SelfDecode™

Meningioma

Disease Report

REPORT CATEGORY

NERVE HEALTH

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

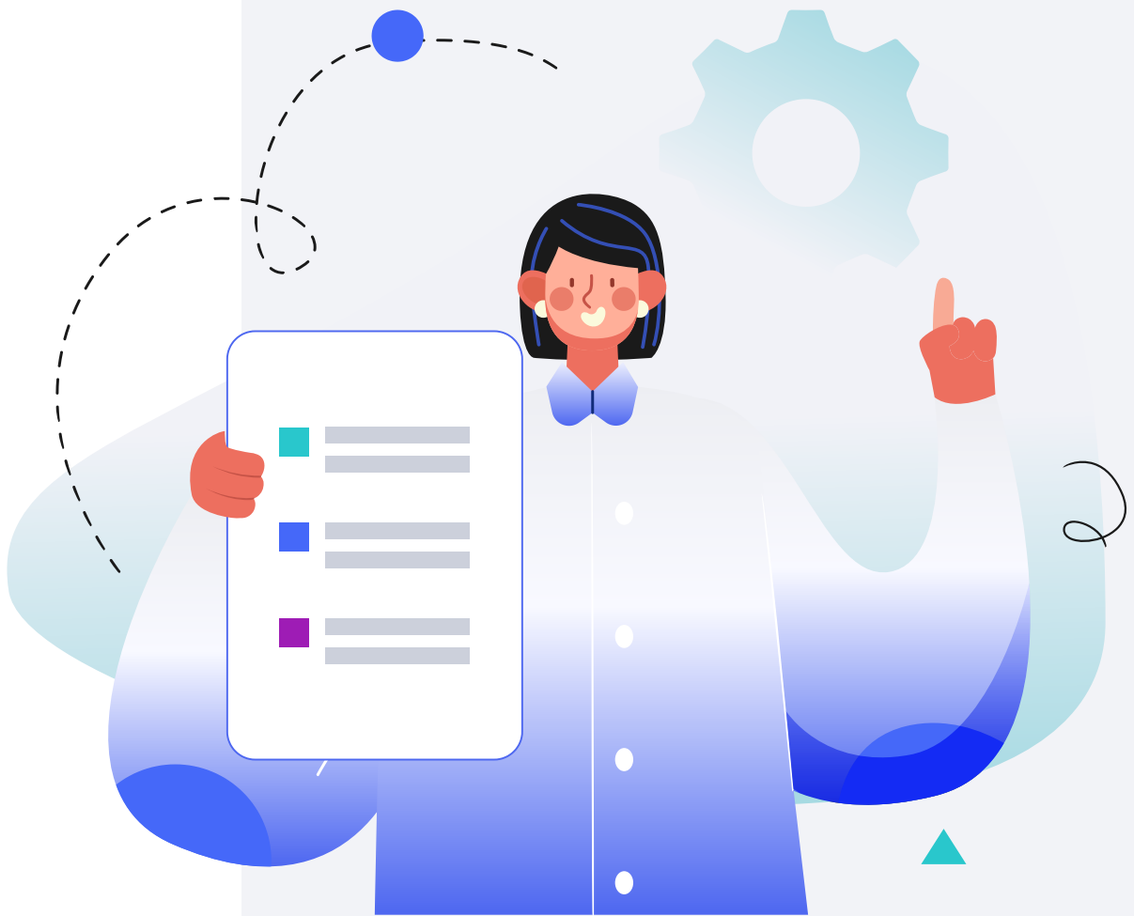
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

