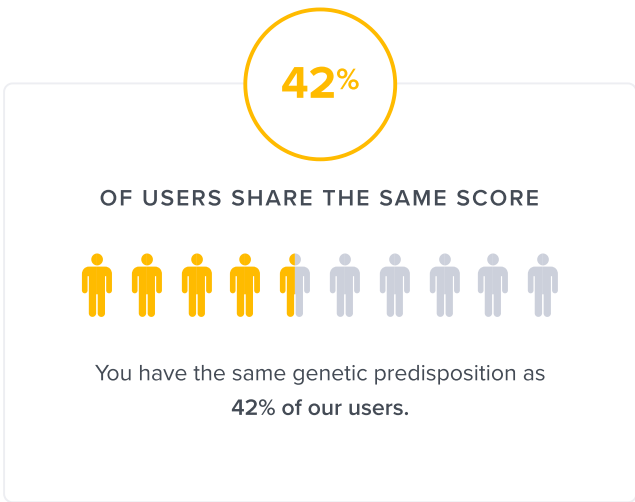
Another allele, ‘C’ at [rs9275524](#), was associated with approximately twice the odds of alopecia areata in a study of 10,796 participants [\[R\]](#).

These two variants are almost always inherited together, **acting as a single genetic factor**. This means you will usually have either both ‘problematic’ genotypes or none of them.



TYPICAL

Likely typical HLA-DQA2 genetics based on the genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
HLA-DQA2	rs9275524	CT

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	Zinc	15 mg	2	Maintain Optimal Vitamin D Levels	1000 iu

1



Zinc

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

[Zinc](#) deficiency may contribute to inflammation by stimulating HLA proteins [\[R\]](#).

One study associated patchy and diffuse hair loss with low blood zinc levels. The authors suggested that disturbed zinc metabolism played a crucial role in these conditions [\[R\]](#).

In line with this, zinc supplementation may improve both conditions in people with zinc deficiency. In a trial of 73 women complaining of hair loss, zinc was especially effective when combined with [pantothenic acid](#) [\[R\]](#), [\[R\]](#), [\[R\]](#).

2



Maintain Optimal Vitamin D Levels

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

[Vitamin D](#) can combat autoimmune inflammation by reducing HLA activity [\[R, R\]](#).

Low vitamin D levels correlate with increased incidence, severity, and duration of alopecia areata [\[R, R, R, R\]](#).

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.

