SelfDecode™

Hyperemesis Gravidarum

Disease Report

REPORT CATEGORIES

GUT HEALTH

REPRODUCTIVE HEALTH

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

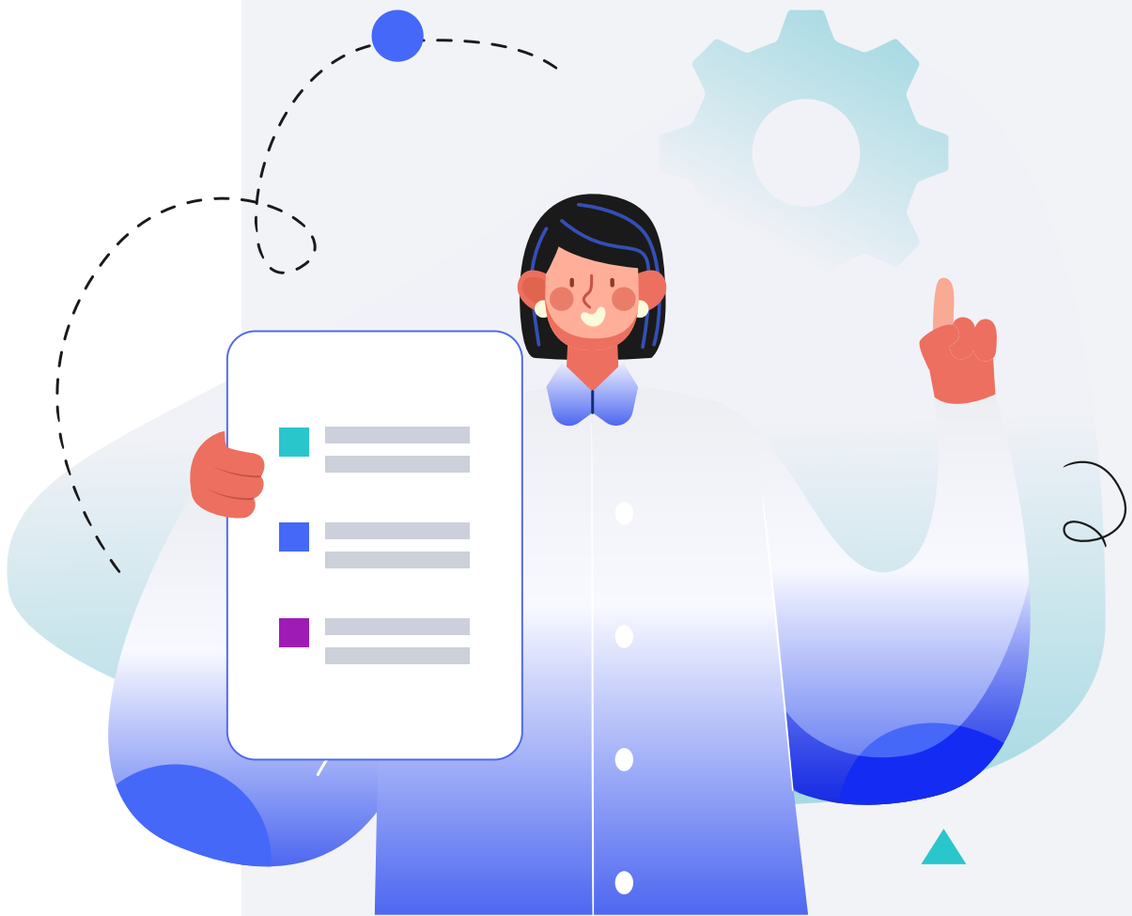
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

