

Hypothermia

DNA Health Report

REPORT CATEGORY —



ENERGY & FATIGUE

Sample Client

Report date: 15 January 2026

Powered by

 omicsege

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

09 Your recommendations

12 Next Steps

- 12 Your Lab Results

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

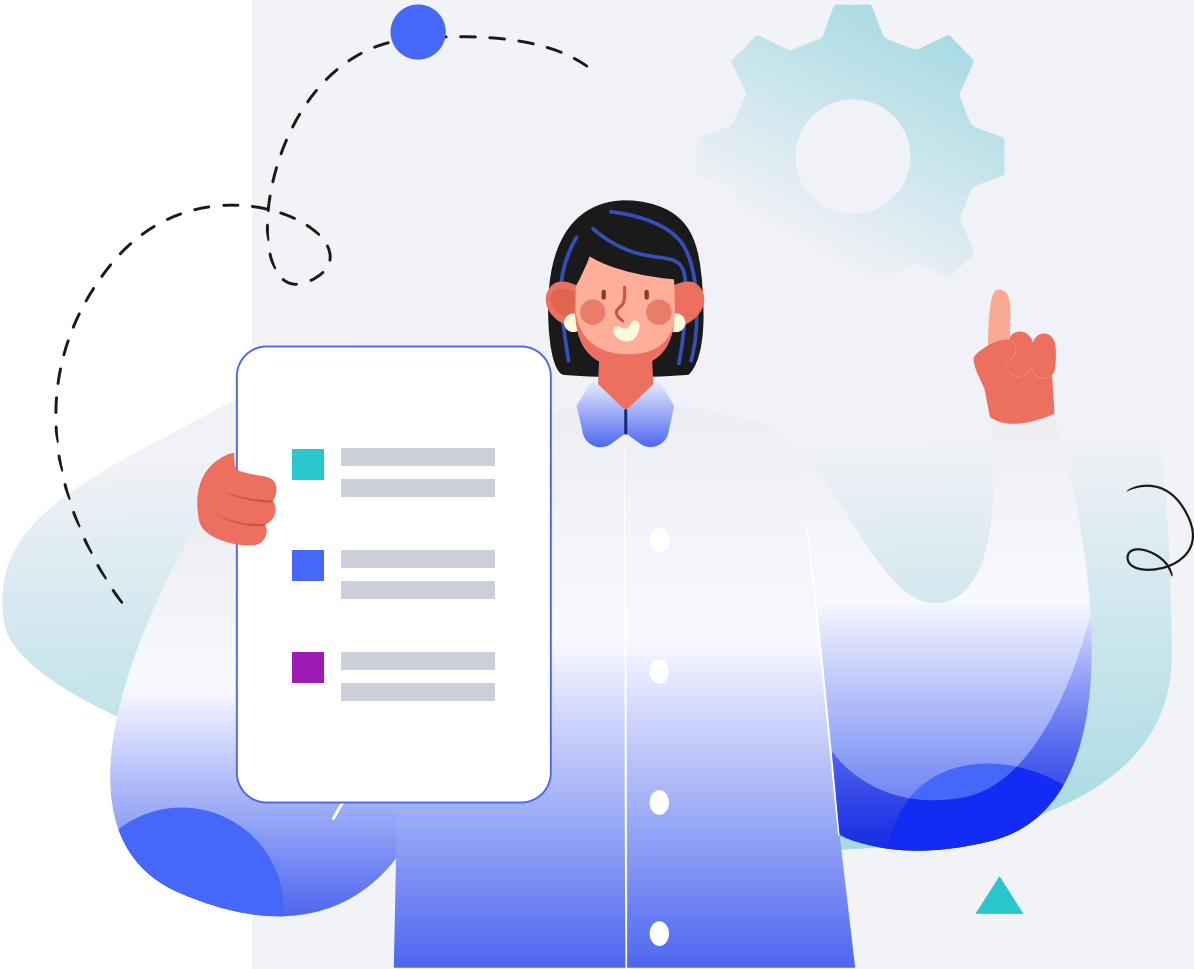
5ft 5" 165cm

WEIGHT

137lb 62kg

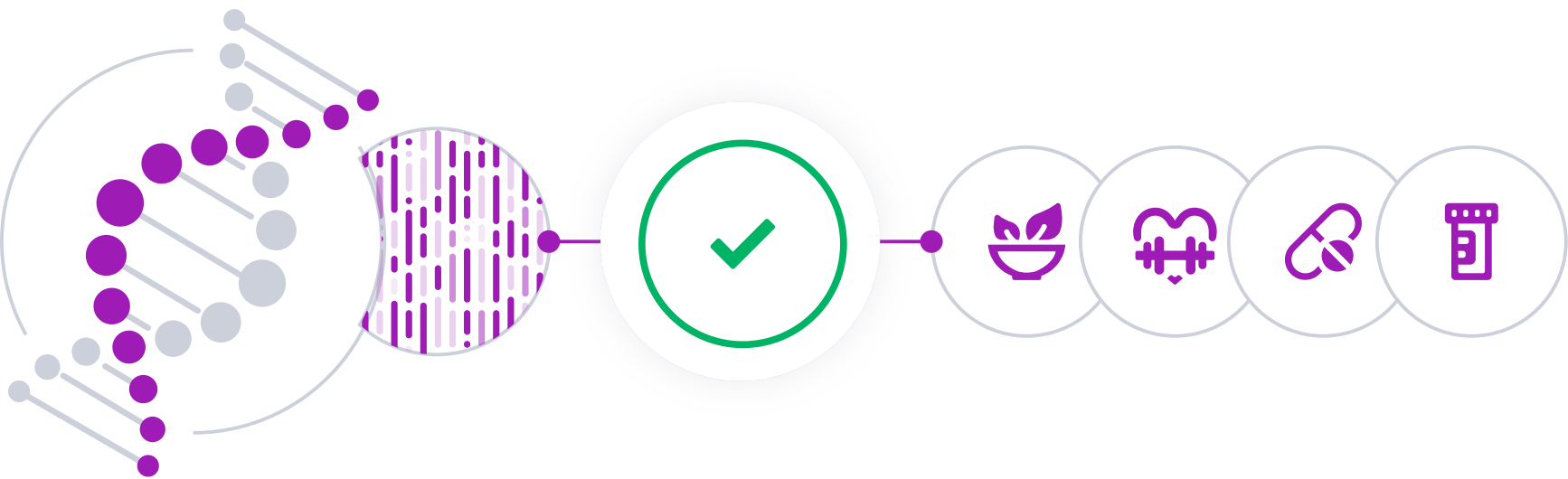
DISCLAIMER

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.

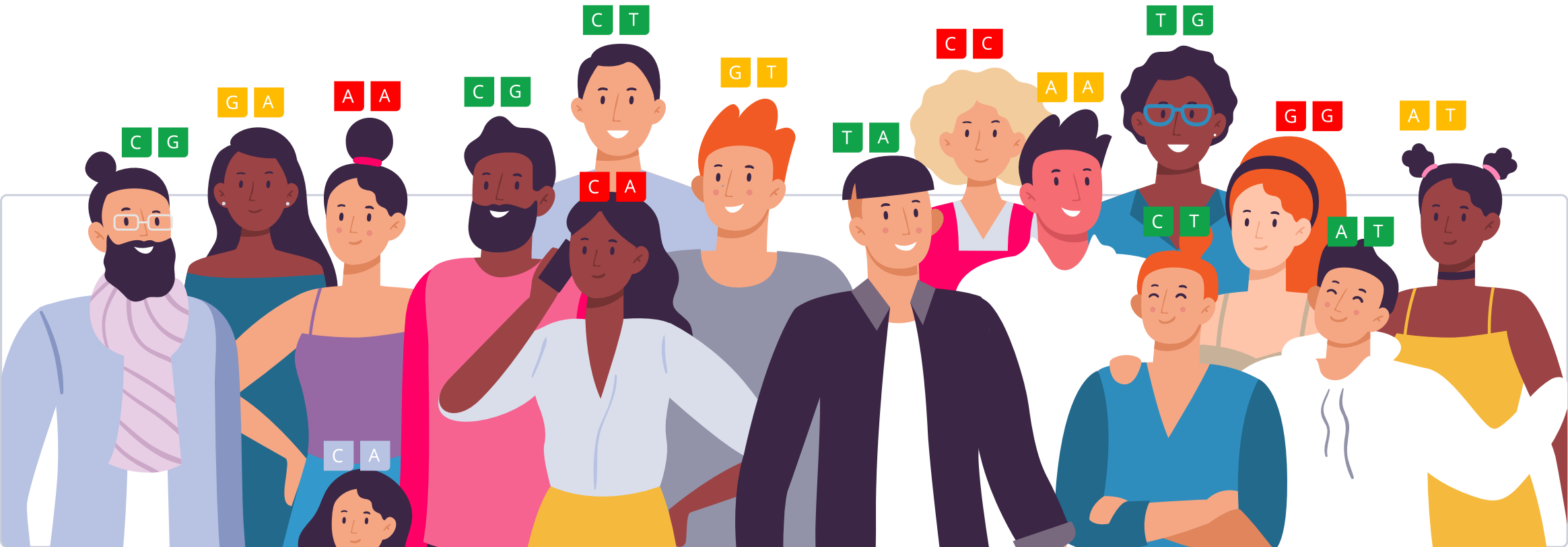


Similarly, our Trait Reports look at how your DNA influences your traits.



