

Hyperpituitarism

Disease Report

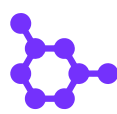
REPORT CATEGORIES —



THYROID



REPRODUCTIVE
HEALTH



SEX HORMONES

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

Pituitary gland hyperfunction is a medical condition characterized by an overproduction of one or more hormones by the pituitary gland, a pea-sized organ situated at the base of the brain. This gland, often termed the 'master gland', plays a crucial role in regulating vital body functions and the hormonal system.

Overactivity of the pituitary gland can lead to a variety of symptoms and disorders, depending largely on which hormones are in excess. For example, too much growth hormone can result in acromegaly in adults, characterized by enlargement of the hands, feet, and facial features, while excessive prolactin may cause galactorrhea and menstrual disturbances.

Causes and Treatment

The causes of pituitary gland hyperfunction are typically benign pituitary adenomas—noncancerous tumors that secrete high levels of hormones. These tumors can exert pressure on surrounding brain structures, leading to headaches and vision problems.

Treatment options vary depending on the specific hormone that is overproduced and may include medication to inhibit hormone production, radiation therapy, or surgical removal of the tumor. Successful management of the condition often restores hormonal balance, alleviating symptoms and preventing complications that could arise from untreated hormonal overproduction.



TYPICAL LIKELIHOOD

Typical likelihood of hyperpituitarism based on 11,456 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.

- 1

Avoid Perchlorate
- 2

Avoid Triggers
- 3

Avoid Sugary Foods & Drinks
- 4

Avoid Pesticide Exposure
- 5

Avoid Iron Supplements (Unless Deficient)
- 6

Avoid BPA (Bisphenol A) Exposure
- 7

Avoid Anabolic Steroids
- 8

Avoid Potassium Supplements
- 9

Avoid Endocrine Disruptors
- 10

Avoid PCBs
- 11

Limit Copper Intake

1



Avoid Perchlorate

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid perchlorate, check water quality reports for your area to ensure your drinking water does not contain high levels of perchlorate. Also, limit consumption of foods known to have higher perchlorate levels, such as leafy green vegetables, dairy products, and fruits, or opt for organic versions of these foods as organic farming standards restrict certain chemicals.

Description

Perchlorate is a chemical that can interfere with the thyroid gland's ability to produce thyroid hormone. This can lead to a variety of health problems, including hypothyroidism, developmental delays, and cancer. Avoiding perchlorate can help to protect your health.

How it helps

Avoiding perchlorate supports thyroid function by preventing interference with thyroid hormone production. This is particularly important in hyperpituitarism management, as balanced hormone levels are essential for overall endocrine health.

2



Avoid Triggers

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Identify substances or environmental factors that exacerbate your condition, such as specific foods, stress, or allergens, and actively avoid them. This may involve reading food labels, asking about ingredients when eating out, and making changes to your home or work environment to reduce exposure to identified triggers.

Description

A "trigger" is something that prompts or worsens the symptoms of a health condition. They can be something you eat or come into contact with. Triggers can lead to a wide range of symptoms, such as gut and skin problems and migraines.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A **food trigger** can be something you eat.

A **physical trigger** can cause a change to your body through physical contact. It can include swimming in cold water or something you touch or inhale [\[R, R, R\]](#).

Triggers can lead to a wide range of symptoms in people who are sensitive to them. These may include [\[R, R, R, R, R, R, R, R\]](#):

- Gut problems
- Skin problems
- Migraines

How it helps

Avoiding triggers in hyperpituitarism can help minimize symptom exacerbations, thereby improving overall quality of life. Reducing exposure to specific environmental or dietary triggers may assist in managing the secondary effects of hormone imbalances.

3



Avoid Sugary Foods & Drinks

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid sugary foods, eliminate or significantly reduce consumption of foods and beverages high in added sugars such as sodas, candies, baked goods, and sugary cereals from your diet. Instead, opt for natural sugar sources like fruits. Aim to do this daily for ongoing health benefits.

Description

High-sugar foods like baked goods, sweets, and sugary drinks, can spike your blood sugar levels. Consuming a lot of these types of foods can contribute to health issues like diabetes, obesity, insomnia, and heart disease.