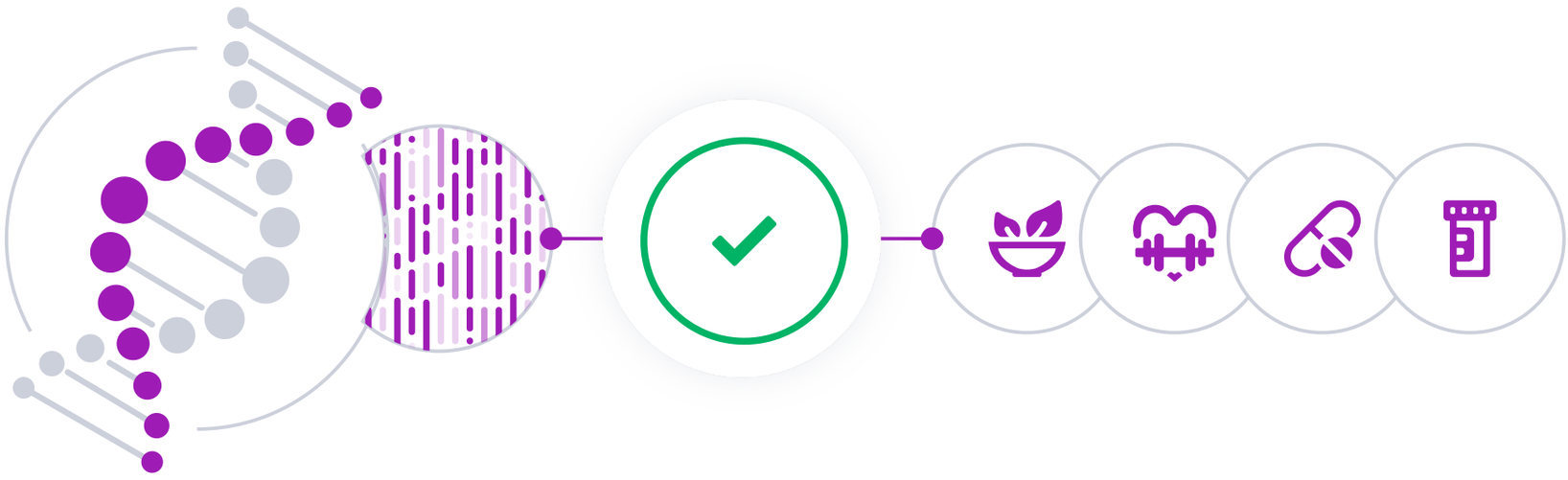


DISCLAIMER

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.

How this works

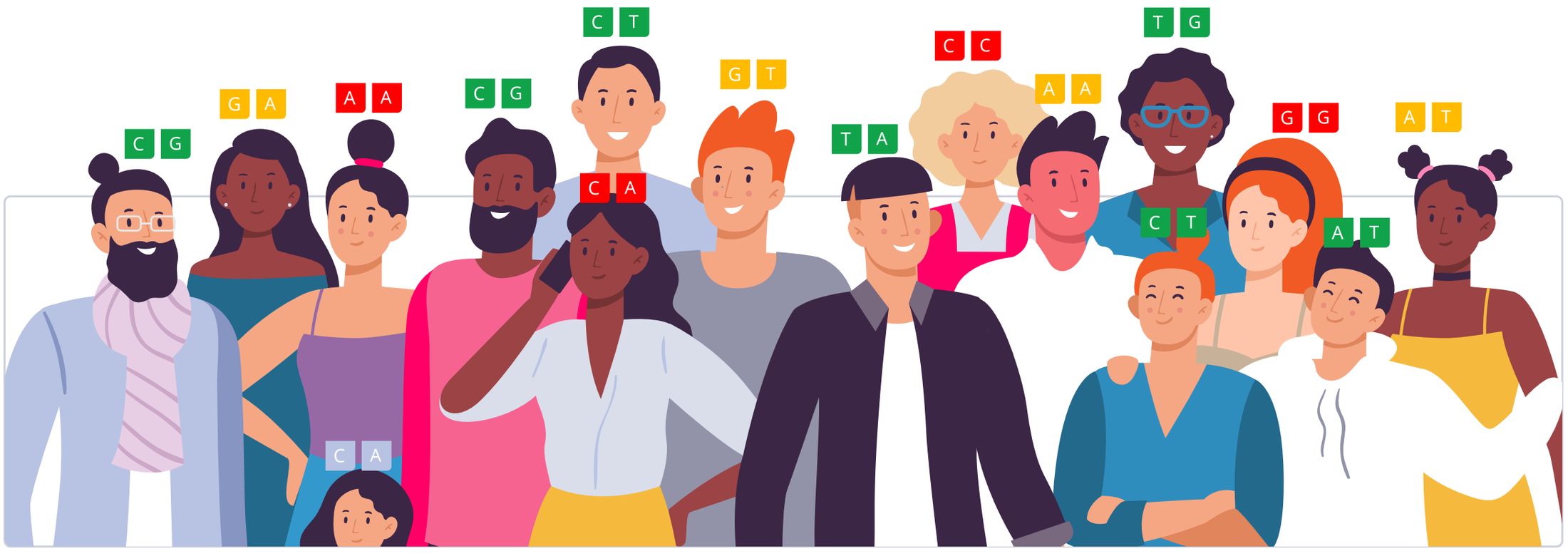
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

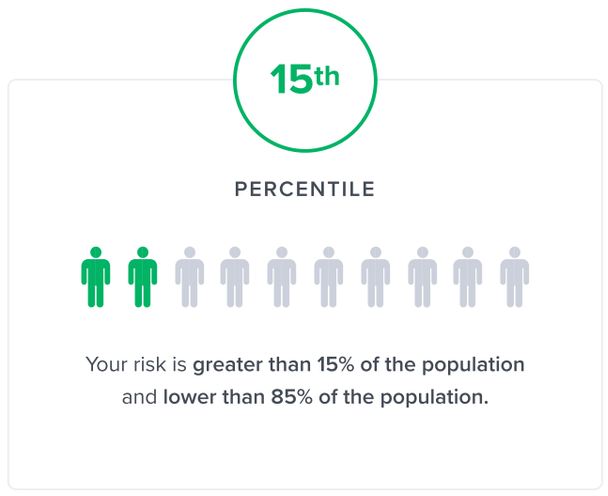
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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

