SelfDecode™

Hot Flashes

DNA Health Report

REPORT CATEGORIES

SEX HORMONES

REPRODUCTIVE HEALTH

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

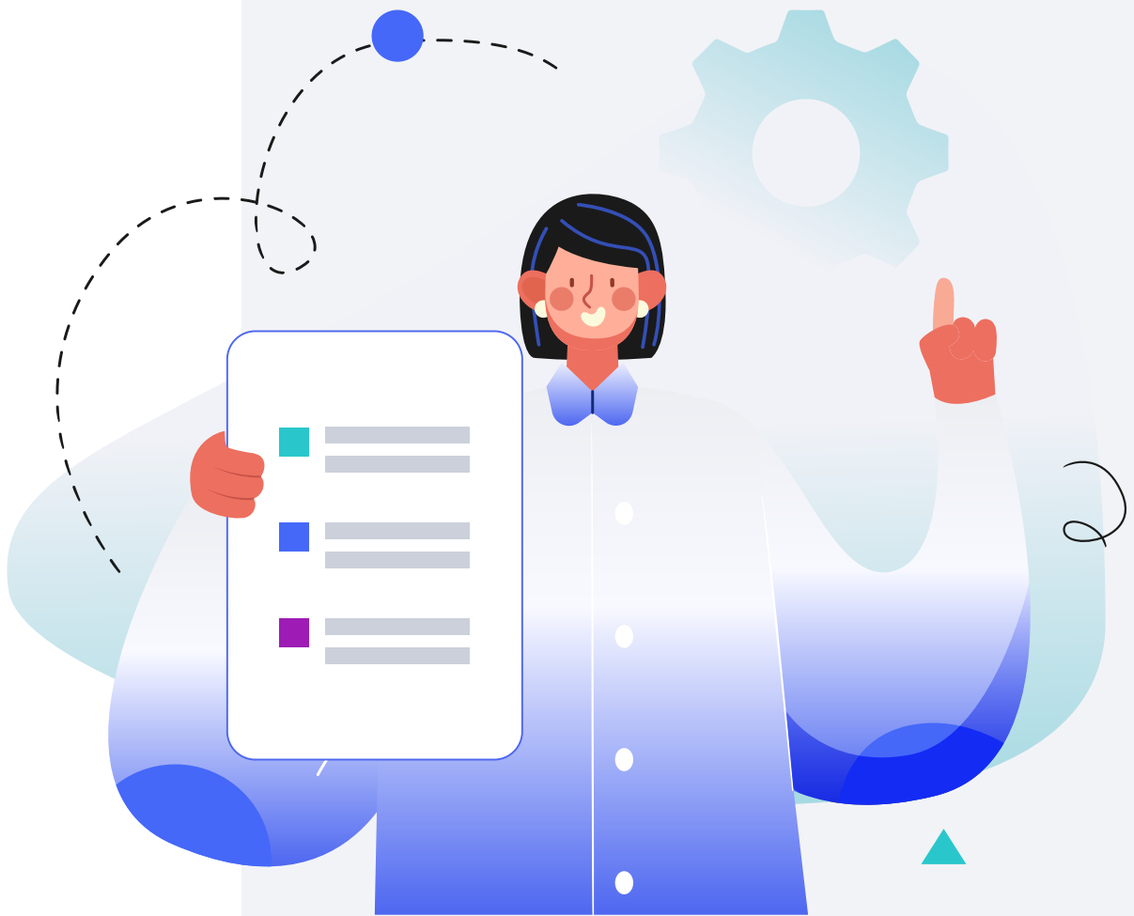
Male

