

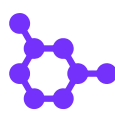
Hypopituitarism

Disease Report

REPORT CATEGORIES —



THYROID



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

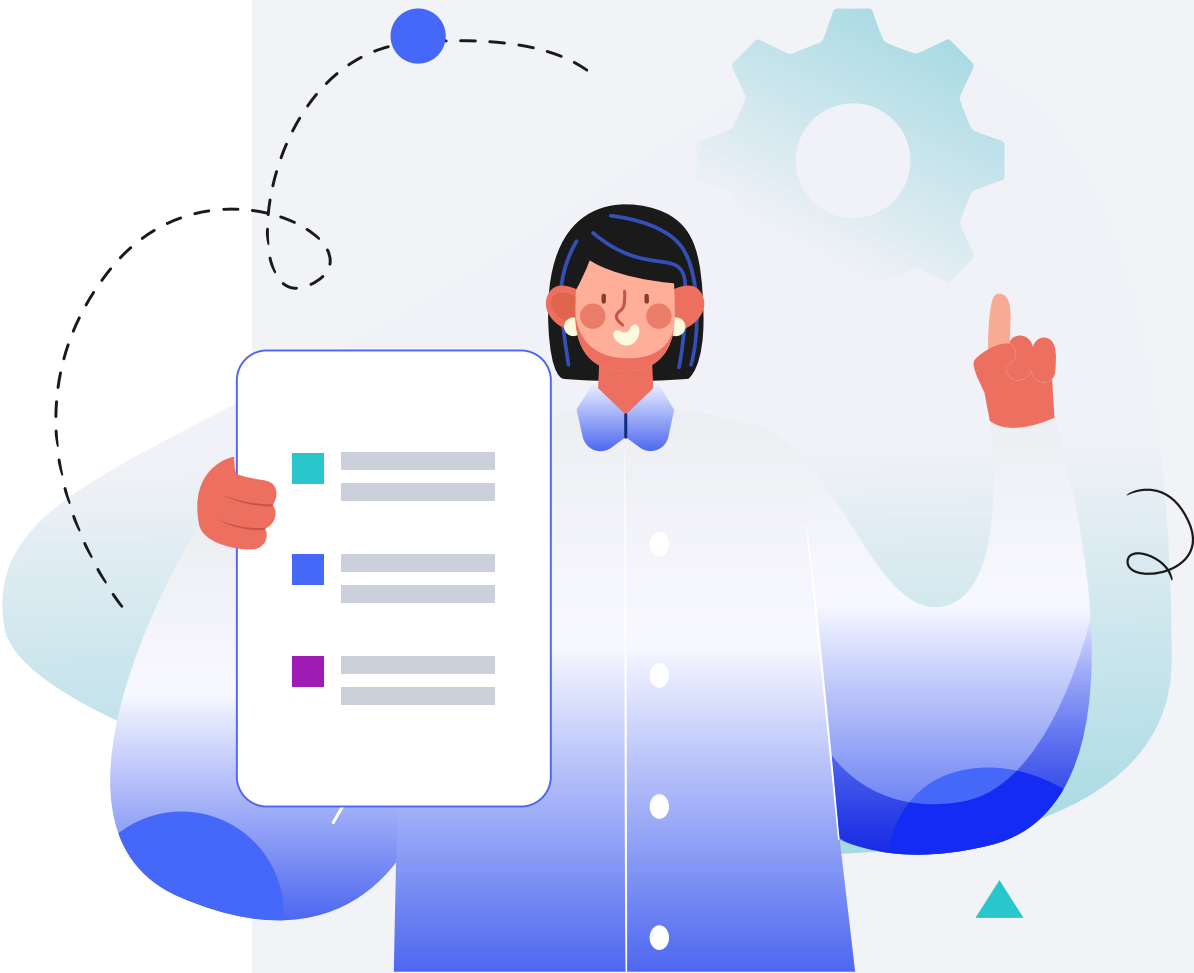
Male

HEIGHT

5ft 5" 165cm

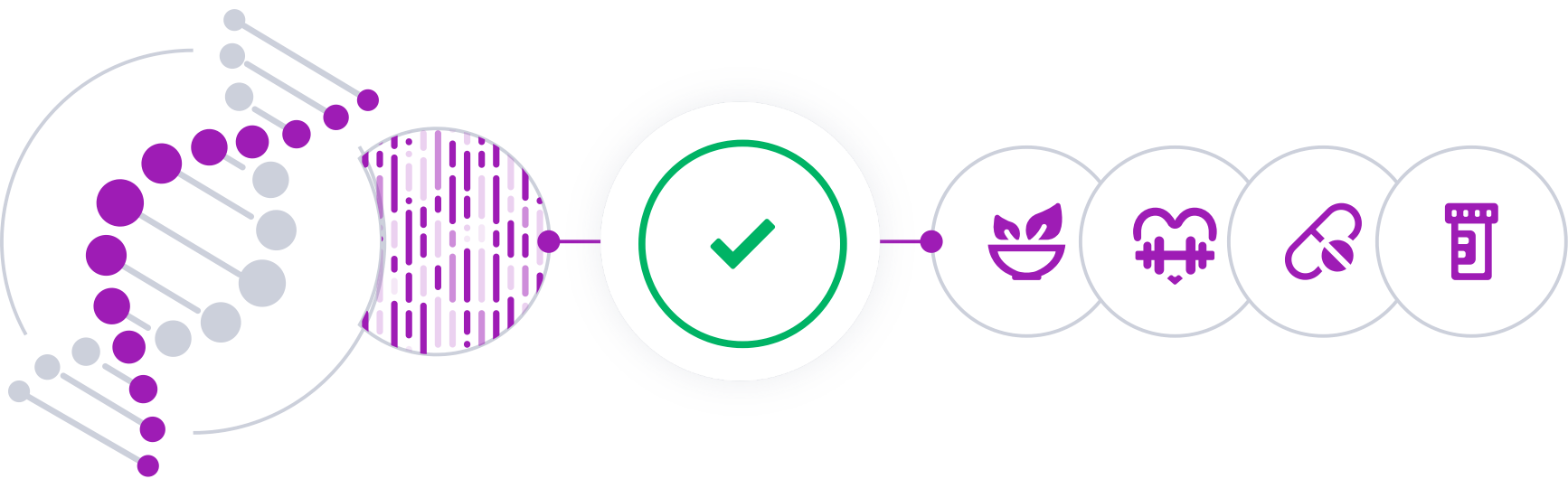
WEIGHT

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.