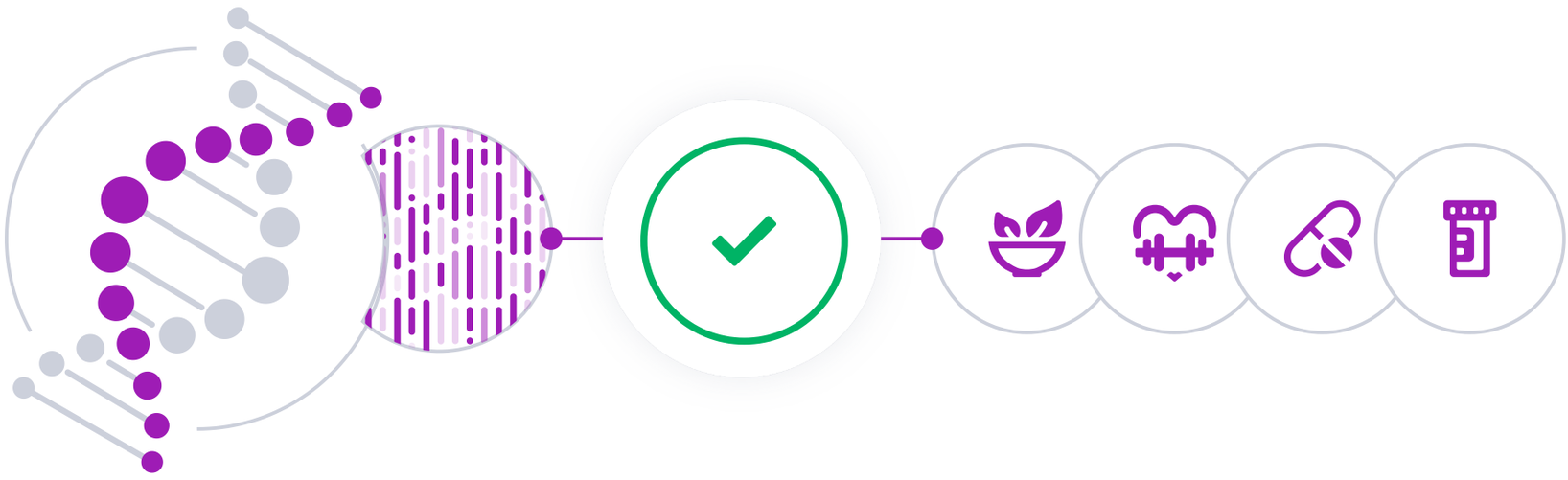


DISCLAIMER

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

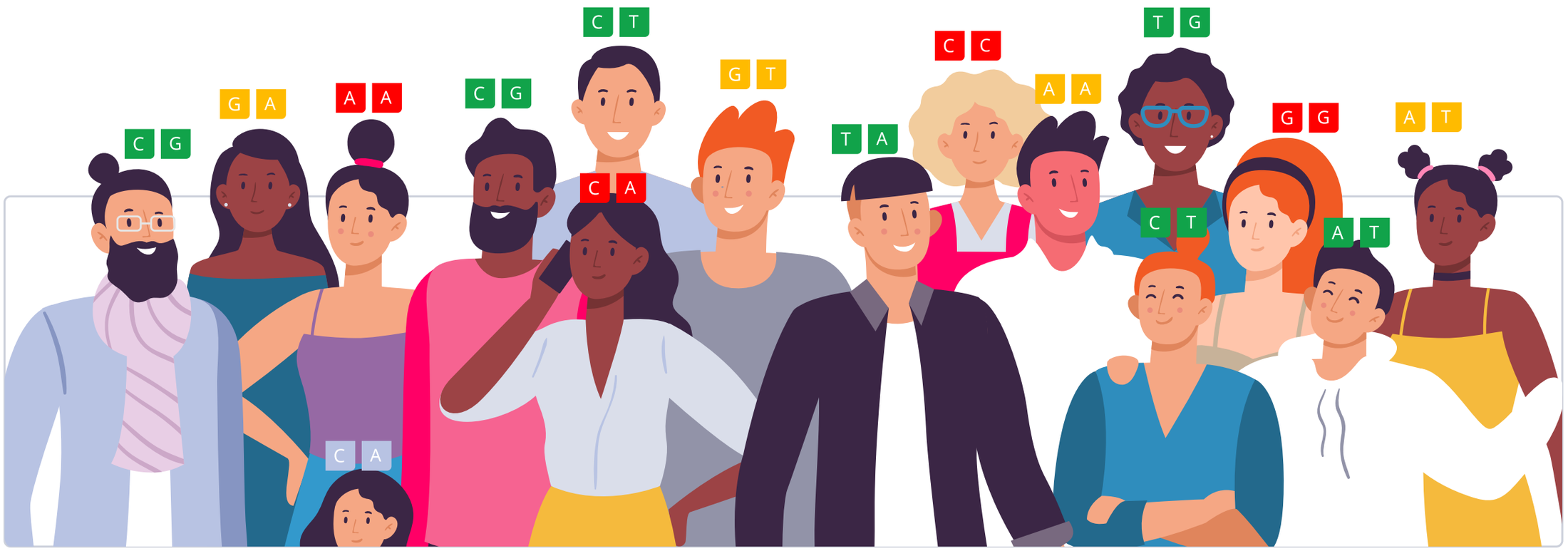
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

