SelfDecode™

IgA Nephropathy

Disease Report

REPORT CATEGORIES

INFLAMMATION & AUTOIMMUNITY

KIDNEY HEALTH

Sample Client

Report date: 15 January 2026

Powered by omicsedge

Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

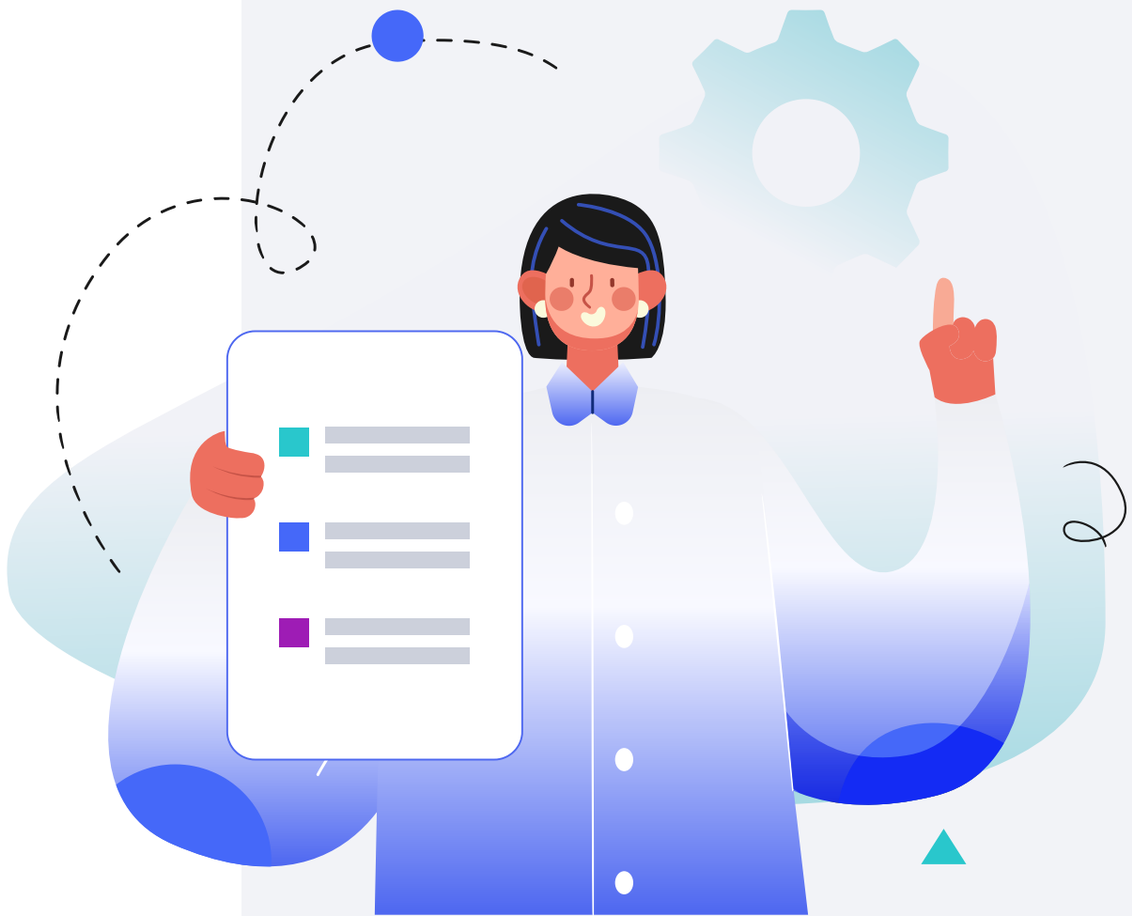
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