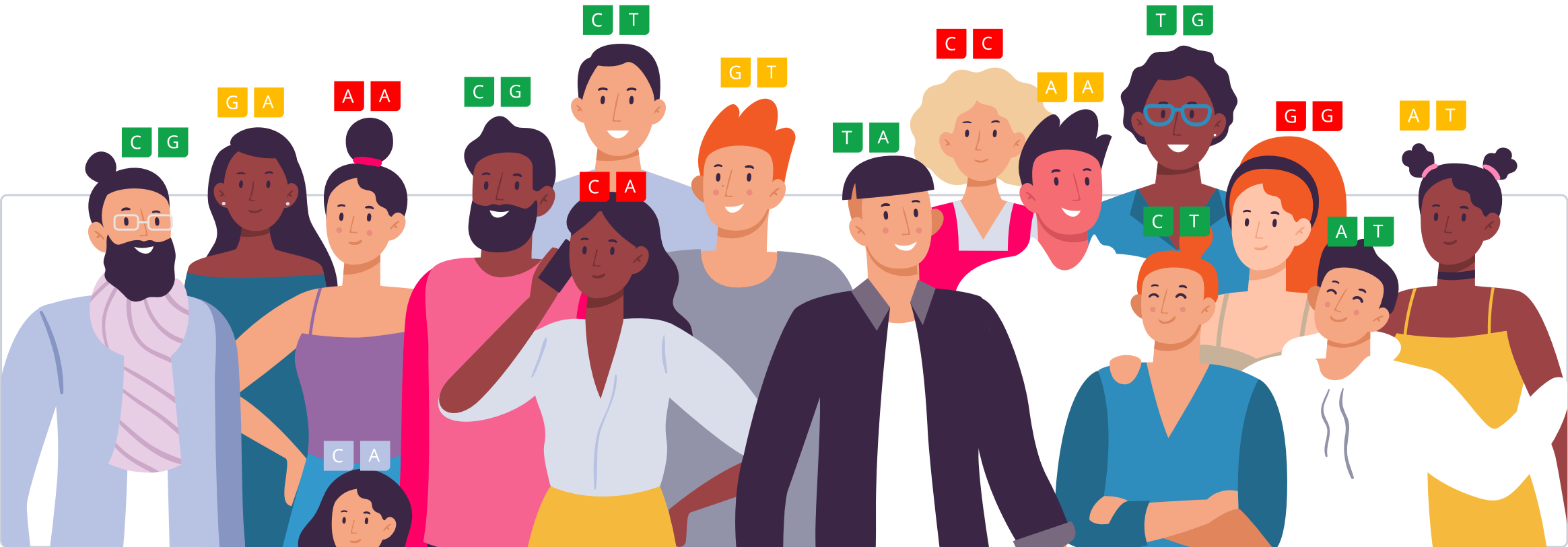


Similarly, our Trait Reports look at how your DNA influences your traits.



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.

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

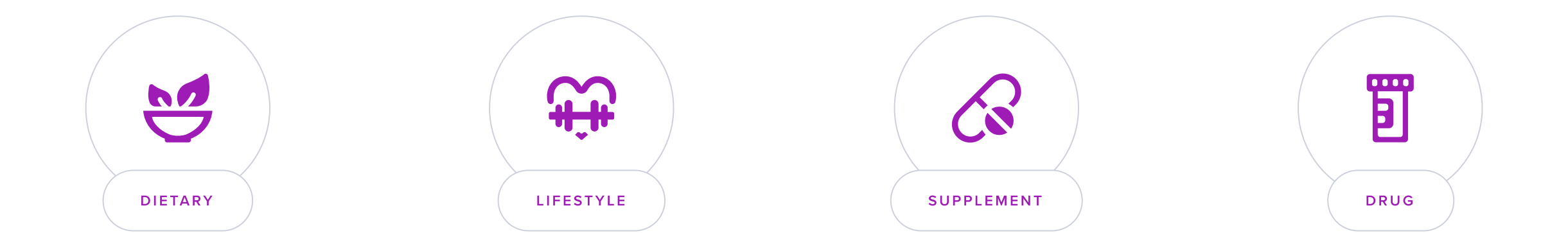
You have 2 risk alleles

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 hypofunction, also known as hypopituitarism, is a rare disorder characterized by a decrease in one or more of the hormones produced by the pituitary gland. The pituitary is a small, pea-sized gland located at the base of the brain and is often termed the 'master gland' due to its critical role in regulating key functions in the body by sending hormonal signals to other endocrine glands.

When hypopituitarism occurs, it leads to deficiencies in critical hormones such as growth hormone, prolactin, adrenocorticotrophic hormone (ACTH), thyroid-stimulating hormone (TSH), luteinizing hormone (LH), and follicle-stimulating hormone (FSH), which can manifest in a variety of symptoms and health issues.

Complications and Treatment

The impact of pituitary gland hypofunction on the body can be wide-ranging, depending on which hormones are deficient and the severity of the deficiency. Symptoms can be nonspecific and may include fatigue, weakness, decreased libido, infertility, weight changes, sensitivity to cold, and irregular menstrual cycles in women. In children, the condition can result in stunted growth and delayed puberty.

As the pituitary gland influences numerous bodily functions, the effects of hypofunction can also extend to impaired stress response due to cortisol deficiency, underactive thyroid gland, and low bone density. Diagnosis typically involves a combination of blood tests to measure hormone levels, brain imaging to identify potential causes, and other assessments tailored to the symptoms presented. Treatment is centered around hormone replacement therapy to restore hormonal balance and alleviate symptoms.