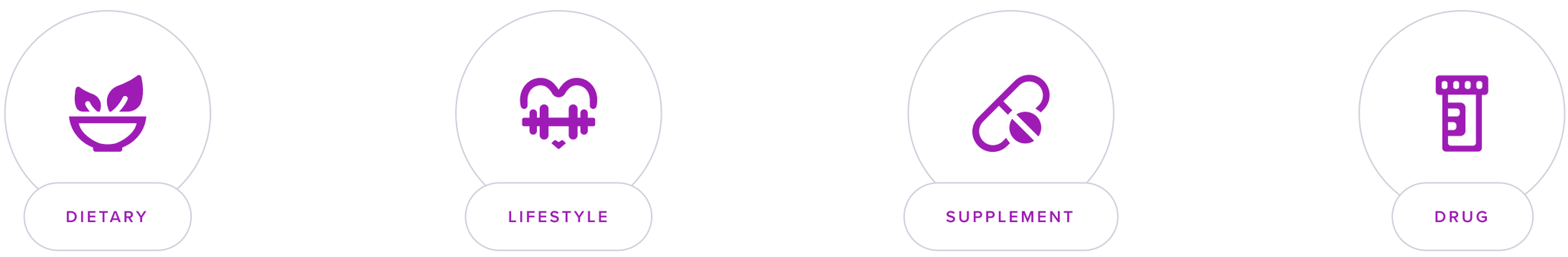
Genotype color info: AA You don't have any risk alleles | AA You have 1 risk allele | AA You have 2 risk alleles

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

Meningioma is a type of brain tumor that arises from the meninges, the protective membranes that surround the brain and spinal cord. Most meningiomas are considered benign and grow slowly, often going unnoticed for years before they are detected.

However, their location and size can lead to significant health problems. As they grow, they may compress brain tissue and nerves in the area, potentially causing a variety of neurological symptoms such as headaches, seizures, vision problems, and changes in personality or mental function.

Management

The management of meningioma takes into account the size, location, and growth rate of the tumor, as well as the overall health and age of the individual. Treatment may not be immediately necessary for smaller, asymptomatic tumors, which can be monitored for growth or change.

For symptomatic meningiomas, surgical removal is typically the first-line treatment, aiming to eliminate or reduce the pressure on adjacent brain structures and alleviate symptoms. In some cases, radiation therapy or radiosurgery may be employed, especially if the meningioma cannot be completely removed or recurs after surgery.

LESS LIKELY

Less likely to have a meningioma based on 10 genetic variants we looked at

13th

PERCENTILE

Your risk is **greater than 13% of the population** and **lower than 87% of the population.**

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SLC5A12	rs1017602	TT
PSMD13	rs2686876	AT
CCDC179	rs2240941	AC
POPDC3	rs2105297	CG
IGSF21	rs749917	TC
/	rs62248541	GG
RGCC	rs12428241	GG
CAAP1	rs117837262	CC
CELF4	rs1941941	TT
RGL4	rs11090280	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
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1

Plasmalogens

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Follow the dosage instructions provided on the product label or as directed by your healthcare provider. Typically, these supplements come in capsule form and are taken once daily with water, ideally with a meal to enhance absorption. Consistency is key, so taking them at the same time each day is recommended. Always consult a healthcare professional before starting plasmalogen supplements, especially if you are pregnant, nursing, or have any medical conditions.

Description

Plasmalogens are a special kind of phospholipids found in cell membranes, particularly in the brain (comprising 20% of its content), heart, lungs, eyes, and kidneys. Plasmalogens help the nervous system work and prevent brain cell death by reducing inflammation and oxidative stress. Their levels decrease with age [R].

Plasmalogen supplements are being researched to improve cognitive function in both healthy subjects and those with mild cognitive impairment or Alzheimer's disease [R, R].

How it helps

Plasmalogens may contribute to nerve health by maintaining cellular membrane integrity and reducing oxidative stress, potentially providing a supportive environment in managing neurological aspects associated with meningioma.

2

Nerve Stimulation

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Nerve stimulation can be implemented by daily sessions of 15-30 minutes using a device specifically designed for this purpose. These devices often use electrical currents to stimulate nerves through the skin, which can be adjusted in intensity according to comfort. It's important to consult a healthcare provider for guidance on the specific type of nerve stimulation that may be most beneficial for your condition.

