

Hodgkin's Lymphoma

Disease Report

REPORT CATEGORY —



CANCER

Sample Client

Report date: 15 January 2026

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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

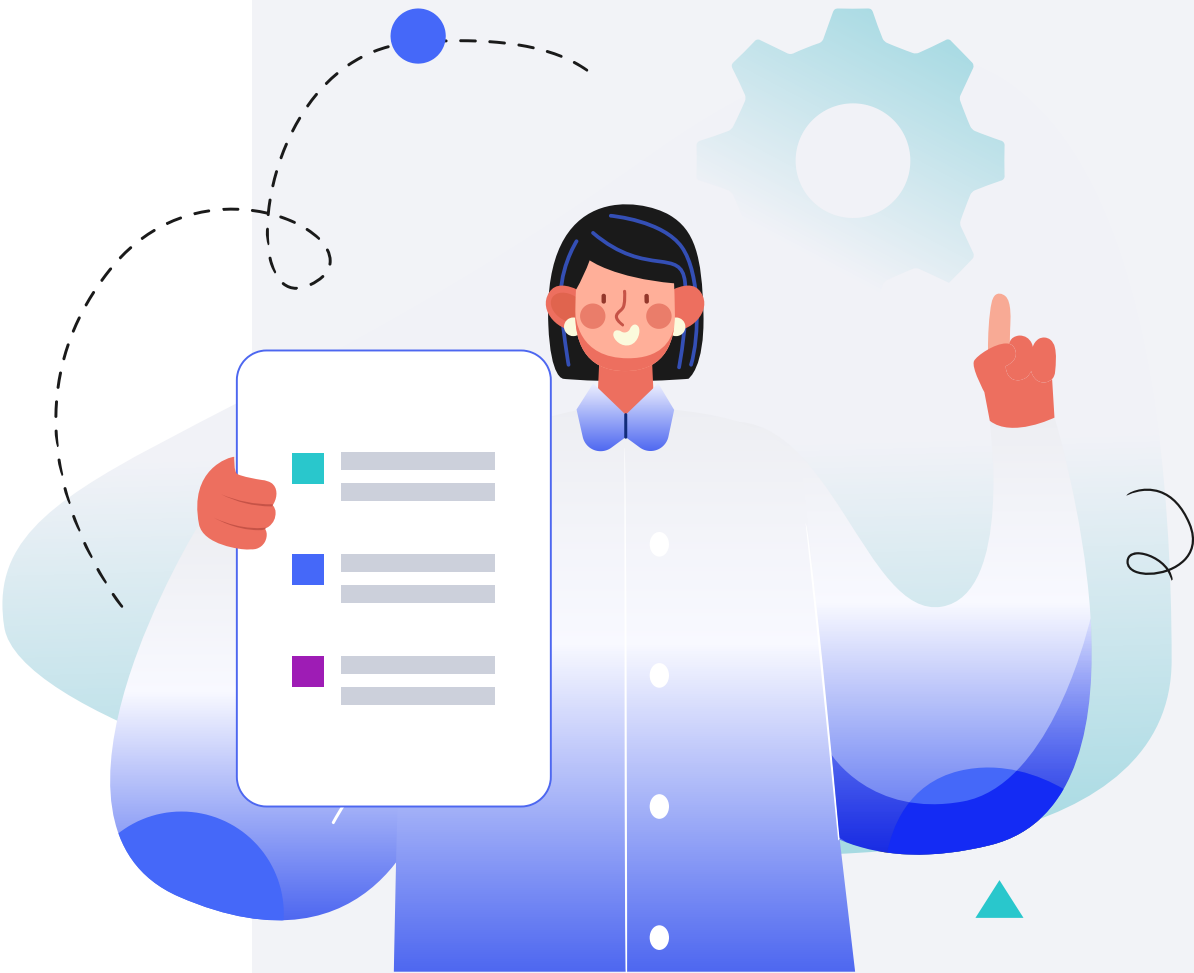