TYPICAL LIKELIHOOD

Typical likelihood of hypopituitarism based on 432,084 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		DOSAGE			
1	DHEA (Dehydroepiandrosterone)	25 mg	2	B Vitamins	

1



DHEA (Dehydroepiandrosterone)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 25-50 mg of DHEA orally with water daily, preferably in the morning to mimic the body's natural rhythm of DHEA production. It is advisable to start at the lower dose to assess tolerance and adjust as needed. Consult a healthcare provider for personalized advice and before starting a new supplement regimen.

TYPICAL STARTING DOSE

25 mg

Description

DHEA is a hormone produced by the adrenal glands and has been used as a dietary supplement for various purposes, including supporting hormonal balance and energy levels. It may have potential benefits for specific individuals, but its use should be supervised by a healthcare professional due to its hormonal nature.

DHEA is a steroid hormone produced primarily by the adrenal glands. It is also produced to a much lesser extent by the testes and ovaries and, possibly, the brain [\[R, R\]](#).

DHEA helps make the sex hormones [testosterone](#) and [estrogen](#). DHEA is important for [\[R, R, R, R\]](#):

- Mood
- Immunity
- Muscle strength
- Bone health
- Skin health

DHEA is released in response to stress. In fact, one of DHEA's important roles is to protect against the adverse effects of prolonged and excessive exposure to cortisol, the stress hormone [\[R, R, R\]](#).

How it helps

DHEA is a hormone produced by the adrenal glands, which are influenced by the pituitary gland. In cases of pituitary dysfunction, DHEA levels may be low. Supplementation can help replace DHEA, improving energy, mood, and possibly sexual function.

2



B Vitamins

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a B vitamin complex supplement once daily, preferably with your morning meal to enhance absorption. The supplement should include a range of B vitamins such as B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin). Ensure consistency by taking it at the same time each day.

Description

B vitamins help the body function properly. Two examples are [vitamin B9 \(folate\)](#) and [vitamin B12](#). They play essential roles in [\[R, R, R, R\]](#):

- DNA formation
- Metabolism
- Energy production

You can get these vitamins from [\[R, R, R, R, R\]](#):

- Animal products
- Green leafy vegetables
- Citrus fruits
- Fortified foods
- Supplements

Adults should be getting **400 micrograms (mcg) of folate** and **2.4 mcg of vitamin B12** every day [\[R, R\]](#).

Folate deficiency is rare but can happen in people that don’t eat enough fruits and vegetables. Alcoholics and lactating mothers may also be at an increased risk [\[R\]](#).

Vitamin B12 deficiency often takes years to develop, as the body is able to store large amounts in the liver. Groups that may be at an increased risk include [\[R, R\]](#):

- Vegans
- Pregnant women
- Older people
- People with gut issues

How it helps

B Vitamins are crucial for energy metabolism and nervous system function. Supplementing with B Vitamins may support overall well-being in individuals with pituitary gland hypofunction by aiding in the conversion of food into energy and supporting brain health.

Next Steps

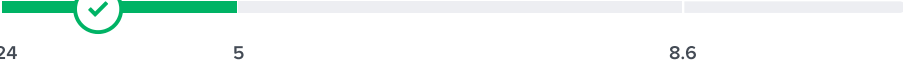
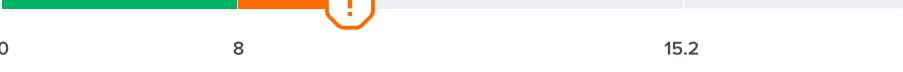
Remember, your genes only tell one important part of your health story!

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.

 TSH	2.76 mIU/mL		9 Nov 2025
 FSH	2.46 mIU/mL		9 Nov 2025
 LH	2.73 mIU/mL		9 Nov 2025
 Prolactin	9.83 ng/mL		9 Nov 2025