

Lazy Eye

DNA Health Report

REPORT CATEGORY —



EYE HEALTH

Sample Client

Report date: 15 January 2026

Powered by

 omicse Edge

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

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

Lazy eye, known medically as amblyopia, is a developmental vision disorder that begins in childhood, most often affecting just one of the eyes. This condition emerges when the affected eye fails to achieve normal visual acuity, even with prescription glasses or contact lenses.

Amblyopia develops when nerve pathways between the brain and the eye aren't properly stimulated, causing the brain to favor the other eye. Symptoms may not always be obvious, but can include noticeably favoring one eye or a tendency to bump into objects on one side.

Treatment

Treatment for lazy eye is most effective when started early, ideally in childhood when the brain's plasticity is at its highest. Therapies often involve correcting underlying eye problems, such as cataracts or refractive errors, with glasses or surgery, and then using techniques like patching the stronger eye to encourage the brain to pay attention to the visual input from the amblyopic eye.

This form of therapy, alongside activities designed to improve fine vision skills, can greatly enhance visual acuity and depth perception when compliantly followed under the guidance of an eye care professional.



TYPICAL LIKELIHOOD

Typical likelihood of amblyopia based on 10,781 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ZNF675	rs10415081	AG
IFNE	rs10965026	TC
BCKDHB	rs116931912	AA
MALRD1	rs150579085	AA
MALRD1	rs192756710	GG
CNGB1	rs61745888	CC
CAMK1D	rs111486731	GG
TLR4	rs149407265	AA
PARP8	rs78011035	GG
/	rs116450688	AA
RGS17	rs9479561	AA
BMP2	rs17804047	CC
/	rs13434070	TT
CACNA1E	rs10910937	TT
MIER1	rs72922085	TT

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	Sensory Deprivation	40 minutes	
2	Citicoline (CDP Choline)	250 mg	
3	Attention Bias Modification	10 minutes	

1



Sensory Deprivation

IMPACT4 / 5

EVIDENCE4 / 5

How to implement

Engage in sensory deprivation by spending 20 to 40 minutes in a quiet, dark room, free from distractions such as your phone or background noise, at least once a week. Alternatively, for a more immersive experience, consider using a sensory deprivation tank once a month, where you float in saltwater in a dark, soundproof tank.

TYPICAL STARTING DOSE

40 minutes

Description

Sensory deprivation involves isolating an individual from sensory input to induce deep relaxation and altered states of consciousness. It is used for relaxation, meditation, and potential mental health benefits.

How it helps

Eye patching, one type of sensory deprivation, is the standard treatment for lazy eye [\[R, R, R\]](#).

2



Citicoline (CDP Choline)

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Take 250 to 1000 mg of citicoline (CDP choline) daily, in the morning with or without food. For best results, continue this supplement regimen daily for at least 6 weeks to 3 months.

TYPICAL STARTING DOSE

250 mg

Description

Citicoline is a compound that may have cognitive-enhancing properties and is sometimes used as a dietary supplement to support brain function and memory. It's believed to promote neural health and cognitive performance.

CDP-choline is a molecule naturally produced by the body. It is important for cell structure and function. It also contributes to the production of the chemical messenger [acetylcholine](#) [\[R, R\]](#).

The supplement form of CDP-choline is called [citicoline](#). It may support brain and eye health. It may also help with drug addictions [\[R, R\]](#).

How it helps

Several studies examined CDP-choline's impact on amblyopic children. One, comparing patching with patching plus oral CDP-choline, found no immediate visual acuity enhancement after 30 days but noted better maintenance post-treatment. Another study involving 45 patients showed improved visual acuity with CDP-choline, especially when combined with occlusion therapy. Similarly, a randomized trial revealed citicoline plus patching led to superior long-term visual acuity improvement compared to patching alone. Previous studies from 1991 onward supported citicoline's efficacy in amblyopia treatment, indicating its potential benefit [\[R, R, R, R\]](#).

3



Attention Bias Modification

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in daily sessions of attention bias modification training for 10-15 minutes. Use computerized programs or mobile apps specifically designed for this purpose, focusing on redirecting your attention away from negative stimuli towards neutral or positive stimuli. Continue this practice for a minimum of 4 weeks to observe potential changes in anxiety or stress levels.

TYPICAL STARTING DOSE

10 minutes

Description

Attention Bias Modification (ABM) is a psychological technique designed to modify automatic attentional biases, often used in the treatment of conditions like anxiety disorders. It aims to shift attention away from negative stimuli, potentially reducing anxiety symptoms.

How it helps

Attention Bias Modification involves exercises designed to retrain where you focus your visual attention. This can help improve the focus and coordination of the weaker eye in someone with lazy eye.