SelfDecode™

Lichen Planus

Disease Report

REPORT CATEGORY

SKIN & BEAUTY

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

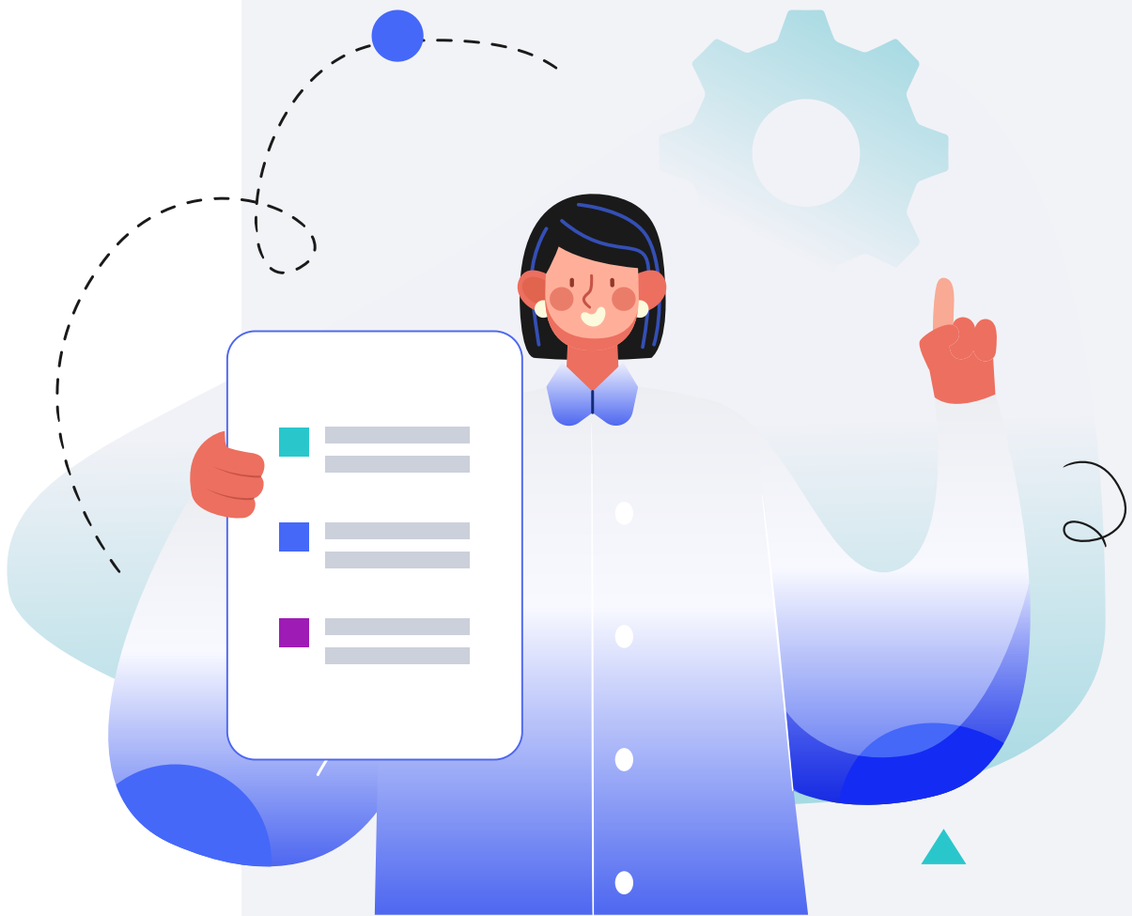
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