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.

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

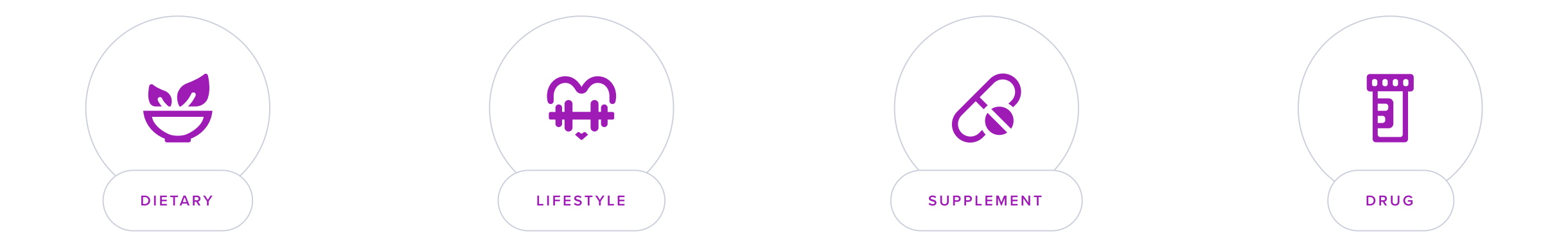
You have 2 risk alleles

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

Hypothermia is a medical emergency that occurs when the body loses heat faster than it can produce it, causing a dangerously low body temperature. Normal body temperature hovers around 98.6°F (37°C), and hypothermia sets in when the core body temperature drops below 95°F (35°C).

This decline in temperature affects the body’s ability to function properly; critical physiological processes slow down, which can lead to severe health complications, including susceptibility to cardiac and respiratory failure.

Symptoms and Management

The condition is most commonly caused by exposure to cold weather or immersion in cold water. However, inadequate clothing, wet conditions, wind chill, and poor physical condition or nutrition can also predispose someone to hypothermia.

Symptoms range from shivering, slurred speech, lack of coordination, and confusion to more severe signs like a slow, weak pulse, shallow breathing, and loss of consciousness. Immediate medical attention is required to rewarm the patient safely and prevent potential complications or death.



LESS LIKELY

Less likely to have hypothermia based on 13,960 genetic variants we looked at



PERCENTILE



Your risk is greater than 12% of the population and lower than 88% of the population.

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	Avoid Cold Exposure	2	Apply Heat15 minutes

1



Avoid Cold Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Minimize your time outdoors during cold weather. When you must go out, wear appropriate clothing such as insulated jackets, hats, gloves, and waterproof boots to protect against the cold. It's especially important to keep your extremities covered to prevent frostbite. Aim to limit outdoor exposure on very cold days and try to stay indoors, where it's warm, as much as possible.

Description

Avoiding prolonged exposure to extreme cold temperatures is essential for preventing cold-related health issues like fatigue, hypothermia, and slower body functions. Cold exposure may be risky for people with respiratory conditions like asthma and those with blood vessel problems.

Cold exposure occurs when the body is exposed to lower-than-normal temperatures for a prolonged period of time. It can happen when someone is immersed in cold water or outdoors without proper clothing or shelter [\[R\]](#).

Cold exposure may cause the body's core temperature to drop, which results in shivering and muscle stiffness. Prolonged or extreme cold exposure may lead to [\[R, R\]](#):

- Slower body functions
- Fatigue
- Confusion
- Hypothermia

Cold exposure may be risky for people with respiratory conditions like asthma and those with blood vessel problems [\[R\]](#).

How it helps

Avoiding cold exposure helps prevent the drop in body temperature that leads to hypothermia. Dressing warmly and staying dry are key steps in protecting against the cold.

2



Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

How it helps

Applying heat to a person with hypothermia warms the body, increasing the body temperature to a safer level. This can help avoid the dangerous effects of hypothermia, such as heart and respiratory problems.

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.