HEIGHT

5ft 5" 165cm

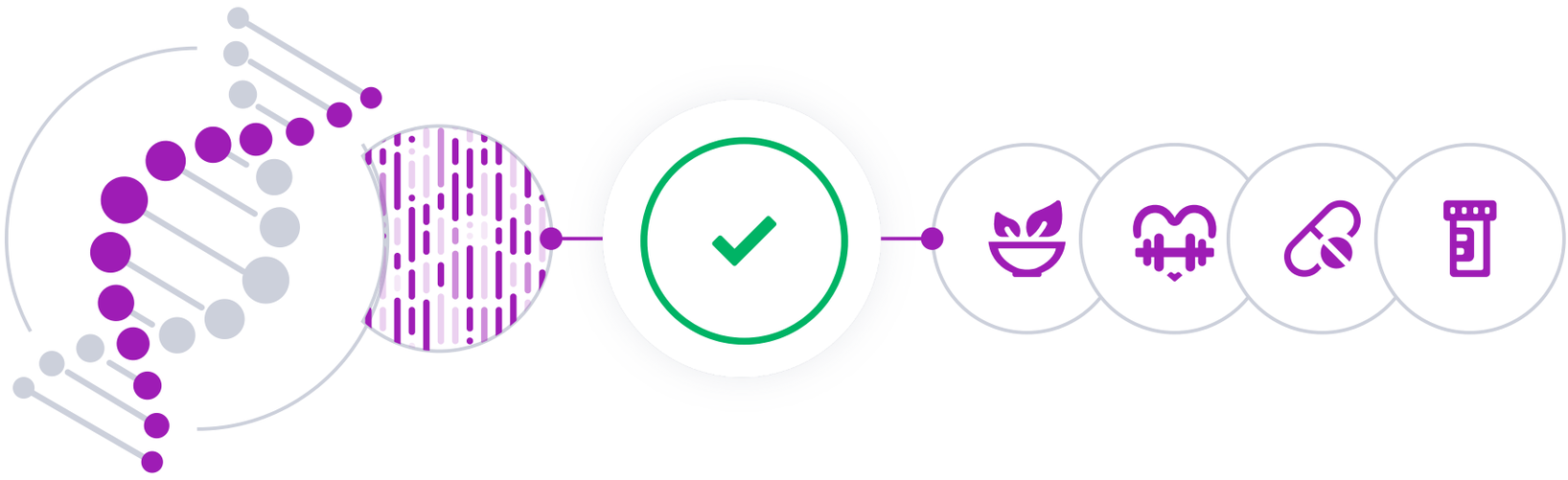
WEIGHT

137lb 62kg



How this works

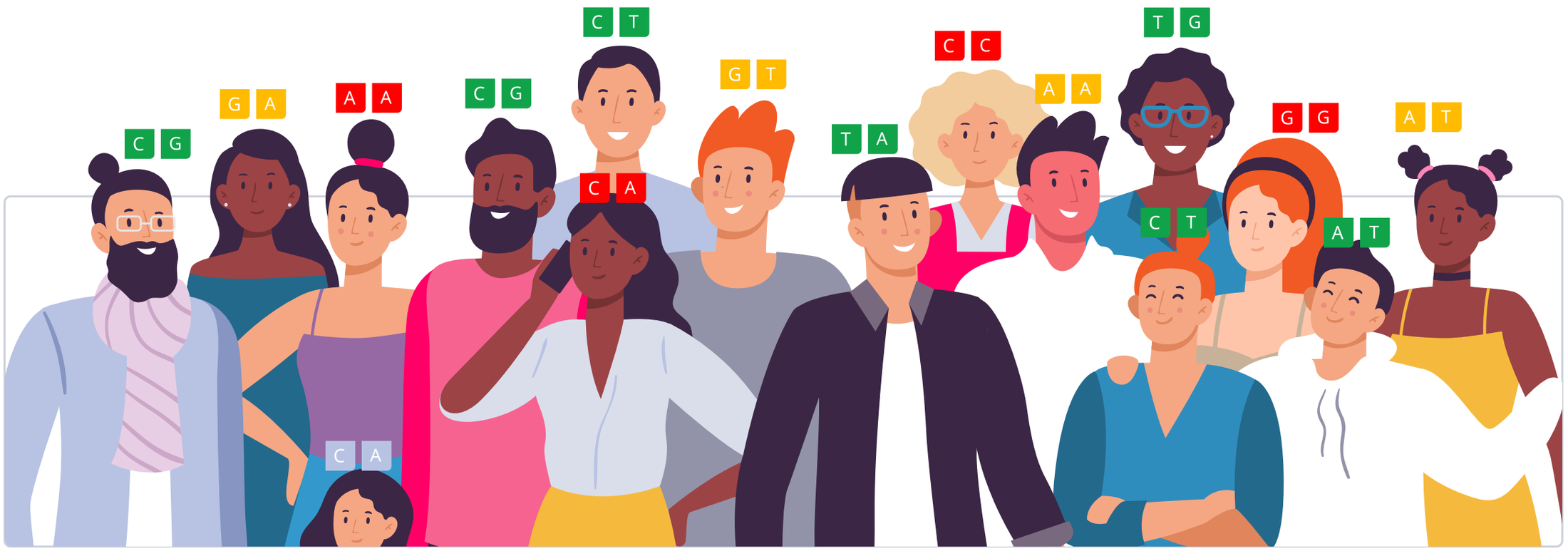
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