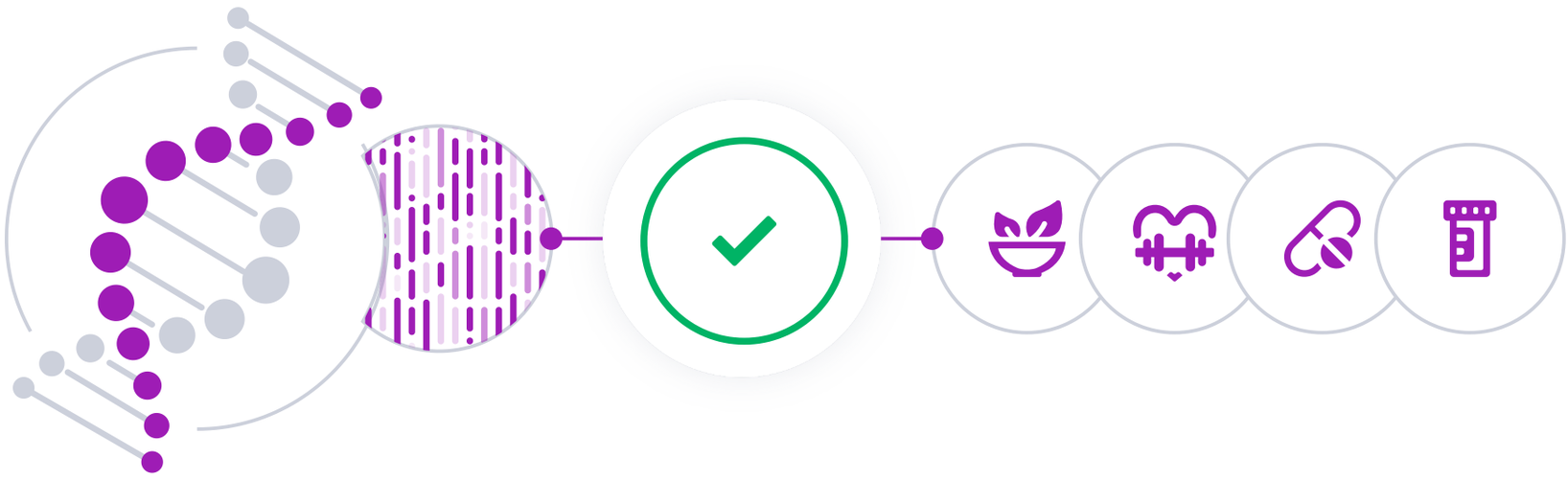


DISCLAIMER

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

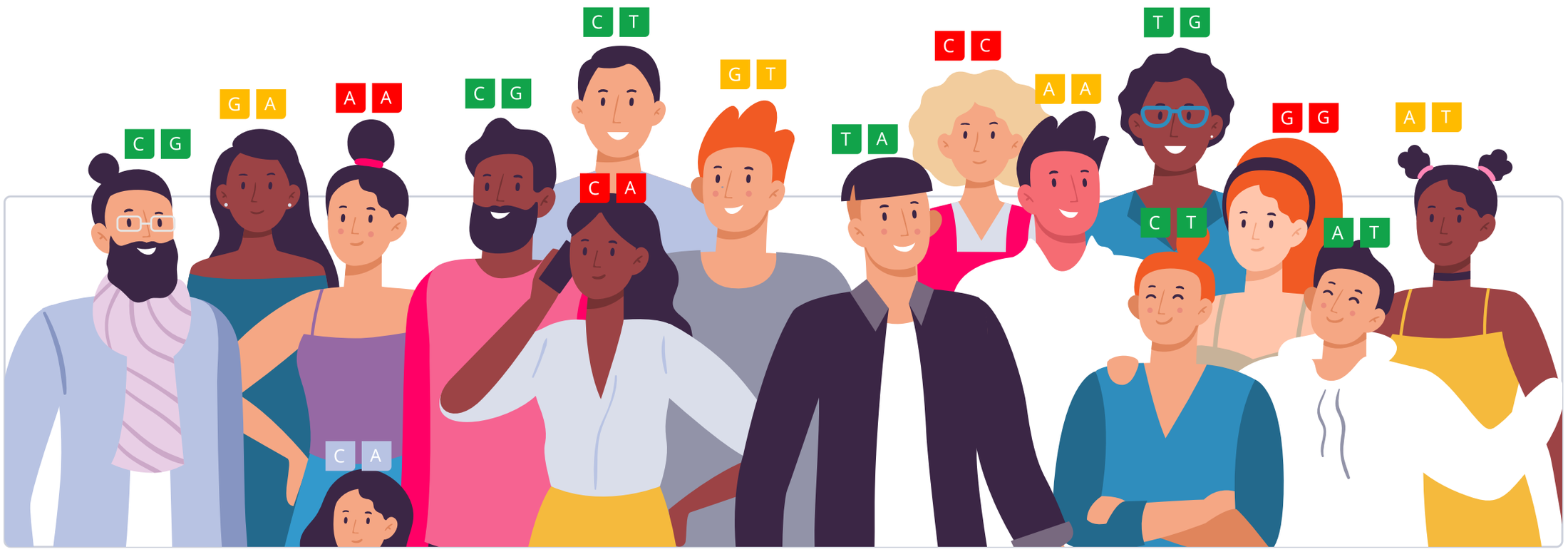
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

