

Involuntary Eye Movements

DNA Health Report

REPORT CATEGORIES —



EYE HEALTH



NERVE HEALTH

Sample Client

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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

Nystagmus is a vision condition characterized by involuntary, rapid movement of the eyes. This unexpected motion can be horizontal, vertical, or even rotational, making it challenging for individuals to focus their vision on a single point.

As a result, it can cause problems with vision acuity, balance, and coordination. People with nystagmus might see their surroundings as blurry or shaky, as they are unable to stabilize their gaze.

Management

The condition can be present at birth (congenital nystagmus) or develop later in life (acquired nystagmus). Potential triggers for acquired nystagmus include certain diseases or medications, head injury, inner ear problems, or a neurological disorder.

Depending on the underlying cause, nystagmus may vary in intensity or manifest only under certain conditions, such as when the person is looking in a specific direction. Although there is no cure for most cases of nystagmus, treatments may include corrective glasses or contact lenses, medication, or surgery to reduce symptoms and improve vision stability.



TYPICAL LIKELIHOOD

Typical likelihood of nystagmus based on 18,184 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MSH3	rs245100	GG
MSH3	rs33003	GA
FTMT	rs111326090	CG
SH3TC1	rs148323050	CC
/	rs140798366	GG
CD180	rs74495954	TT
SNTN	rs113612577	CC
ATP10B	rs151003482	GG
KCNJ15	rs138188997	CC
IDS	rs187733794	C
/	rs113420566	CC
FGF14	rs72665334	CC
TPPP	rs12516404	GG
/	rs147830437	CC
SPATA19	rs34790786	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		DOSAGE	
1	Eccentric Exercise	2	Reduce Mobile Phone Use2 hours
3	Stability Training30 minutes	4	Hyaluronic Acid Eye Drops1 drop
5	Maintain Eye Moisture	6	Whole-Body Vibration15 minutes
7	Exergames		

1



Eccentric Exercise

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Eccentric exercise is a type of exercise where the muscle lengthens as it contracts. It has been shown to have a number of health benefits, including increased muscle strength, improved bone density, and reduced risk of injury.

How it helps

Eccentric exercise therapy is beneficial for individuals with involuntary eye movements as it strengthens the long-chain muscles that contribute to balance and coordination. This improvement in muscle control can help mitigate the impact of involuntary movements on visual stability.

2



Reduce Mobile Phone Use

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Limit your mobile phone use to less than 2 hours per day for non-work-related activities. Avoid using your phone during meal times and at least 1 hour before bedtime to improve sleep quality and reduce eye strain.

TYPICAL STARTING DOSE

2 hours

Description

Reducing mobile phone use involves limiting the time spent on smartphones and other electronic devices, which can help alleviate digital eye strain, improve sleep quality, and reduce the potential for distraction-related accidents.

Mobile devices like smartphones and tablets have become indispensable for:

- Communication
- Information searching
- Video gaming
- Social media participation

However, their excessive use may increase the risk of health conditions, such as [\[R\]](#), [\[R\]](#):

- Neck problems
- Carpal tunnel syndrome
- Sleep problems
- Mood disorders

How it helps

Reducing mobile phone use helps alleviate eye strain, which can exacerbate involuntary eye movements like nystagmus. By minimizing exposure to screens, patients may experience reduced symptoms and improved visual stability.

3

Stability Training

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Integrate stability exercises into your workout routine 2-3 times per week. These exercises include activities such as using a stability ball, performing balance exercises on a balance board, or doing body-weight exercises that focus on balance and core strength, such as planks and single-leg stands. Spend approximately 20-30 minutes per session focusing on these exercises.

TYPICAL STARTING DOSE
30 minutes

Description

Stability training is a form of exercise that focuses on enhancing core strength and balance through targeted movements and exercises, often incorporating equipment like stability balls, balance boards, or resistance bands. It helps improve overall stability and posture while reducing the risk of falls and injury.

How it helps

Stability training aids patients with involuntary eye movements by enhancing core stability and balance, which can lead to improved control over eye movements. Strengthening these areas may reduce the intensity and frequency of nystagmus episodes, ultimately enhancing functional mobility.

4

Hyaluronic Acid Eye Drops

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Place 1-2 drops of hyaluronic acid eye drops into each eye, three times a day. Blink several times after application to ensure the solution covers the entire surface of the eye. Continue this routine daily for relief of dry eye symptoms.

TYPICAL STARTING DOSE
1 drop

Description

Hyaluronic acid eye drops are used to relieve dry eyes and maintain eye moisture. They provide lubrication and may help reduce discomfort associated with dry eye syndrome.

How it helps

Hyaluronic acid eye drops provide essential lubrication, which alleviates dryness and irritation often experienced with involuntary eye movements. This moisture retention can enhance comfort and stability of vision, contributing positively to overall eye health.

5



Maintain Eye Moisture

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Blink regularly especially while using digital devices, take frequent screen breaks every 20 minutes to look at something 20 feet away for 20 seconds, and use a humidifier in dry environments to help maintain eye moisture.

Description

Maintaining eye moisture through methods such as using lubricating eye drops can help prevent dry eye syndrome and maintain ocular comfort. Adequate eye moisture supports visual clarity and reduces the risk of eye discomfort and irritation.

The eyes have a very high water content and a unique system of water regulation. Imbalances in this system may cause dry eyes and blurry vision [\[R\]](#).

Causes of decreased eye moisture include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Exposure to dry air
- Wearing contact lenses
- Not blinking enough, especially while working on a computer or reading
- Certain health conditions and surgical procedures
- Dehydration

How it helps

Maintaining eye moisture helps alleviate visual distortion and discomfort associated with involuntary eye movements by minimizing irritation and strain on the ocular surface, thereby enhancing overall visual clarity.

6



Whole-Body Vibration

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Stand, sit, or lie on a machine with a vibrating platform for about 15 minutes a day, three times a week. Make sure to start with a lower intensity and gradually increase as you get more accustomed to the vibrations.

TYPICAL STARTING DOSE
15 minutes

Description

Whole-body vibration involves standing, sitting, or lying on a vibrating platform to stimulate muscle contractions. It's used in fitness routines and rehabilitation for improving muscle strength, circulation, and balance, and may benefit conditions like osteoporosis. No specific chemical compound or nutrient is associated with whole-body vibration.

Whole-body vibration is a form of exercise and treatment utilizing a vibrating platform upon which a person stands or performs various exercises. It creates vertical, oscillating vibrations with frequencies and amplitudes that can be controlled by the user [\[R\]](#).

Whole-body vibration is used for a variety of purposes, including [\[R\]](#):

- Weight loss
- Boosting strength
- Improving balance/coordination
- Boosting mood

How it helps

Whole-body vibration therapy can enhance overall balance and motor control, which may indirectly help individuals with involuntary eye movements by improving postural stability and reducing compensatory movements. This mechanism promotes better neuromuscular coordination, potentially leading to a more integrated control of eye and body movements.

7



Exergames

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Exergames, or active video games, are an innovative way to combine physical activity with the entertainment of gaming, making exercise more enjoyable, especially for seniors. These games use motion-sensing technology to engage players in physical activities through gameplay helping improve [\[R, R\]](#):

- Balance
- Cognition
- Mood

Exergaming can be particularly beneficial for older adults, offering customizable and low-impact exercises that accommodate mobility issues and joint pain, while also providing cognitive challenges.

How it helps

Exergames enhance coordination and balance, which are critical areas affected by involuntary eye movements such as nystagmus. By engaging in these interactive activities, patients can improve their vestibular function, leading to better control over eye movements.