High-sugar foods and refined carbs have a high glycemic index (GI). This means they tend to spike your blood sugar levels. They include [R](#), [R](#), [R](#):

- Sugary drinks
- Baked goods
- Sweets
- White bread
- White rice
- Pasta

Eating a lot of sugary foods can contribute to:

- Diabetes [R](#), [R](#), [R](#)
- Weight gain and obesity [R](#), [R](#)
- Insomnia [R](#)
- Heart disease [R](#)

You may also want to avoid processed sugars and sugary drinks. They may have a role in increasing IL-1B [R](#), [R](#).

How it helps

Avoiding sugary foods and drinks in hyperpituitarism helps regulate blood sugar levels and manage weight, mitigating the risk of obesity and diabetes. This approach is crucial for balancing hormone levels and reducing the complications associated with excess hormone production.

4



Avoid Pesticide Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Purchase organic produce when possible, wash fruits and vegetables thoroughly under running water, and peel them if not organic. Use natural pest control methods instead of chemical pesticides at home and garden. Limit the use of non-organic lawn and garden chemicals.

Description

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. Reducing pesticide exposure involves choosing organic or pesticide-free foods and using natural pest control methods to limit contact with potentially harmful chemical residues. It supports overall health by reducing the risk of pesticide-related health issues.

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. They are widely used in agriculture to improve crop yields. Common groups of pesticides include:

- Organophosphates (glyphosate, parathion, malathion, chlorpyrifos, diazinon, phosmet)
- Neonicotinoids (imidacloprid, acetamiprid, thiacloprid, clothianidin)
- Pyrethroids (permethrin, alpha-cypermethrin)

Chronic exposure to pesticides has been linked to:

- Fertility problems [\[R\]](#)
- Cognitive problems [\[R\]](#)
- Alzheimer’s and Parkinson’s disease [\[R\]](#), [\[R\]](#)
- Thyroid problems [\[R\]](#)
- Obesity [\[R\]](#)
- DNA damage and cancer [\[R\]](#), [\[R\]](#), [\[R\]](#)

How it helps

Avoiding pesticide exposure helps prevent hormonal disruptions that may exacerbate hyperpituitarism symptoms, as certain pesticides can interfere with endocrine function. This precaution supports the maintenance of hormonal balance, essential in managing the condition effectively.

5



Avoid Iron Supplements (Unless Deficient)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Only take iron supplements if a blood test shows you are iron deficient. If not deficient, do not use iron supplements. For those diagnosed with iron deficiency, follow your healthcare provider's instructions on the type and dosage of iron supplement to take.

Description

[Iron](#) (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R, R, R\]](#).

Avoiding unnecessary iron supplements, particularly without a confirmed deficiency, can prevent the risk of iron overload, which can lead to health issues like hemochromatosis and oxidative stress.

However, too much iron can be bad for the body. It can deposit into organs, such as the liver, heart and the pancreas. This can cause issues such as liver disease, heart problems and diabetes [\[R, R\]](#).

How it helps

Avoiding unnecessary iron supplements in hyperpituitarism helps prevent potential iron overload, which can exacerbate oxidative stress and increase the risk of complications such as hemochromatosis, thereby safeguarding overall hormonal balance and health.

6

Avoid BPA (Bisphenol A) Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid BPA exposure, choose BPA-free products, particularly when selecting food containers, water bottles, and baby bottles. Prefer glass, porcelain, or stainless steel containers, especially for hot food or liquids. Reduce use of canned foods as they may be lined with BPA and avoid handling thermal paper receipts, as they can contain BPA. When possible, select fresh or frozen foods over canned goods.

Description

Avoiding BPA (Bisphenol A) exposure involves minimizing contact with products or containers containing this chemical, which is commonly found in plastics and can potentially disrupt hormone regulation.

BPA (bisphenol A) is a chemical used to make certain plastics and resins. BPA-containing plastics are often used in containers that store food and beverages. Plastics marked with **recycling code 3 or 7** may contain BPA [\[R\]](#).

BPA is a well-known hormone disruptor. Research has linked BPA exposure to diabetes, heart disease, altered behavior, and more [\[R\]](#).

How it helps

Avoiding BPA exposure helps manage hyperpituitarism by reducing external endocrine disruptors that can exacerbate hormonal imbalances. This can potentially stabilize hormone production and promote overall endocrine health.

7

Avoid Anabolic Steroids

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Do not consume or inject any substances classified as anabolic steroids. This includes avoiding use for performance enhancement in sports or bodybuilding. Compliance should be permanent to avoid potential health risks.

Description

Unless you have a condition that warrants the use of anabolic steroids, avoid them. Apart from having many potential adverse effects, long-term use of anabolic steroids can eventually impair testosterone production [\[R, R, R, R, R\]](#).