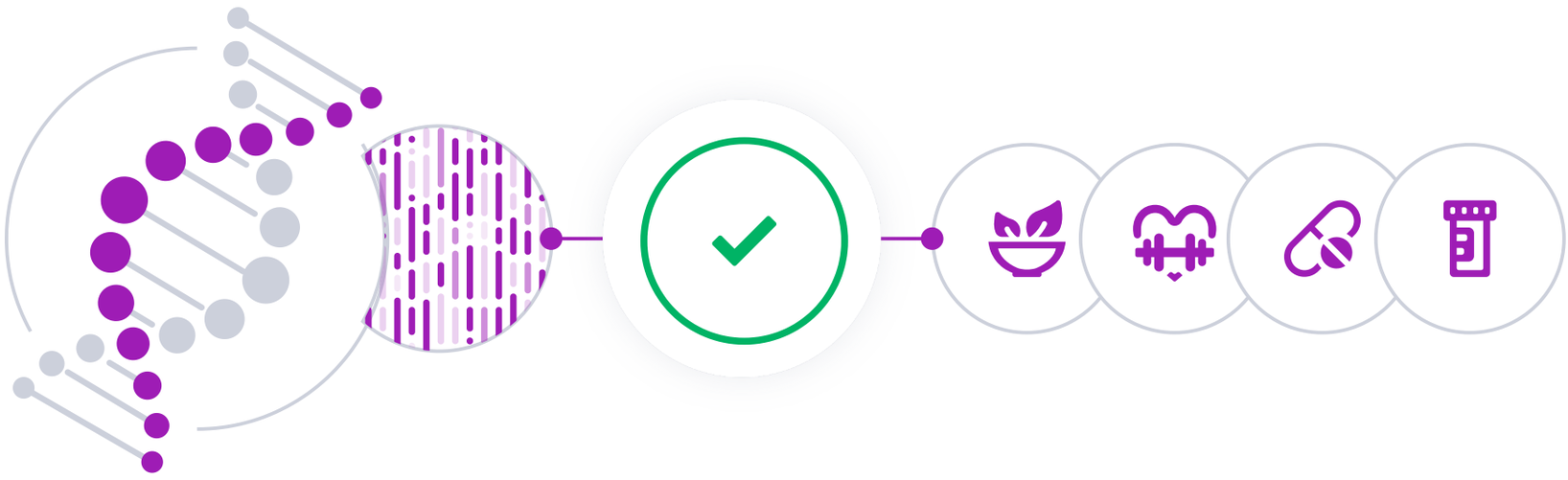


DISCLAIMER

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

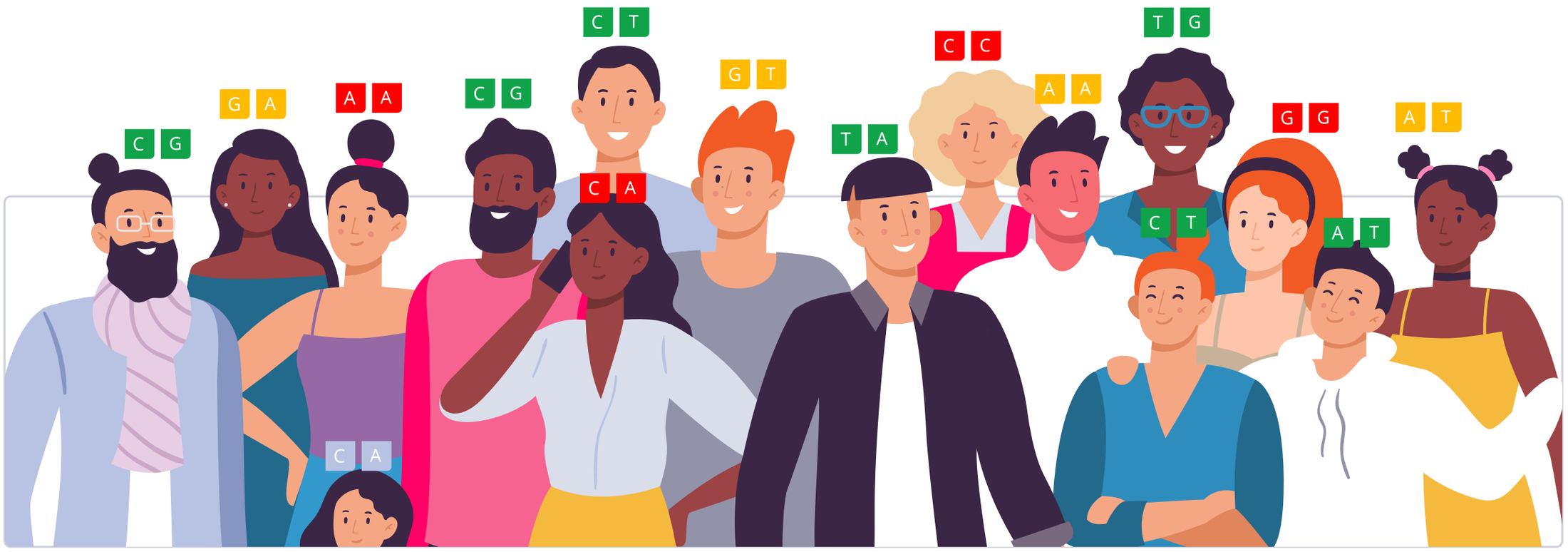
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