TYPICAL STARTING DOSE

30 minutes

Description

Nerve stimulation techniques involve the use of electrical impulses, like transcutaneous electrical nerve stimulation (TENS) or other methods to activate nerves, potentially providing relief from chronic pain, improving muscle function, and aiding in physical therapy.

Health professionals can stimulate your nerves using different strategies [R].

Many strategies use magnetic fields or electric currents. Examples include [R, R, R]:

- Transcutaneous electrical nerve stimulation (TENS)
- Transcranial direct current stimulation (tDCS)
- Transcranial magnetic stimulation (TMS)
- Transcutaneous auricular vagus nerve stimulation (taVNS)

Nerve stimulation may improve [R, R, R, R, R, R, R, R]:

- Cognition
- Mood
- Pain
- Seizures
- Tinnitus

How it helps

Nerve stimulation may alleviate neurological symptoms associated with meningioma by modulating nerve activity, potentially reducing chronic pain and improving muscle function, which can enhance overall quality of life during treatment.

3

Limit Manganese Exposure

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Avoid consuming water with high levels of manganese by using filters certified to remove it, especially if your water comes from a well. Limit the intake of dietary supplements containing manganese unless prescribed, and use personal protective equipment if you work in industries with manganese exposure, such as welding or mining.

Description

Limiting excessive manganese exposure, whether through water, food, or environmental sources, helps prevent potential neurological and cognitive health issues. Maintaining a balanced manganese intake supports long-term well-being.

Manganese (Mn) is an essential trace mineral, which means we need it in very small amounts. It helps support metabolism, antioxidant protection, immunity, and more [R, R, R, R].

People are more likely to have excess manganese than to be deficient. The safe upper limit for manganese intake is **11 mg** per day [R, R].

Occupational exposure to manganese is a potential concern for miners, welders, battery manufacturers, mechanics, and people dealing with pesticides [R, R, R, R].

Manganese toxicity damages the nerves. In some cases, it can result in *manganism*, which has symptoms similar to Parkinson's disease [R].

How it helps

Limiting manganese exposure helps mitigate the risk of neurotoxicity, which is particularly important in patients with meningiomas, as they may already be experiencing neurological impairments. This reduction may help preserve cognitive function and overall neurological health.

4

Magnetic Stimulation

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Schedule sessions of transcranial magnetic stimulation (TMS) with a licensed healthcare provider, typically involving 4-6 weeks of daily treatments for 20-60 minutes per session.

TYPICAL STARTING DOSE

20 minutes

Description

Magnetic stimulation techniques, such as transcranial magnetic stimulation (TMS), are used in neuropsychiatry to treat conditions like depression and anxiety. They work by targeting specific areas of the brain with magnetic fields to alleviate symptoms and promote mental health.

How it helps

Magnetic stimulation therapy may help modulate abnormal brain activity in meningioma patients by targeting specific brain regions, potentially improving neurological function and treating associated symptoms despite the lack of targeted evidence.

5

Deep Brain Stimulation

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Deep brain stimulation is a medical procedure performed by healthcare professionals. It involves surgical implantation of electrodes into specific areas of the brain, connected to a pulse generator placed under the skin in the chest. The device settings are adjusted by a doctor to optimize patient outcomes.

Description

Deep brain stimulation (DBS) is a medical procedure that can help alleviate symptoms of certain neurological conditions, such as Parkinson's disease and essential tremor. It involves the implantation of electrodes in the brain and can significantly improve motor control and overall quality of life for some patients with these conditions.

How it helps

Deep Brain Stimulation may help manage neurological symptoms related to meningioma by modulating neural circuits, potentially improving motor control and reducing other symptoms associated with brain tumors.

6

Transcranial Magnetic Stimulation (TMS)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Schedule sessions with a certified healthcare provider who specializes in TMS therapy. Initially, treatment typically involves sessions 5 days a week for 4 to 6 weeks. Each session lasts about 30 to 60 minutes. This therapy should be conducted in a professional setting with the appropriate TMS equipment.

TYPICAL STARTING DOSE

1 hour

Description

TMS is a non-invasive medical procedure that uses magnetic fields to stimulate specific areas of the brain. It is primarily used as a treatment for depression and certain neurological conditions by modulating brain activity.