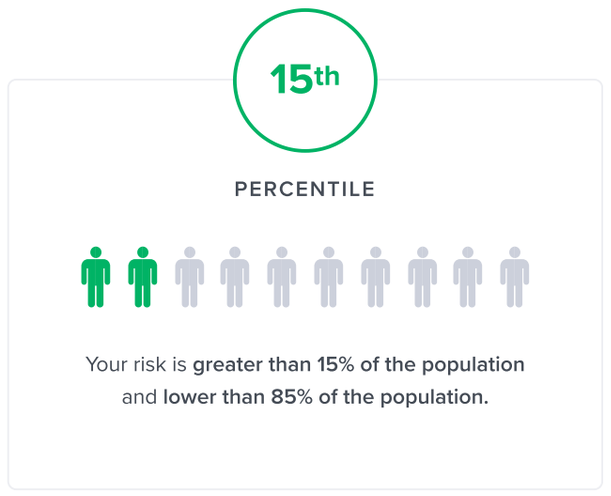
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



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, afew 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

Menopause marks the end of a woman's reproductive years. It is diagnosed when a woman has gone without a menstrual period for **12 consecutive months**. It typically occurs between the ages of 45 and 55 and arises due to the natural decline in the ovaries' production of estrogen and progesterone, the hormones that regulate menstruation.

Hot flashes are the most common symptom of menopause, affecting approximately 75% of menopausal women. They consist of the sudden feeling of warmth in the upper body, which is usually most intense over the face, neck, and chest. They can occur at any time of day or night (when they are known as night sweats) and vary in frequency and intensity [R].

The exact cause of hot flashes is not fully understood, but they are believed to be related to changes in the hypothalamus's thermoregulatory set point caused by declining estrogen levels during menopause [R].

Hot flashes can significantly affect daily activities and quality of life. They may cause:

- Sleep disturbances: night sweats can disrupt sleep, leading to insomnia and daytime fatigue.
- Emotional and psychological impact: frequent hot flashes can lead to anxiety, irritability, and depression.
- Concentration difficulties: The discomfort and sleep disruption caused by hot flashes can impair concentration and cognitive function.

Risk Factors and Management

Several factors may influence the frequency and severity of hot flashes, including [R]:

- **Smoking:** smokers are more likely to experience severe hot flashes than non-smokers.
- **Obesity:** higher BMI is associated with more frequent and severe hot flashes.
- **Ethnicity:** African American women report hot flashes more frequently than Caucasian women, while Asian women report them less frequently.
- **Health status:** women with poorer health or certain medical conditions, such as breast cancer, may experience more severe symptoms.
- **Genetics:** Genetic variations that influence the metabolism of sex hormones are associated with the frequency and severity of hot flashes [R].

Effective management of hot flashes can involve a combination of lifestyle changes, non-hormonal treatments, and hormone therapy [R]:

- **Lifestyle modifications:** avoiding triggers such as hot beverages, spicy food, alcohol, and stress can help. Maintaining a cool environment and wearing light, breathable clothing may also reduce symptoms.
- **Hormone replacement therapy (HRT):** estrogen therapy is the most effective treatment for hot flashes but is not suitable for all women due to potential risks such as blood clots and stroke.
- **Non-hormonal therapies:** certain antidepressants (like SSRIs or SNRIs), anti-seizure drugs, and blood pressure medications have been shown to reduce the frequency and severity of hot flashes.
- **Alternative therapies:** some women find relief using plant estrogens, vitamin E, or other alternative treatments, although their efficacy varies and they may not be suitable for all individuals.

Behavioral and psychological approaches: techniques such as paced respiration, relaxation exercises, and cognitive-behavioral therapy can help manage the stress and anxiety associated with hot flashes.