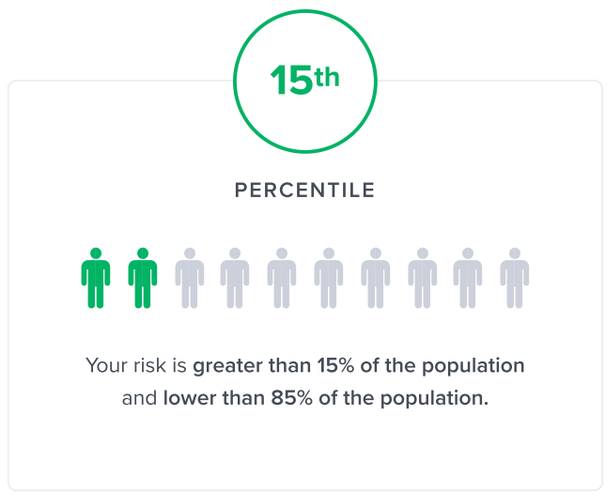
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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

IgA nephropathy, also known as Berger's disease, is a kidney disorder that occurs when IgA—an antibody that helps the body fight infections—settles in the kidneys. Over time, this buildup leads to inflammation and can hamper the kidneys' ability to filter waste from the blood.

Typically, the disease progresses slowly over years. While some individuals may maintain stable kidney function, others may develop end-stage kidney failure and require dialysis or kidney transplantation.

Symptoms and Treatment

Symptoms of IgA nephropathy can vary and may be mild or silent for many years, making initial detection difficult without specific testing. Common signs include hematuria (blood in the urine), which may be visible or detectable only by a urine test, and proteinuria (excess protein in the urine).

High blood pressure and swelling in the hands and feet are also possible indicators of the disease. Regular monitoring and various treatments, such as blood pressure medications, fish oil, and immunosuppressants, can be employed to manage symptoms and slow the progression of IgA nephropathy.

TYPICAL LIKELIHOOD

Typical likelihood of IgA nephropathy based on 2,048 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
NRBF2	rs57917667	GG
OVOL1	rs10896045	AA
IRF4	rs12201499	CC
HP	rs10492815	AA
FAM91A1	rs34354351	TT
/	rs62123462	AA
RREB1	rs12530084	CC
GPN3	rs56838584	GA
PSD3	rs2410596	CC
PUS10	rs842638	CT
SH3BP2	rs4690002	CT
NT5M	rs57382045	AG
TMEM51	rs531901	AG
RBMS3	rs55711830	AG
THSD7A	rs17574506	CT
CA8	rs2611364	GT
INPP5D	rs14243	GA
FARS2	rs2142738	TC
INPP5B	rs4653337	GA
KLF6	rs10904115	GT
TPD52	rs9774752	AC
CX3CR1	rs12497322	AG
NFKBIZ	rs7625614	TC
TNFAIP3	rs58905141	AA
AFDN	rs111387965	TT
ANKRD34B	rs62364037	TT
DEFA3	rs2075836	GG
SCN9A	rs16852104	TT
WLS	rs10493441	GG
TMEM107	rs9913189	CC
PF4V1	rs6828610	AA
ESYT2	rs710423	CC

GENE	SNP	GENOTYPE
ETS1	rs7121743	TT
SEMA4D	rs4877094	GG
POU5F1B	rs6989575	CC
PPIL3	rs4035021	GG
TCF7	rs151822	AA
APOC4-APOC2	rs204474	TT
CTNNA3	rs10509258	AA

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	Maintain Optimal Vitamin D Levels	1000 iu
2	Dietary Omega-3 Fatty Acids	
3	Limit Salt Intake	
4	Regular Sleep Schedule	
5	Wormwood	200 mg
6	Mediterranean Diet	
7	Stress Management Therapy	1 hour
8	Avoid Processed High Phosphate Foods	
9	DASH Diet	
10	Fish	
11	Vitamin D and Calcium	

1

Maintain Optimal Vitamin D Levels

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs vitamin D for strong bones. Vitamin D also plays a role in [R]:

- Mood
- Immunity
- Heart health
- Blood sugar control

Sunlight is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [R, R].