Hyperemesis gravidarum is a severe form of nausea and vomiting that occurs during pregnancy, surpassing the more common and milder symptoms of morning sickness. While morning sickness is considered a normal part of most pregnancies, hyperemesis gravidarum is much less common and can lead to significant health complications if not properly managed.

This intense condition often causes persistent and severe vomiting that can lead to dehydration, weight loss, and electrolyte imbalances. Women with hyperemesis gravidarum may find it challenging to maintain sufficient nutrition due to the inability to keep food or liquids down.

Complications and Treatment

The incessant vomiting and retching associated with hyperemesis gravidarum can have a profound impact on a sufferer's quality of life, with potential complications that could pose risks to both the mother and developing fetus. Medical interventions may be required, including hospitalization for intravenous fluids and medications to control nausea.

The underlying cause of hyperemesis gravidarum isn't fully understood, but it is believed to be related to hormonal changes in pregnancy, like elevated levels of human chorionic gonadotropin (hCG). The severity of symptoms typically peaks by the end of the first trimester and in the majority of cases, resolves by the midpoint of pregnancy, though some women may experience symptoms for longer.

TYPICAL LIKELIHOOD

Typical likelihood of hyperemesis gravidarium based on 12,381 genetic variants we looked at

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	Watermelon	
2	Topical Capsaicin	
3	Ginger	500 mg
4	Pyridoxine (Vitamin B6)	50 mg
5	Acupressure	1 minute
6	Avoid Spicy Food	
7	Vitamin B12	100 mcg
8	Avoid Large Meals	
9	Vitamin B12 And Folate	

1

Watermelon

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Incorporate fresh watermelon into your diet, aiming to consume about 1-2 cups of cubed watermelon daily, either as a snack or part of your meals. It is best consumed fresh to maximize its hydrating effects and nutritional benefits.

Description

Watermelon is a refreshing fruit known for its high water content and being a good source of vitamins A and C. It is used to help stay hydrated and may support skin health due to its antioxidant properties.

How it helps

In a study of 72 women with hyperemesis gravidarum, apple was the most agreeable and least nausea-inducing food tested, compared to watermelon, crackers, and white bread, which had higher rates of nausea and intolerance responses [R].

A randomized trial involving 128 women discharged after hospitalization for hyperemesis gravidarum (HG) found that those consuming watermelon showed better outcomes in bodyweight, HG symptoms, appetite, wellbeing, and satisfaction compared to the control group, although rehospitalization and antiemetic usage rates did not differ significantly [R].

2

Topical Capsaicin

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Apply a capsaicin cream or gel to the affected area 3 to 4 times daily. Make sure the skin is clean and intact before application. Avoid contact with eyes, mouth, and other sensitive areas. Use consistently for several weeks to see improvement.

Description

Capsaicin is a compound found in chili peppers and is used topically in creams and patches for its potential to alleviate pain related to conditions like arthritis, neuropathy, and muscle soreness.

Capsaicin is the compound that makes chili peppers spicy [R].

People use topical capsaicin to relieve pain and oral capsaicin to aid weight loss [R, R].

In the short term, capsaicin causes pain. However, **if you're exposed to a lot of capsaicin over a long period of time, it can reduce your pain sensitivity** [R, R].

***Please note**: Capsaicin may irritate the skin. Consult your doctor if the irritation is severe or lasts longer than 4 weeks. If capsaicin gets in your eyes, flush them with water immediately and consult your doctor* [R, R, R].

How it helps

Topical capsaicin reduced nausea and vomiting in a placebo-controlled trial of 30 pregnant women [R].

3

Ginger

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a 500 mg ginger supplement daily, preferably with a meal to enhance absorption and minimize potential stomach discomfort.

TYPICAL STARTING DOSE

500 mg

Description

Ginger is a versatile spice known for its potential anti-inflammatory and digestive benefits. It may help alleviate nausea, reduce muscle soreness, and support gastrointestinal comfort when consumed as part of a balanced diet.

Ginger root is a cooking spice and a traditional remedy. People mostly use it to relieve [R]:

- Nausea
- Menstrual cramps
- Joint pain

How it helps

Ginger has been studied for its effects on nausea and vomiting during pregnancy. It's believed to work by blocking certain signals in the brain that trigger these symptoms. Clinical trials have shown that ginger can significantly reduce the severity of nausea and vomiting in pregnant women, including those with hyperemesis gravidarum. It's a natural remedy that can offer relief without the need for pharmaceutical drugs.