TYPICAL LIKELIHOOD

Typical likelihood of hot flashes based on 121,652 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TACR3	rs34867104	AA
TACR3	rs77322567	CC
SULT1A1	rs1801030	TT
CYP1B1	rs1800440	CT
COMT	rs4680	AG
AHR	rs2066853	GG

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
1	Avoid Endocrine Disruptors	
2	Red Clover	40 mg
3	Black Cohosh	40 mg
4	Soy Isoflavones	40 mg
5	Dong Quai	500 mg

1 Avoid Endocrine Disruptors

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Minimize exposure to endocrine disruptors by opting for organic foods to reduce pesticide intake, using glass or stainless steel instead of plastic containers for food and beverages, avoiding cosmetics and personal care products with parabens or phthalates, and regularly vacuuming and dusting your home to reduce contact with flame retardants found in household dust.

Description

Avoiding exposure to endocrine disruptors, such as certain chemicals found in plastics and pesticides, is crucial for maintaining hormonal balance and reducing the risk of hormone-related health problems.

Endocrine disruptors are chemicals that interfere with the body's hormone (endocrine) system by [R, R]:

- Blocking the function or activity of hormones
- Mimicking the function of hormones

Based on limited studies, long-term exposure to these chemicals can have negative effects on health [R, R].

Endocrine disruptors can be found in cosmetics, food products, pesticides, and other common household items [R].

How it helps

Avoiding endocrine disruptors helps to minimize hormonal imbalances that can exacerbate hot flashes. By reducing exposure to these chemicals, individuals may experience more stable hormone levels, leading to fewer and less severe menopausal symptoms.

2 Red Clover

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a red clover supplement in the form of capsules, typically ranging from 40 to 80 milligrams daily. This should be done under the guidance of a healthcare provider, especially if you're using it for menopausal symptoms or bone health, to ensure it's appropriate for your individual needs. Generally, it's used for periods ranging from 3 to 12 months.

TYPICAL STARTING DOSE

40 mg

Description

Red Clover is a plant that's often utilized for its health benefits. Not just pleasing to the eyes with its bright color, it's known to help with skin health and menopause symptoms. Additionally, it may improve heart health and bone density. It's like a power-plant, offering multiple health benefits in one package.

How it helps

Red clover supplementation may help alleviate hot flashes by providing phytoestrogens, such as isoflavones, which mimic estrogen in the body and can moderate hormonal fluctuations associated with menopause.

3

Black Cohosh

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a black cohosh supplement of 20 to 40 mg twice daily for up to six months to manage menopause symptoms. Make sure to check the label for a product standardized to contain 2.5% triterpene glycosides.

TYPICAL STARTING DOSE

40 mg

Description

Black cohosh is an herbal remedy often used by some individuals to alleviate symptoms of menopause, such as hot flashes and mood swings.

How it helps

Black cohosh may help alleviate hot flashes by mimicking estrogen's action in the body, thus stabilizing hormonal fluctuations that trigger these uncomfortable symptoms. Its natural properties can provide relief for individuals experiencing menopause-related discomfort.

4

Soy Isoflavones

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a soy isoflavone supplement containing 40 to 80 milligrams daily, ideally with food to improve absorption. This dosage can be continued on a daily basis for several months, but it's recommended to reevaluate its effectiveness and any potential side effects with a healthcare provider periodically.

TYPICAL STARTING DOSE

40 mg

Description

Soy isoflavones are natural compounds found in soybeans and soy products. They are phytoestrogens, which means they can mimic the effects of estrogen in the body and are associated with potential health benefits like menopausal symptom relief and improved heart health.

Soy is a common food in many cuisines around the world, especially Asian cuisines [R].

It’s a great source of [R, R]:

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [R]:

- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Soy isoflavones act as phytoestrogens, which can mimic estrogen in the body and help balance hormone levels. This mechanism may effectively reduce the frequency and severity of hot flashes in menopausal individuals.

5

Dong Quai

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a 500-600 mg capsule of Dong Quai supplement once daily with food. It is generally recommended to cycle Dong Quai use, taking it for three weeks followed by a one week break. Consult a healthcare provider before starting to ensure it's appropriate for your health condition.

TYPICAL STARTING DOSE

500 mg

Description

Dong quai is an herb commonly used in traditional Chinese medicine to support women's health, particularly during menstruation and menopause. It is believed to have hormonal-regulating properties.

How it helps

Dong Quai may help alleviate hot flashes by regulating estrogen levels and enhancing overall hormonal balance, thus providing relief from menopausal symptoms. Its adaptogenic properties potentially improve women's health during this transitional phase.