How it helps

Transcranial Magnetic Stimulation (TMS) may help manage depressive symptoms that often accompany meningioma diagnoses, thereby improving overall mental health. By modulating neuronal activity, TMS can enhance mood and cognitive function, promoting better quality of life during treatment.

7

Occipital Nerve Stimulation

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Occipital nerve stimulation involves the surgical implantation of a small device near the occipital nerves at the base of the skull. The device delivers electrical impulses to the occipital nerves. This procedure should be discussed and performed by a medical professional specialized in pain management or neurosurgery. The frequency and duration of the electrical impulses will be adjusted based on the patient's response and should be overseen by your healthcare provider.

Description

Occipital nerve stimulation is a medical procedure that involves the implantation of a device to provide electrical stimulation to the occipital nerves, potentially relieving chronic headaches and pain conditions.

How it helps

Occipital nerve stimulation helps alleviate headaches associated with meningiomas by delivering targeted electrical impulses to the occipital nerves, which can modulate pain signals and reduce the frequency and intensity of headache episodes.

8

Avoid PCBs

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

To avoid PCBs (Polychlorinated Biphenyls), do not use old electrical equipment manufactured before 1977, avoid consuming fish from contaminated waters, especially larger species such as shark and swordfish which are higher in the food chain, and check for and properly dispose of any old fluorescent lighting fixtures that may contain PCBs. Pay attention to local advisories regarding the safety of locally caught fish and wildlife.

Description

PCBs are toxic chemicals that can cause cancer, reproductive problems, and developmental problems. Avoiding exposure to PCBs is important for protecting your health.

Polychlorinated biphenyls (PCBs) are man-made chemicals. They were used in the industry until their **ban in 1979**. PCBs are considered **persistent organic pollutants** (POPS) due to their slow degradation in the environment. They may also **accumulate** in the food chain and the human body [R, R].

We may be exposed to PCBs through contaminated [R, R]:

- **Food** (e.g., fish, meat, rice)
- Soil
- Air

PCBs may have toxic effects on [R, R]:

- Immunity
- Nervous system
- Reproductive system
- Hormone levels

They may also increase the risk of cancer and reduce lifespan [R, R].

How it helps

A study of 38,613 residents in PCB-contaminated areas in Copenhagen found no overall cancer risk associated with PCB exposure in indoor air. However, higher exposure is linked to liver cancer and meningiomas. Possible associations with pancreatic and testis cancers were observed [R].

9

Repetitive Transcranial Magnetic Stimulation

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Attend sessions at a certified medical facility, where a healthcare professional will use a coil placed near your head to generate brief magnetic pulses. Typically, sessions occur 5 days a week for 4-6 weeks.

Description

Repetitive transcranial magnetic stimulation (rTMS) is a noninvasive procedure that stimulates the brain to improve symptoms of [R, R]:

- Depression
- Muscle disease
- Parkinson's disease

rTMS delivers several magnetic pulses through an electromagnetic coil placed on the scalp. The pulses stimulate the region of the brain involved in mood and depression [R, R].

This technique is used in people who don't respond to standard care. rTMS is generally painless and safe when performed by trained professionals [R, R].

How it helps

RepetitiveTranscranial Magnetic Stimulation (rTMS) may help meningioma patients by targeting and modulating neuronal activity, which can potentially alleviate neurological symptoms associated with the tumor, even though direct evidence for its efficacy in treating meningioma is limited.

10

Neurostimulation Treatment

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Schedule sessions for neurostimulation treatment with a qualified healthcare provider. Typically, treatments are conducted 2-3 times a week for a duration of 4-6 weeks, depending on your specific condition and response to treatment. Ensure each session lasts approximately 30-60 minutes.

TYPICAL STARTING DOSE

30 minutes

Description

Neurostimulation treatments encompass various therapies that use electrical or magnetic stimulation to modulate neural activity, potentially alleviating chronic pain, mood disorders, or neurological conditions.

How it helps

Neurostimulation treatment may enhance neural activity and potentially relieve symptoms associated with meningioma by targeting aberrant neural pathways. This therapeutic approach could improve cognitive functions and overall quality of life for patients with this condition.

11

Benfotiamine

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 300-600 mg of benfotiamine per day, in divided doses with meals to improve absorption. This regimen should be followed daily, potentially long-term, especially for conditions like diabetic neuropathy or for general B1 vitamin supplementation.