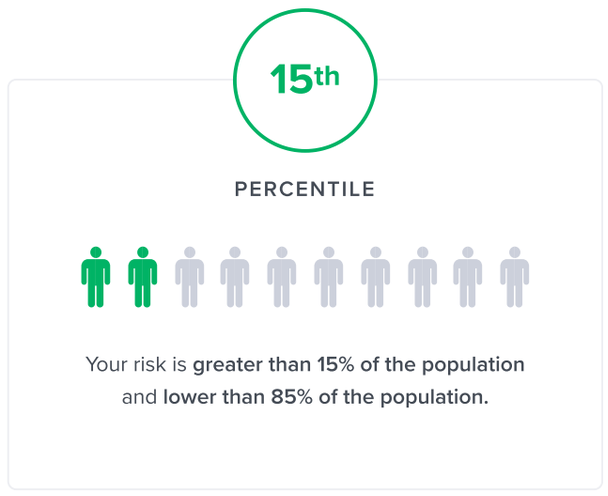
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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

Lichen planus is an inflammatory condition that can affect the skin, hair, nails, and mucous membranes. It manifests as purplish, itchy bumps on the skin, often with white lacy patterns on their surface. Inside the mouth, it might appear as white patches or sores.

Symptoms of lichen planus include:

- Itching at the affected areas
- Ridges or grooves in the nails
- Hair loss and scalp discoloration
- Painful sores in the mouth or vagina
- Discolored patches on the skin

While the exact cause of lichen planus remains unclear, it’s likely related to an immune response triggered by various factors

Risk Factors and Genetics

Factors that might increase the risk of developing lichen planus include:

- Having a family history of the disease
- Viral infections, such as hepatitis C
- Certain medications, including those for high blood pressure, heart disease, or arthritis
- Exposure to chemicals or allergens
- Stress, though this link remains under study
- Genetics

Individuals with a family history of the condition appear to be at a higher risk, suggesting a potential genetic predisposition. Some studies have indicated certain genetic markers linked to lichen planus, particularly involved in immune system regulation.

LESS LIKELY

Less likely to get lichen planus based on 1,670 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ETV1	rs112115472	CC
POU5F1	rs2523616	CT
NDUFA12	rs111463574	CC
USP22	rs8065764	CC
VCP	rs277580	GG
RND3	rs13032164	CC
RBM18	rs2773871	GG
SDK1	rs7806494	AA
CYP1B1	rs1800440	CT
MYO10	rs73062921	TA
PRR20G	rs13078360	AG
OTX1	rs6731286	AT
GRM8	rs2021162	GA
CARD11	rs6975452	TA
CDC42EP4	rs112659862	TT
IKZF2	rs78504246	GG
UBE2E2	rs116806118	AA
TFAP2A	rs148661203	CC
CNTN3	rs114108912	GG
GSTA5	rs142366299	CC
TGFBR2	rs1461070	GG
CAMK1D	rs117687547	CC
KIAA1217	rs112198986	CC
IER2	rs79459566	CC
AKAP11	rs10507508	AA
SEMA4B	rs34560261	CC
AKAP12	rs34097647	CC
ST3GAL1	rs760327	CC
BANP	rs6540122	CC
ERAP2	rs10045403	AA
EFCAB5	rs12951836	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	Low-Level Laser Therapy (LLLT)	30 seconds
2	Spirulina	500 mg
3	Stress Management Therapy	1 hour
4	Topical Retinoids	
5	Good Oral Hygiene	2 minutes

1

Low-Level Laser Therapy (LLLT)

IMPACT 2 / 5

EVIDENCE 3 / 5

How to implement

Use a low-level laser therapy device, as directed by its manual or a healthcare professional, on the affected area. Generally, treatment involves applying the laser for a specified duration, often between 30 seconds to several minutes, per treatment area. Sessions can be conducted 2-3 times per week for a period of 4-12 weeks, depending on the condition being treated and the device used.