Male

HEIGHT

5ft 5" 165cm

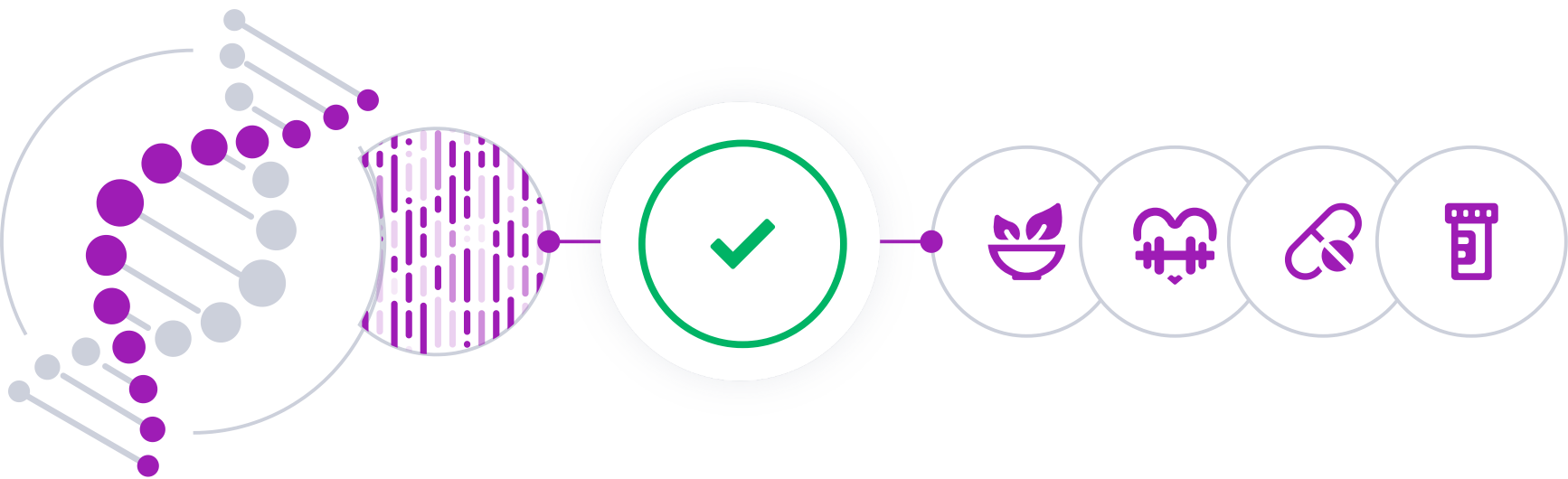
WEIGHT

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.

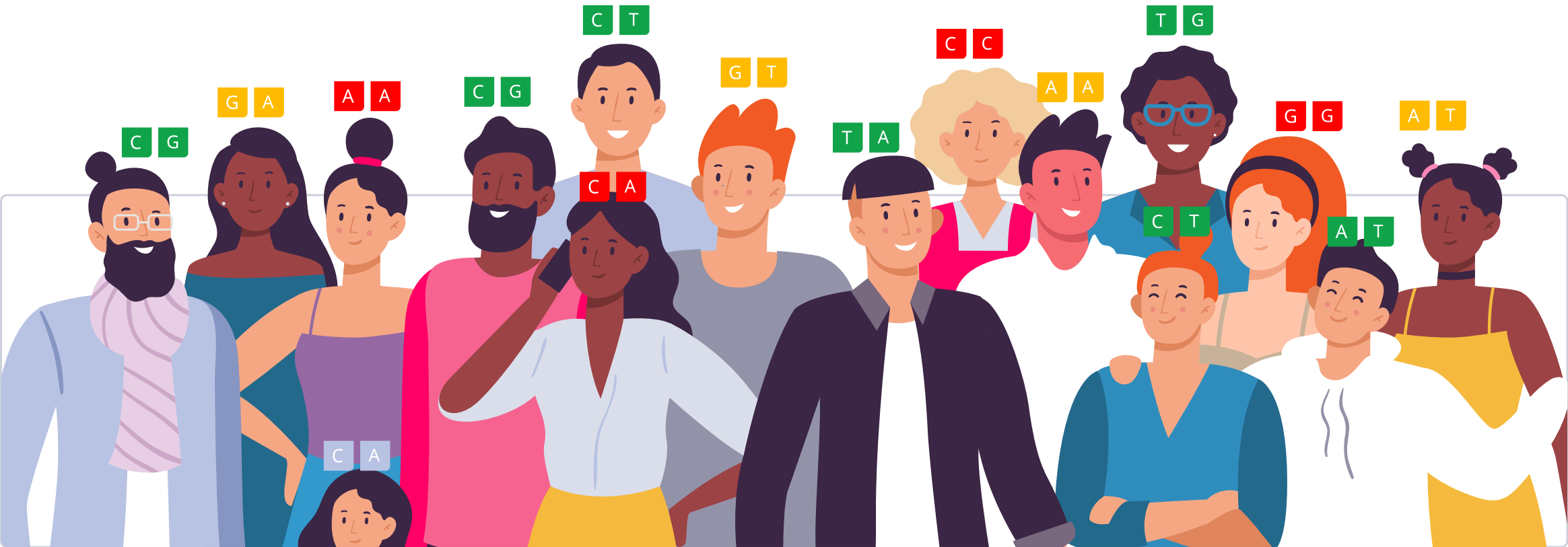


Similarly, our Trait Reports look at how your DNA influences your traits.