4

Pyridoxine (Vitamin B6)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a pyridoxine (vitamin B6) supplement daily. Requirements range from 1.3 to 1.7 milligrams per day for adults, but supplement doses usually start from 50 mg. Consult with a healthcare provider for higher doses or specific medical conditions that might benefit from increased supplementation.

TYPICAL STARTING DOSE

50 mg

Description

A **vitamin B6 supplement** of up to 1.3-1.7 mg per day can be taken to meet needs not achieved through diet. Long term supplementation of vitamin B6 can be problematic, so talk to your doctor before using.

How it helps

Vitamin B6 has been shown in studies to help reduce nausea and vomiting in pregnancy, including hyperemesis gravidarum. It helps by influencing neurotransmitters in the brain that regulate nausea.

5

Acupressure

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Apply firm pressure on specific acupoints related to your condition using your fingers or a blunt object for 1-3 minutes. Repeat this process 2-3 times a day for several weeks to potentially observe improvements.

TYPICAL STARTING DOSE

1 minute

Description

Acupressure is a traditional Chinese healing technique that involves applying pressure to specific points on the body to promote relaxation, alleviate pain, and improve overall well-being.

How it helps

Acupressure, particularly on the P6 (Neiguan) point on the wrist, has been shown to reduce nausea and vomiting in pregnant women. This technique can offer relief for women experiencing severe nausea and vomiting, known as hyperemesis gravidarum, by stimulating this specific point, which is believed to influence the areas of the brain responsible for controlling nausea.

6

Avoid Spicy Food

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

Spicy foods can irritate the stomach and esophagus, leading to increased nausea and vomiting in individuals with hyperemesis gravidarum.

7

Vitamin B12

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a 50 mcg vitamin B12 supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

100 mcg

Description

Vitamin B12 is a water-soluble vitamin primarily found in animal-based foods like meat, fish, and dairy products. It plays a crucial role in maintaining healthy nerve cells, DNA synthesis, and red blood cell formation. Vitamin B12 deficiency can lead to anemia, neurological issues, and fatigue.

Vitamin B12 is important for [R, R]:

- Building DNA
- Nervous system function
- Energy production

You can get vitamin B12 from [R]:

- Animal products (meat, fish, eggs, and dairy)
- Fortified foods
- Supplements

Adults should be getting **2.4 micrograms** of vitamin B12 every day [R].

How it helps

Vitamin B12 helps in the management of hyperemesis gravidarum by reducing nausea and vomiting. Deficiency in Vitamin B12 has been linked to increased nausea and vomiting during pregnancy.

8

Avoid Large Meals

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Divide your daily food intake into smaller portions spread out over five to six times a day instead of having three large meals. Ensure that each portion is balanced and includes a variety of nutrients. This means having breakfast, a mid-morning snack, lunch, an afternoon snack, dinner, and possibly a light evening snack, depending on your caloric needs.

Description

Eating smaller, more frequent meals may help prevent overeating. This involves eating the same number of meals at about the same times every day. Doing so may help [R, R, R]:

- Manage blood pressure
- Balance the internal clock
- Maintain a healthy body weight
- Support healthy cholesterol levels
- Prevent migraines

How it helps

Eating smaller, more frequent meals can help manage nausea and vomiting in hyperemesis gravidarum by not overwhelming the stomach.

9

Vitamin B12 And Folate

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a combined supplement of vitamin B12 and folate daily. For adults, the typical dose is 2.4 mcg of B12 and 400 mcg of folate. This supplement should be taken with water and a meal to enhance absorption.

Description

Vitamin B12 and folate (vitamin B9) work together to support DNA synthesis and red blood cell formation. Both are essential for preventing megaloblastic anemia and are commonly found in a variety of foods, including leafy greens, legumes, and fortified cereals.

How it helps

Combining Vitamin B12 with folate can help improve symptoms of hyperemesis gravidarum due to their roles in cell division and energy metabolism. This combination is thought to support overall pregnancy health and reduce severe nausea.

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.

Ketones, Urine		Optimal: High	9 Nov 2025
Urea	30.5 mg/dL	27.6 – 47.04	9 Nov 2025
Specific Gravity, Urine	1.015 x100%	1 – 1.04	9 Nov 2025
Hematocrit	51.8 %	20 – 40 – 47 – 52 – 65	9 Nov 2025
Hemoglobin	17.1 g/dL	7 – 13.2 – 14 – 16.5 – 17.1 – 20	9 Nov 2025
Creatinine	1.08 mg/dL	0.6 – 0.7 – 1.1 – 1.2	9 Nov 2025