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [R].

How it helps

A study found that oral calcitriol significantly reduced proteinuria in IgA nephropathy patients, indicating a beneficial effect when added to renin-angiotensin system inhibitor treatment [R].

Another trial highlighted that vitamin D deficiency in IgA nephropathy patients correlated with poorer clinical outcomes, suggesting a protective role of maintaining adequate vitamin D levels [R].

Supplementing with vitamin D can help manage mineral and bone disorders associated with kidney disease, improving overall kidney function.

2

Dietary Omega-3 Fatty Acids

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

Omega-3 fatty acids are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [R, R, R].

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [R, R, R].

Fatty fish are rich in EPA and DHA. They include [R]:

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week.** Fish oil supplements are available for those who don’t eat fish regularly [R].

How it helps

Omega-3 fatty acids have anti-inflammatory properties that can reduce kidney inflammation in IgA nephropathy. They are found in foods like fatty fish and have been shown to potentially slow the progression of kidney damage.

3 Limit Salt Intake

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Reduce your daily salt intake to less than 2,300 milligrams (mg), equivalent to about one teaspoon of table salt. This includes all salt consumed, whether added during cooking, at the table, or present in processed and ready-to-eat foods.

Description

Limiting salt intake involves lowering the amount of sodium in the diet, which can help lower blood pressure and reduce the risk of heart disease. It often involves avoiding processed and other high-sodium foods such as cured meats, soups and sauces, and various pickled foods.

Your body needs a certain amount of sodium to function. For example, it helps support your blood pressure. This sodium usually comes from salt. However, eating too much salt is linked to an increased risk of stroke and heart disease [R, R].

Foods higher in salt include [R, R, R]:

- Prepared soups, broths, gravies, and sauces
- Fermented or pickled foods (such as pickles, soy sauce, olives, and capers)
- Cured meats and sausages (such as bacon, salt pork, and salami)
- Cheese (such as Roquefort and Parmesan)

Try to limit your daily intake to 1 teaspoon of salt (2,400 mg of sodium) [R].

How it helps

Reducing salt intake can help control blood pressure, which is crucial in managing IgA nephropathy. High blood pressure can accelerate kidney damage and worsen the condition.

4 Regular Sleep Schedule

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Maintaining a regular sleep schedule helps in reducing stress and inflammation, which can have a positive impact on overall kidney function.

5

Wormwood

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a wormwood supplement capsule, typically ranging from 200 to 500 mg, once daily before a meal. The exact dosage may depend on the specific condition being treated and the product's concentration, so consult the supplement's packaging or a healthcare professional for guidance. Use should generally not exceed four weeks consecutively without a break or medical advice.

TYPICAL STARTING DOSE

200 mg

Description

Wormwood is an herb used in traditional medicine for its potential digestive benefits and as an ingredient in herbal liqueurs. It may aid in relieving digestive discomfort and expelling intestinal parasites. The main compound of interest is thujone.

How it helps

In an uncontrolled trial of 10 patients with IgA nephropathy, supplementation with thujone-free wormwood (1.8 g/day) for 6 months decreased the urinary protein-creatinine ratio and arterial blood pressure [R].

6

Mediterranean Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The Mediterranean diet is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats (olive oil).

The Mediterranean diet focuses on traditional cuisine from the Mediterranean regions. It's rich in [R]:

- Olive oil
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [R, R, R, R].

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [R].

How it helps

The Mediterranean diet is high in fruits, vegetables, whole grains, and healthy fats, which can help reduce inflammation and provide kidney-protective benefits, making it useful for managing IgA nephropathy.

7

Stress Management Therapy

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Managing stress can help lower blood pressure and manage overall health, which is beneficial as high blood pressure can worsen kidney conditions like IgA nephropathy.

8

Avoid Processed High Phosphate Foods

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

To follow this recommendation, remove or significantly reduce processed foods such as sodas, packaged snacks, processed meats, and canned foods from your daily diet. Instead, opt for fresh fruits, vegetables, whole grains, and lean proteins. It's helpful to read nutrition labels, aiming to keep your daily phosphate intake below 700 mg if possible.

Description

Processed foods often have high levels of phosphate. These include fast foods and soda. Extra phosphate can make bones brittle and damage your blood vessels over time. So, it's healthier to choose fresh foods over processed ones.