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

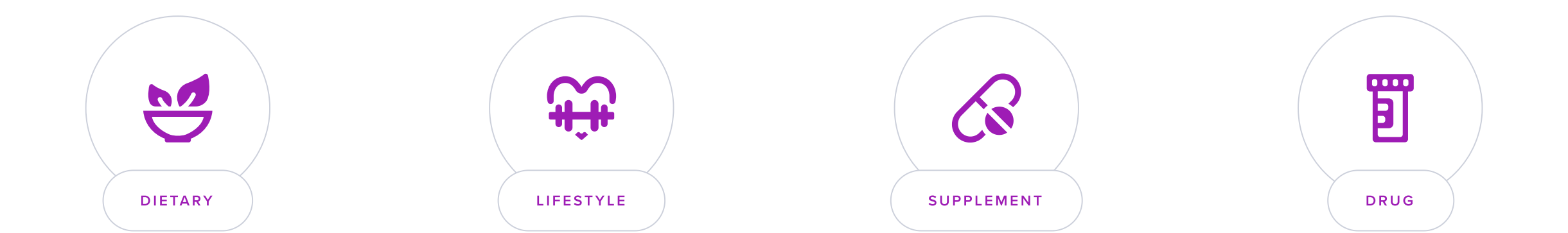
You have 2 risk alleles

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

Hodgkin’s lymphoma, also known as Hodgkin’s disease, is a type of cancer that affects the lymphatic system, which plays a crucial role in the body’s immune response. Hodgkin’s lymphoma begins when abnormal white blood cells called lymphocytes undergo genetic changes. The lymphoma cells attract healthy immune system cells, leading to swollen lymph nodes and other growths in the body [R].

The most common type of Hogkin's lymphoma is classical Hodgkin's lymphoma, which includes four subtypes [R]:

- Nodular sclerosis Hodgkin's lymphoma: The most common subtype, especially in young adults. It often affects lymph nodes in the chest.
- Mixed cellularity Hodgkin's lymphoma: More common in older adults and associated with a variety of cell types in the lymph nodes.
- Lymphocyte-rich Hodgkin's lymphoma: A rarer subtype with a good prognosis.
- Lymphocyte-depleted Hodgkin's lymphoma: The rarest and most aggressive form, more common in older adults or those with HIV infection.

Another, rarer type is nodular lymphocyte-predominant Hodgkin's lymphoma, characterized by a slow progression and the presence of "popcorn" cells rather than Reed-Sternberg cells.

Common signs and symptoms of Hodgkin’s lymphoma include [R]:

- Painless swelling of lymph nodes in the neck, armpits, or groin.
- Persistent fatigue.
- Fever.
- Night sweats.
- Unexplained weight loss.
- Severe itching.
- Pain in lymph nodes after drinking alcohol.

Risk Factors and Treatment

Some of the risk factors associated with Hodgkin’s lymphoma include [\[R\]](#):



TYPICAL LIKELIHOOD

Typical likelihood of Hodgkin's lymphoma based on 5,940 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
/	rs28383311	AA
HLA-DQA2	rs6903608	TC
HLA-DQA2	rs3129890	TT
AHI1	rs2757647	TT
GATA3	rs3824662	CA
AHI1	rs6928977	GG
GATA3	rs3781093	TC
LPP	rs4459895	AC
REL	rs1432297	GA
EOMES	rs3806624	GA
REL	rs1432295	GA
DEXI	rs34972832	AG
PDGFD	rs117953624	TT
MYC	rs2019960	TT
SLC22A5	rs2069757	GG
HLA-DPB1	rs3129198	GG
GATA3	rs501764	TT
CDC16	rs112998813	TT
MYC	rs13279159	AA
REL	rs13034020	AA
GATA3	rs444929	TT
THEMIS	rs9482849	TT
HBS1L	rs7745098	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Hodgkin's lymphoma treatment can involve [\[R\]](#):

- Chemotherapy: The primary treatment, often combined with radiation therapy.
- Radiation therapy: Used to target specific areas where cancer is present.
- Targeted therapy: For example, brentuximab vedotin (Adcetris) is a drug that targets CD30-positive Hodgkin's lymphoma cells.
- Immunotherapy: Drugs like pembrolizumab (Keytruda) or nivolumab (Opdivo) may be used, especially in recurrent or resistant cases.
- Stem cell transplant: Used in some cases, particularly if the lymphoma returns after initial treatment.

The prognosis for Hodgkin's lymphoma is generally very good, especially when diagnosed early. The five-year survival rate for early-stage Hodgkin's lymphoma can be over 90%. Advanced-stage Hodgkin's lymphoma also has a favorable prognosis, but treatment may be more intensive.

Please note: This report is not diagnostic and can't be used to make any medical decisions. Most cancers are uncommon and have a strong environmental component. Even if your genetic predisposition is high, you will most likely not develop the disease. This report doesn't test for hereditary cancer syndromes or 'cancer genes'. These are usually caused by rare mutations that can't be analyzed by our test. If you're concerned about your risk of hereditary cancer, consider getting a specialized test at a reference laboratory.

