

# Leg Cellulitis

## DNA Health Report

REPORT CATEGORIES —



IMMUNITY &  
INFECTIONS



SKIN & BEAUTY

Sample Client

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# 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

## 14 Next Steps

- 14 Your Lab Results

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

Cellulitis is a common, potentially serious bacterial skin infection that affects the legs. The skin of the infected area typically becomes red, swollen, tender, and warm to the touch, sometimes with red streaks and it often spreads rapidly.

People with the condition can also experience fever and chills indicating a systemic infection. Cellulitis often arises from common skin flora like streptococcus or staphylococcus bacteria entering through a break in the skin, including minor cuts, insect bites, or skin conditions such as eczema or athlete’s foot.

# Treatment

Treatment of leg cellulitis usually involves antibiotics to combat the bacterial infection and may require hospitalization if symptoms are severe or the patient has underlying health conditions. Rest, elevation of the affected limb, and wound care are also key to managing the condition and preventing complications such as sepsis or the spread of infection to deeper tissues.

It's important for those with cellulitis to closely monitor their symptoms and seek medical attention if the area of redness expands or high fever develops, as these can be signs of a worsening infection or a systemic response.



TYPICAL LIKELIHOOD

Typical likelihood of leg cellulitis based on 936,858 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

| GENE    | SNP        | GENOTYPE |
|---------|------------|----------|
| BCL11B  | rs3933088  | TC       |
| SLC39A8 | rs13107325 | CC       |
| FTO     | rs1558902  | TT       |
| FTO     | rs62048402 | GG       |
| FTO     | rs9927317  | CC       |
| FTO     | rs17817712 | 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.

- 1

Compression Therapy
- 2

Topical Tea Tree Oil
- 3

Compression Stockings
- 4

Turmeric
- 5

Topical Honey

1



Compression Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

## How to implement

Wear compression stockings or sleeves daily, especially during long periods of standing or sitting. Choose a compression level appropriate for your condition (mild, moderate, or high), as advised by a healthcare professional. Start wearing them in the morning before swelling occurs and keep them on until bedtime.

## Description

Compression therapy involves wearing specialized garments that apply pressure to the limbs, promoting better circulation and reducing swelling. It is commonly used to manage conditions like venous disorders and can help alleviate symptoms, improve vascular health, and enhance overall well-being.

In compression therapy, different methods are used to apply pressure to the legs. These methods include [\[R\]](#):

- Bandages
- Wraps
- Compression stockings
- Pneumatic pressure devices

Compression therapy supports blood flow. It may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Prevent blood clots and deep vein thrombosis (DVT)
- Reduce some kinds of swelling
- Reduce symptoms of restless legs syndrome

## How it helps

In a non-placebo-controlled trial of 84 participants with chronic edema of the lower limbs and recurrent cellulitis, applying compression therapy was both efficacious and cost-saving [\[R\]](#).

2



Topical Tea Tree Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Apply a few drops of 100% tea tree oil to a cotton swab or ball and gently dab onto the affected area of the skin. Do this 1-2 times daily until improvements are noticeable, usually for a period of 1-4 weeks. Avoid applying tea tree oil to large areas of the skin and test on a small patch of skin first to ensure no allergic reaction occurs.

## Description

Tea tree oil is used topically for its antimicrobial and antifungal properties, commonly applied to treat skin conditions like acne, fungal infections, and insect bites. Its main chemical compound of interest is terpinen-4-ol, and it is sourced from the leaves of the tea tree, *Melaleuca alternifolia*.

[Tea tree oil](#) is derived mostly from steaming the leaves of *Melaleuca alternifolia*, a tree native to Australia [\[R\]](#).

It’s used to treat a number of conditions, such as [\[R\]](#):

- Acne
- Dandruff
- Nail fungus
- Lice
- Athlete's foot

## How it helps

Tea Tree Oil has antimicrobial properties that can help in reducing bacterial skin infections. By applying it topically, it can assist in controlling the growth of bacteria that contribute to cellulitis, promoting faster healing of the skin.

3



Compression Stockings

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wear compression stockings during the day, especially when you expect to be sitting or standing for long periods. They should be put on before getting out of bed in the morning and removed before going to bed at night. Ensure they are the correct size and compression level as advised by a healthcare professional.

Description

Compression stockings are often worn to improve blood circulation in the legs and reduce the risk of conditions like varicose veins and deep vein thrombosis. They can be beneficial for individuals who spend long periods sitting or standing and those with certain medical conditions that affect blood flow.

How it helps

Compression stockings help improve blood flow and reduce swelling in the affected limb. This is especially beneficial in lower limb cellulitis where reduced swelling can aid in faster recovery and decrease the risk of recurrence.

4



Turmeric

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the *Curcuma longa* plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, which has anti-inflammatory and antibacterial properties. It can help reduce the inflammation and fight the bacterial infection causing cellulitis. Consuming turmeric may aid in speeding up recovery and reducing symptoms associated with lower limb cellulitis.

5



Topical Honey

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Apply a thin layer of raw, unpasteurized honey directly to the affected area of the skin. Cover it with a sterile bandage and leave it on for at least 1 hour, or overnight for best results. Repeat daily until improvement is seen.

## Description

Honey is a natural topical application known for its moisturizing, antibacterial, and wound-healing properties. It is used to soothe dry skin, promote skin repair, and address minor burns and cuts.

[Honey](#) is a thick, sweet substance. It’s made by honeybees from the nectar of flowering plants. There are many different types of honey. For example, kanuka honey is made from the flowers of the New Zealand kanuka tree [\[R\]](#), [\[R\]](#).

Besides sugar, honey also contains amino acids (protein building blocks), vitamins, and minerals [\[R\]](#).

People use honey for its anti-inflammatory and antioxidant properties. It may help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Heart problems
- Gut problems
- Cough
- Skin problems

## How it helps

Honey, especially Manuka honey, is known for its wound-healing properties and ability to fight infection. When applied to skin infections like cellulitis, it can help in reducing inflammation, speeding up healing, and preventing bacterial growth.

# Next Steps

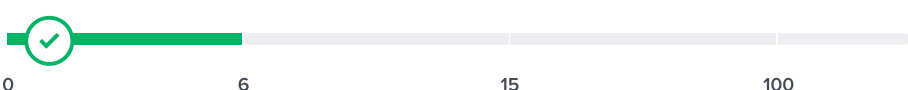
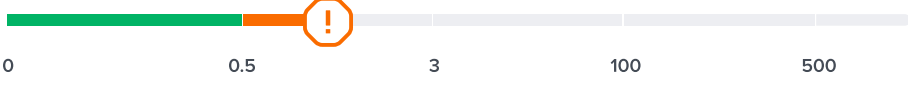
Remember, your genes only tell one important part of your health story!

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.

|                                                                                     |                        |                                           |                                                                                       |            |
|-------------------------------------------------------------------------------------|------------------------|-------------------------------------------|---------------------------------------------------------------------------------------|------------|
|  | ESR                    | 1 mm/hr                                   |  | 9 Nov 2025 |
|  | WBC                    | 6.92<br>x10 <sup>3</sup> /mm <sup>3</sup> |  | 9 Nov 2025 |
|  | Neutrophils (%)        | 69.3 %                                    |  | 9 Nov 2025 |
|  | Platelet Count         | 215<br>x10 <sup>3</sup> /mm <sup>3</sup>  |  | 9 Nov 2025 |
|  | Neutrophils (Absolute) | 4.8 x10 <sup>9</sup> /L                   |  | 9 Nov 2025 |
|  | hs-CRP                 | 1.6 mg/L                                  |  | 9 Nov 2025 |