TYPICAL STARTING DOSE

30 seconds

Description

Low-level laser therapy (LLLT), also known as photobiomodulation, is a type of light therapy that uses low-intensity lasers to promote healing. It has been shown to be effective in treating a variety of conditions, including pain, inflammation, and wound healing.

How it helps

A meta-analysis of 15 studies suggests that low-level laser therapy (LLLT) effectively reduces pain and signs in oral lichen planus (OLP) without adverse effects, making it a reliable alternative to corticosteroids. Photodynamic therapy showed no clear effectiveness [R].

2

Spirulina

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 1-8 g of spirulina supplements daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Spirulina is a blue-green algae. It is rich in nutrients like protein, vitamins, and minerals, particularly vitamin B12 and iron, and is a source of antioxidants, chlorophyll, and phycocyanin. It can be found in powdered or tablet form as a supplement, and is often used to boost energy, support the immune system, and enhance overall nutrition. Additionally, spirulina.

Spirulina is a supplement made from blue-green algae that grows in fresh and marine water [R, R].

Dried spirulina is up to 70% protein. It's also rich in vitamins, antioxidants, and healthy fats. This makes it a great source of nutrition for both people and livestock [R, R, R].

People use spirulina supplements to reduce [R, R]:

- Cholesterol
- Blood pressure
- Blood sugar

How it helps

In a placebo-controlled trial of 60 patients with oral lichen planus, supplementation with spirulina (500 mg, 2x/day) for 8 weeks **reduced burning sensation and lesion size** [R].

3

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

Stress Management Therapy can help reduce flare-ups of lichen planus, as stress is known to exacerbate the condition.

4

Topical Retinoids

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Apply a pea-sized amount of topical retinoid to clean, dry skin once every evening before moisturizing. Start with applications 2-3 times a week, gradually increasing to nightly use as your skin tolerates it.

Description

Retinoids are a class of vitamin A derivatives used topically for their ability to address various skin concerns, including acne, fine lines, and hyperpigmentation. They work by promoting cell turnover and collagen synthesis.

Retinoids are compounds related to vitamin A. They include [R]:

- Vitamin A (retinol)
- Natural vitamin A derivatives (retinoic acid, retinaldehyde, retinyl esters)
- Synthetic derivatives (tretinoin, isotretinoin, etretinate, tazarotene)

Retinoids control the growth of the skin and blood vessels. People apply topical retinoids to improve skin conditions such as [R]:

- **Wrinkles**
- Acne
- Psoriasis
- Eczema
- Skin cancers

Please note: Topical synthetic retinoids are prescription drugs and should only be used if prescribed by a doctor. They can have significant side effects. Natural retinoids are much safer and available in different OTC cosmetic products.

How it helps

Topical Retinoids, derived from Vitamin A, can help to reduce inflammation and promote skin cell turnover, improving the symptoms of lichen planus.

5

Good Oral Hygiene

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Brush your teeth at least twice a day for two minutes each time using fluoride toothpaste. Floss daily to remove plaque from places your toothbrush can't reach and consider using mouthwash. Visit your dentist at least twice a year for professional cleanings and checkups.

TYPICAL STARTING DOSE

2 minutes

Description

Good oral hygiene, which includes regular brushing, flossing, and dental check-ups, is crucial for preventing tooth decay, gum disease, and maintaining overall oral health. A healthy mouth contributes to overall well-being and can prevent dental issues that may impact systemic health.

Oral hygiene refers to practices that keep the mouth healthy. Good habits include [R, R]:

- Gently brushing the teeth and tongue for two minutes, at least twice a day
- Flossing daily
- Using a toothpaste with fluoride and a soft toothbrush
- Replacing a worn toothbrush at least every 3 months

To help maintain good oral hygiene, it is also important to regularly see dental professionals. They can help prevent and address issues with your teeth and gums.

How it helps

Good oral hygiene is crucial for lichen planus, especially when it affects the mouth. Keeping the mouth clean can help prevent secondary infections and reduce irritation.

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.

✓	**Zinc**	**17.12 umol/L**	7.65 – 9.18 – 12.24 – 19.89	9 Nov 2025