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	Relaxation Techniques	30 minutes	
2	Walking	30 minutes	
3	Aerobic Exercise (Cardio)	1 hour	
4	Maintain Optimal Vitamin D Levels	1000 iu	
5	Support Groups		
6	Mindfulness-Based Stress Reduction (MBSR)	2 hours	
7	Vegetables		
8	Yoga	30 minutes	
9	Tai Chi	1 hour	

1



Relaxation Techniques

IMPACT

0 / 5

EVIDENCE

0 / 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

Relaxation techniques like deep breathing and meditation can help reduce stress, anxiety, and improve emotional well-being and overall quality of life for cancer patients.

2

Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Regular walking can help maintain physical strength and fitness, as well as improve mood and general well-being during and after treatment.

3

Aerobic Exercise (Cardio)

IMPACT

0 / 5

EVIDENCE

0 / 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 helps improve cardiovascular health, boosts the immune system, and can enhance overall physical health, which is beneficial for patients undergoing cancer treatment.

4



Maintain Optimal Vitamin D Levels

IMPACT

0 / 5

EVIDENCE

0 / 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 help regulate the immune system. Some studies suggest it may enhance the body’s ability to fight off cancer cells.

5



Support Groups

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend a support group meeting related to your condition at least once a week. These meetings can be found through local hospitals, online platforms, or health organizations specific to your condition. Participation can be in-person or virtual, depending on what is offered and your preference.

Description

Support groups are gatherings of individuals facing similar challenges, where they can share experiences, emotions, and coping strategies. They offer emotional support, camaraderie, and valuable insights for those dealing with various health conditions or life circumstances.

Support groups involve people with similar struggles helping each other. Support groups usually take place in a casual setting. During sessions, people share their [\[R\]](#):

- Knowledge
- Experiences
- Coping strategies
- Understanding of the recovery process

Support groups may help support recovery from addictions [\[R\]](#).

How it helps

Joining support groups provides emotional support and information from others who are experiencing similar challenges during treatment and recovery.

6



Mindfulness-Based Stress Reduction (MBSR)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

MBSR helps reduce stress and improve mental well-being. This can be crucial for cancer patients dealing with anxiety and depression related to their condition.

7



Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 2-3 cups of various vegetables into your daily diet, ensuring a mix of colors like greens, reds, and yellows to maximize nutrient intake. Aim to include vegetables in most meals, either as a side, part of the main dish, or snacks.

Description

Vegetables are edible parts of plants that offer various health benefits due to their rich nutrient content, including vitamins, minerals, fiber, and antioxidants. They are essential components of a balanced diet and contribute to overall health, supporting various bodily functions.

How it helps

Vegetables are rich in vitamins, minerals, and antioxidants, which can help support the immune system and overall health, key in managing conditions like Hodgkin's lymphoma.

8



Yoga

IMPACT

0 / 5

EVIDENCE

0 / 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

Practicing yoga can help reduce stress, improve physical health, and enhance the overall quality of life in cancer patients by promoting relaxation and well-being.

9



Tai Chi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice Tai Chi for 30 to 60 minutes at least twice a week. Choose a quiet, spacious area and follow along with a qualified instructor, either in person at a class or through an online video tutorial, to ensure proper technique and maximum benefit.

TYPICAL STARTING DOSE

1 hour

Description

Tai Chi is a traditional Chinese mind-body practice involving slow, flowing movements and deep breathing. It is known for its potential to reduce stress, improve balance, and enhance overall physical and mental well-being.

Tai chi involves gentle movements and breathing to strengthen and relax the mind and body. Practicing tai chi may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage pain
- Improve fitness
- Increase well-being
- Improve sleep and mood

How it helps

Tai Chi is a gentle exercise that can help improve physical function, reduce stress, and enhance overall well-being during and post-treatment.

Next Steps

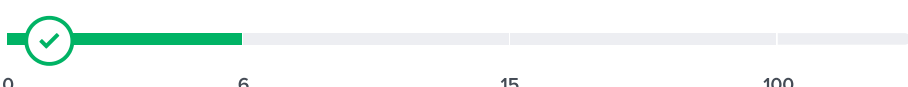
Remember, your genes only tell one important part of your health story!

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.

	ESR	1 mm/hr		9 Nov 2025
	WBC	6.92 x10^3/mm3		9 Nov 2025
	Lymphocytes (Absolute)	1.48 x10^9/L		9 Nov 2025
	Lymphocytes (%)	21.4 %		9 Nov 2025
	Ferritin	102.2 ng/mL		9 Nov 2025
	Platelet Count	215 x10^3/mm3		9 Nov 2025
	Albumin	4.3 g/dL		9 Nov 2025
	Hemoglobin	17.1 g/dL		9 Nov 2025