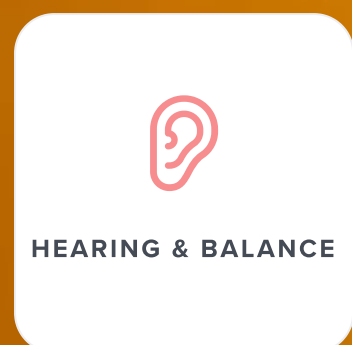


Meniere's Disease

Disease Report

REPORT CATEGORY —



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.

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

Ménière’s disease is a disorder of the inner ear that can lead to dizzy spells (vertigo) and hearing loss. In most cases, Ménière's disease affects only one ear. This condition can occur at any age but usually starts between young and middle-aged adulthood.

Symptoms of Ménière’s disease include [\[R\]](#):

- Episodes of vertigo: You may have a spinning sensation that starts and stops spontaneously.
- Hearing loss: Hearing in the affected ear can fluctuate, especially early on in the disease.
- Ringing in the ear (tinnitus).
- Feeling of fullness in the ear, which may be constant or come and go.

Risk Factors and Treatment

Risk factors for Ménière’s disease include [\[R\]](#):

- Age: It typically starts between the ages of 20 and 50.
- Autoimmune response: Some evidence suggests a link to autoimmune diseases.
- Viral infections of the inner ear.
- Abnormal fluid drainage, perhaps due to a blockage or anatomic abnormality.
- **Genetics**

While the exact cause of Ménière's disease is unknown, genetics may play a role as it seems to cluster in families. Research indicates that several genes are involved in the regulation of the volume and composition of inner ear fluids, and disturbances in these genes could contribute to the development of Ménière's disease.

Although there is no cure for Ménière's disease, treatments can manage symptoms and reduce the long-term impact on your life. Treatment options include [\[R\]](#):

- Medications for vertigo to reduce the spinning sensation.
- Diuretics to reduce fluid retention.
- Dietary changes, such as a low-salt diet, which may reduce fluid buildup.
- Avoiding substances that can cause vertigo attacks, such as caffeine, alcohol, and tobacco.
- Resting during and after vertigo attacks.
- Rehabilitation exercises to help with balance.
- Hearing aids for hearing loss.
- In severe cases, surgery might be an option.

There are no proven strategies to prevent Ménière's disease. However, managing risk factors and maintaining a healthy lifestyle may help reduce the likelihood of developing the condition. If you have Ménière's, it's important to follow treatment plans to prevent episodes or to reduce their severity.



TYPICAL LIKELIHOOD

Typical likelihood of having Ménière’s disease based on 1,668 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
BRMS1L	rs529699157	CC
RIMS1	rs112950507	CC
NTRK3	rs141509041	CC

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	Low-Level Laser Therapy (LLLT)	30 seconds	2	Turkey Tail Mushroom	1000 mg
3	Stress Management Therapy	1 hour	4	Limit Salt Intake	
5	Support Groups		6	Balance And Mobility Training	30 minutes
7	Walking	30 minutes	8	Avoid Loud Noises	
9	Yoga	30 minutes	10	Avoid Sensory Triggers	

1



Low-Level Laser Therapy (LLLT)

IMPACT

1 / 5

EVIDENCE

1 / 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

In a pilot study with 20 unilateral Ménière's disease patients, both LLLT and betahistine significantly reduced vertigo spells, with betahistine showing faster action. LLLT may prevent vertigo spells, possibly through increased inner ear blood flow, though slower than betahistine [\[R\]](#).

2



Turkey Tail Mushroom

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a turkey tail mushroom supplement in capsule or powder form, usually ranging between 1,000 to 3,000 mg per day. Divide this dosage into two to three separate doses to be taken with meals throughout the day. Continue this regimen daily for immune support or as directed by a healthcare provider.

TYPICAL STARTING DOSE

1000 mg

Description

Turkey tail mushrooms (*Trametes versicolor*) are a type of mushroom that grows on decaying wood in various parts of the world. They are valued for their potential health benefits due to the presence of compounds like polysaccharopeptide (PSP) and polysaccharide-K (PSK), which have been studied for their immune-boosting properties and potential use in supporting cancer treatment.

How it helps

A study aimed to explore if neurotoxic insult contributes to Ménière's disease (MD) pathogenesis by assessing oxidative and cellular stress markers. *Coriolus* treatment reduced oxidative stress and induced vitagenes, suggesting potential neuroprotection in MD [\[R\]](#).