TYPICAL STARTING DOSE

300 mg

Description

Benfotiamine is a special form of vitamin B1. It's highly beneficial for the body as it helps convert the food we eat into energy. It also contributes to the overall health of our nerve cells protecting us from nerve-related diseases.

How it helps

Benfotiamine may help support overall nerve health by promoting glucose metabolism, which is beneficial for patients with meningioma as it can help mitigate neurological symptoms and enhance nerve function. However, its specific effects on meningioma require further investigation.

12

Transcranial Random Noise Stimulation (tRNS)

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

To implement transcranial random noise stimulation (tRNS), use a specialized tRNS device. Place the electrodes on your scalp as directed by the device's instructions, typically over the area of the brain you wish to target. Perform the stimulation for about 20-30 minutes per session, for a recommended frequency of 5 days a week over a period of at least 4 to 6 weeks.

TYPICAL STARTING DOSE

20 minutes

Description

tRNS is a type of non-invasive brain stimulation technique used in neuroscience research to modulate brain activity. It doesn't target specific health conditions but is rather a tool for scientific investigation and cognitive enhancement, primarily affecting neural activity patterns in the brain.

How it helps

Transcranial Random Noise Stimulation (tRNS) may help in managing meningioma by influencing brain activity and potentially enhancing cognitive function, despite the lack of direct evidence for its efficacy in this specific tumor type.

13

Transcranial Pulsed Electromagnetic Field (PEMF)

IMPACT 1 / 5

EVIDENCE 1 / 5

Description

PEMF therapy is a non-invasive treatment that uses low-level electromagnetic fields to stimulate the brain. It may help to reduce pain, improve cognitive function, and promote wound healing.

How it helps

Transcranial Pulsed Electromagnetic Field (PEMF) therapy may enhance cognitive function in patients with meningioma by promoting neuron excitability and neuroplasticity. This can potentially aid in mitigating cognitive deficits associated with the tumor and its treatment.

14

Low-Glutamate Diet

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

To follow a low-glutamate diet, avoid foods high in glutamate such as processed meats (e.g., sausages, ham), certain cheeses (e.g., Parmesan), soy products, and foods containing MSG. Opt for fresh fruits, vegetables, whole grains, and lean proteins. Implement this diet daily over an extended period for potential benefits.

Description

A low-glutamate diet may benefit individuals with sensitivities or certain neurological conditions by reducing the intake of glutamate-rich foods, potentially improving symptoms and overall well-being.

How it helps

A low-glutamate diet may help individuals with meningioma by minimizing excitotoxicity, which can exacerbate neurological symptoms. By reducing glutamate intake, this diet may promote neurological stability and enhance overall symptom management.

15

Avoid Asbestos

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Check for the presence of asbestos in materials in old buildings, especially those built before the 1980s, before doing any renovations or demolitions. Avoid disturbing materials that might contain asbestos, such as insulation, tiles, and roofing. If asbestos needs to be removed, hire professionals who specialize in asbestos abatement.

Description

Avoiding asbestos exposure is critical to prevent the development of asbestos-related diseases such as mesothelioma and lung cancer. Asbestos is a known carcinogen found in some construction materials and should be handled with extreme care or avoided altogether.

How it helps

Exposure to asbestos has been linked to the development of meningioma. Asbestos fibers, when inhaled, can lead to inflammation and scarring in the lungs. This inflammation may contribute to cellular damage and increase the risk of tumor formation, including meningiomas, as the body attempts to repair or respond to the fiber damage over time.

16

Avoid Formaldehyde Exposure

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

To minimize formaldehyde exposure, choose household products and building materials labeled low-VOC (Volatile Organic Compounds) or formaldehyde-free. Ensure proper ventilation in your living and working spaces, especially when using products known to contain formaldehyde like certain adhesives, cleaning agents, and cosmetics. Aim to reduce use of pressed wood products and seek out alternatives when possible.

Description

Avoiding exposure to formaldehyde, a chemical commonly found in building materials and certain products, is crucial to prevent respiratory problems and potential carcinogenic effects.

How it helps

Formaldehyde is a chemical found in various household products and building materials. Prolonged exposure to formaldehyde has been associated with an increased risk of developing meningioma. The chemical may cause cellular damage or mutations leading to tumor formation by disrupting normal cellular processes and promoting abnormal cell 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.