How it helps

Limiting foods high in phosphate can help prevent worsening of kidney function in patients with IgA nephropathy. High phosphate levels can lead to further kidney damage and increase the risk of cardiovascular issues.

9

DASH Diet

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Adopt a dietary pattern that emphasizes fruits, vegetables, whole grains, lean proteins, and low-fat dairy, while reducing sodium, red meat, sweets, and sugary beverages. Aim for 4-5 servings of both fruits and vegetables per day, 6-8 servings of grains (with at least half being whole grains), and 2-3 servings of low-fat dairy. This diet should be followed daily to manage blood pressure effectively.

Description

The DASH (Dietary Approaches to Stop Hypertension) diet is a dietary plan designed to reduce high blood pressure. It emphasizes fruits, vegetables, lean proteins, and whole grains while limiting sodium intake.

Health experts developed the DASH diet to reduce blood pressure. This diet also helps support weight control while reducing inflammation and cholesterol [R].

It **limits salt, sweets, and saturated fat**, while promoting the intake of [R]:

- Fruits (4-5 servings/day)
- Vegetables (4-5 servings/day)
- Whole grains (6-8 servings/day)
- Low-fat dairy (2-3 servings/day)
- Nuts, seeds, and legumes (4-5 servings/week)
- Fish and poultry (up to 6 ounces/day)

The DASH diet focuses on fresh, minimally processed food rich in nutrients. Magnesium, calcium, and potassium-rich foods are particularly important due to their beneficial effects on the heart and blood vessels [R].

Although similar to the Mediterranean diet, DASH is lower in sodium (<2,300 mg a day) and omega-3 fatty acids. On the other hand, it's higher in red meat and dairy [R].

How it helps

The DASH diet is low in salt and rich in nutrients that help lower blood pressure, which is beneficial for individuals with IgA nephropathy. By keeping blood pressure in check, it helps to protect kidney function.

10

Fish

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate two servings of fish into your diet each week, focusing on oily fish like salmon, mackerel, or sardines for their high omega-3 fatty acid content. Each serving should be about 3.5 ounces cooked, or about ¾ cup of flaked fish.

Description

Fish, particularly fatty fish like salmon and mackerel, is an excellent source of omega-3 fatty acids, which support cardiovascular health, brain function, and inflammation management. Regular consumption of fish can promote heart health and overall well-being.

Fish is a great source of omega-3s, protein, and other essential nutrients. Omega-3s from fish (EPA and DHA) are some of the healthiest fats we can eat. They help reduce inflammation and **protect the heart, brain, and eyes** [R, R, R].

Fatty fish are rich in EPA and DHA. They include [R]:

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week.** Fish oil supplements are available for those who don't eat fish regularly [R].

How it helps

Including fish in the diet provides omega-3 fatty acids, which can help manage inflammation and potentially slow the progression of IgA nephropathy. Omega-3 fatty acids found in fish have been shown to reduce proteinuria and improve kidney function.

11

Vitamin D and Calcium

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 600 IU of vitamin D and 1000 mg of calcium daily. For adults over 70 years, the vitamin D intake should be increased to 800 IU daily. These supplements can be taken together or separately, usually with a meal to enhance absorption, and it is advisable to continue this regimen as part of your daily routine indefinitely unless advised otherwise by a healthcare provider.

Description

Vitamin D plus calcium supplements typically combine vitamin D, often sourced from sunlight exposure or dietary sources, with calcium, primarily found in dairy products and leafy greens. This combination is used to promote bone health, reduce the risk of osteoporosis, and support overall musculoskeletal well-being.

How it helps

Vitamin D can help reduce proteinuria (protein in urine), which is a key symptom of IgA nephropathy. Adequate calcium levels are also essential for bone health, which can be compromised in kidney disease.

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.

Occult Blood, Urine		Optimal / High	9 Nov 2025
Protein, Urine		Negative / Positive	9 Nov 2025
Urea	30.5 mg/dL	27.6 – 47.04	9 Nov 2025
Creatinine	1.08 mg/dL	0.6 – 0.7 – 1.1 – 1.2	9 Nov 2025
Albumin/Creatinine Ratio, Random Urine	37 mg/g crt	0 – 10 – 30 – 300	9 Nov 2025
Albumin, Urine	87.6 ug/mL	0 – 20 – 200	9 Nov 2025