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

Managing stress can help reduce the frequency and severity of Meniere's disease episodes. Stress management techniques can help lower the body's overall stress levels, which is beneficial in controlling symptoms.

4



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

Lowering salt intake can help reduce fluid retention in the inner ear, which may decrease the frequency and severity of vertigo attacks.

5



Support Groups

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend a support group meeting related to your condition at least once a week. These meetings can be found through local hospitals, online platforms, or health organizations specific to your condition. Participation can be in-person or virtual, depending on what is offered and your preference.

Description

Support groups are gatherings of individuals facing similar challenges, where they can share experiences, emotions, and coping strategies. They offer emotional support, camaraderie, and valuable insights for those dealing with various health conditions or life circumstances.

Support groups involve people with similar struggles helping each other. Support groups usually take place in a casual setting. During sessions, people share their [\[R\]](#):

- Knowledge
- Experiences
- Coping strategies
- Understanding of the recovery process

Support groups may help support recovery from addictions [\[R\]](#).

How it helps

Participating in support groups can provide emotional support and practical tips from others who have Meniere's disease. This sense of community can help in coping better with the condition.

6



Balance And Mobility Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate balance and mobility exercises into your routine three to four times per week. Each session should last approximately 30 minutes and include activities such as standing on one foot, walking heel to toe, and tai chi or yoga. Start with simple exercises and gradually increase difficulty as your balance improves.

TYPICAL STARTING DOSE

30 minutes

Description

Balance and mobility training exercises, such as yoga or tai chi, can improve stability and reduce the risk of falls, particularly among older adults. These exercises enhance overall physical function.

How it helps

Balance and mobility training can help improve coordination and reduce the risk of falls, making it easier to manage the dizziness associated with Meniere's disease.

7



Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Regular walking can improve balance and reduce stress levels. It also provides a gentle form of exercise that can be beneficial without triggering symptoms.

8



Avoid Loud Noises

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit exposure to loud noises by keeping the volume down on personal audio devices, wearing earplugs at concerts or noisy work environments, and taking breaks in quiet areas when possible. Attempt to maintain noise levels below 85 decibels, especially for prolonged periods, to protect your hearing.

Description

Most sounds you’re exposed to daily are quiet. However, there are times when sounds can be uncomfortably loud. **Exposure to loud noise for long periods of time can damage the cells of the inner ear.** This may lead to hearing impairment and conditions like tinnitus.

Exposure to loud noises may damage the inner ear or the auditory nerve. This may lead to hearing impairment or conditions like tinnitus [\[R, R\]](#).

Potentially damaging noises can be anything at a volume **above 70 decibels** (dB). The louder the noise, the less time it takes to cause damage to your ear. For reference, some volume levels of common sounds include [\[R, R\]](#):

- Whispering (30 dB)
- Normal conversation (60-70 dB)
- Motorcycle (95 dB)
- Ambulance siren (110-129 dB)
- Fireworks, gunshots (140-165 dB)

How it helps

Exposure to loud noises can exacerbate the symptoms of Meniere's disease, such as vertigo and hearing loss. Avoiding loud noises helps reduce the strain on your ears.

9



Yoga

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga helps improve balance, reduce stress, and enhance overall well-being. Its physical postures and breathing techniques can also help in managing symptoms and promoting relaxation.

10



Avoid Sensory Triggers

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Identify and keep a record of situations, environments, or objects that trigger unwanted sensory responses, such as bright lights for migraines or loud noises for auditory sensitivities. Actively avoid these triggers whenever possible, such as wearing sunglasses in bright environments or using noise-cancelling headphones in loud places. Implement these strategies consistently to minimize exposure to the identified triggers.

Description

Recognizing and avoiding sensory triggers, such as bright lights or loud noises, can help individuals with sensory processing issues manage their environment and reduce sensory overload and potential symptoms.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A number of things that you see, hear or smell may be sensory triggers [\[R, R\]](#).

For example, looking at a digital screen for too long may trigger symptoms in some people. These include [\[R, R\]](#):

- Tired, itchy eyes
- Blurred vision
- Headache

How it helps

Sensory triggers, such as flashing lights or strong smells, can provoke episodes of vertigo. Avoiding these triggers can help manage symptoms.

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.