Also, refrain from using herbs that increase testosterone levels, such as tongkat ali, ashwagandha, fenugreek, or *Mucuna pruriens* [\[R, R, R, R, R\]](#).

How it helps

Avoiding anabolic steroids is essential in hyperpituitarism as they can exacerbate hormonal disruptions and lead to further complications. This helps maintain hormonal balance and reduces the risk of adverse effects associated with excessive hormone levels.

8



Avoid Potassium Supplements

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

To manage potassium levels, focus on a balanced diet and consult with a healthcare provider before considering any supplements. Avoid potassium supplements unless specifically prescribed, and regularly monitor your potassium levels through blood tests if advised by your doctor. It's important to be aware of the potassium content in foods and medications, especially if you are at risk for hyperkalemia.

Description

Avoiding potassium supplements is recommended for individuals with certain health conditions, such as kidney disease, where the body's ability to regulate potassium levels is impaired. High potassium levels (hyperkalemia) can lead to serious health issues, including heart problems. Potassium is found in many foods, so it's important to manage intake through diet under medical supervision, especially if you have conditions that affect potassium metabolism.

How it helps

Avoiding potassium supplements in cases of hyperpituitarism helps prevent exacerbation of hormonal imbalances, which can worsen symptoms such as hypertension and fluid retention. Maintaining a balanced electrolyte level is crucial for managing this condition effectively.

9



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 is vital in hyperpituitarism as these substances can exacerbate hormonal imbalances by interfering with the endocrine system, potentially worsening symptoms and complicating management of the condition.

10



Avoid PCBs

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To avoid PCBs (Polychlorinated Biphenyls), do not use old electrical equipment manufactured before 1977, avoid consuming fish from contaminated waters, especially larger species such as shark and swordfish which are higher in the food chain, and check for and properly dispose of any old fluorescent lighting fixtures that may contain PCBs. Pay attention to local advisories regarding the safety of locally caught fish and wildlife.

Description

PCBs are toxic chemicals that can cause cancer, reproductive problems, and developmental problems. Avoiding exposure to PCBs is important for protecting your health.

Polychlorinated biphenyls (PCBs) are man-made chemicals. They were used in the industry until their **ban in 1979**. PCBs are considered **persistent organic pollutants** (POPS) due to their slow degradation in the environment. They may also **accumulate** in the food chain and the human body [\[R, R\]](#).

We may be exposed to PCBs through contaminated [\[R, R\]](#):

- **Food** (e.g., fish, meat, rice)
- Soil
- Air

PCBs may have toxic effects on [\[R, R\]](#):

- Immunity
- Nervous system
- Reproductive system
- Hormone levels

They may also increase the risk of cancer and reduce lifespan [\[R, R\]](#).

How it helps

Avoiding PCBs is crucial in managing hyperpituitarism, as these toxic chemicals can exacerbate hormonal imbalances and disrupt endocrine function. Reducing exposure may help preserve hormonal integrity and mitigate symptoms associated with this condition.

11



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

Copper can influence the body's hormonal balance as it is involved in various enzymatic reactions that can affect the pituitary gland's function. Limiting exposure to excess copper may help in managing symptoms associated with pituitary gland hyperfunction by preventing potential disruptions in the gland's hormone production and secretion.

Next Steps

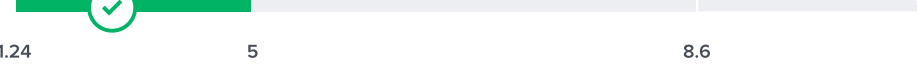
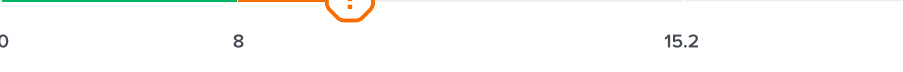
Remember, your genes only tell one important part of your health story!

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.

	T4 Free (FT4)	1.26 ng/dL		9 Nov 2025
	TSH	2.76 mIU/mL		9 Nov 2025
	FSH	2.46 mIU/mL		9 Nov 2025
	LH	2.73 mIU/mL		9 Nov 2025
	DHEA Sulfate	303 mcg/dL		9 Nov 2025
	T4 (Thyroxine), Total	7.27 mcg/dL		9 Nov 2025
	Prolactin	9.83 ng/mL		9 Nov 2025