

# Mononeuropathy

## Disease Report

REPORT CATEGORIES —



NERVE HEALTH



PAIN

Sample Client

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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.



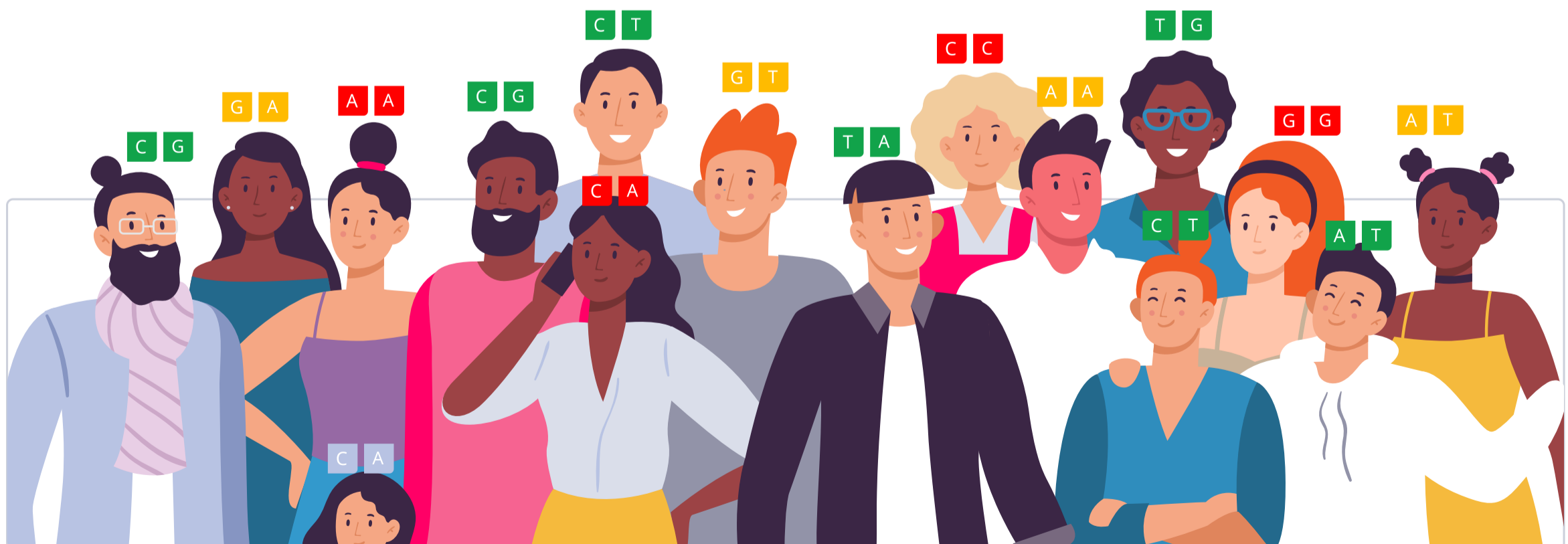
Similarly, our Trait Reports look at how your DNA influences your traits.



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

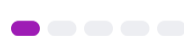
Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

 3 / 5

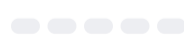
Recommendations that are considered possibly effective and have many studies supporting them

 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

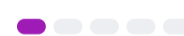
Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

 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

Mononeuropathy is a **type of peripheral neuropathy** that results from damage to a single peripheral nerve or group of nerves. It is often referred to as **focal neuropathy**. Common examples of mononeuropathy include:

- Carpal tunnel syndrome (affecting the wrist and hand)
- Meralgia paresthetica (affecting the thigh)
- Ulnar nerve palsy (affecting the elbow)
- Peroneal nerve palsy (affecting the knee)
- Bell's palsy (affecting the facial muscles)

**Symptoms are limited to the region governed by the affected nerve.** They include:

- Sudden, sharp, and stabbing pain
- Numbness or reduced sensation
- Muscle weakness or paralysis
- Tingling or "pins and needles" sensation.
- Drooping of facial features

# Risk Factors and Genetics

Various underlying medical conditions may lead to single nerve pain, including:

- Diabetes
- Tumors or masses
- Blood vessel or connective tissue disorders (e.g., vasculitis, rheumatoid arthritis)
- Certain infections

Factors influencing the risk of mononeuropathy include:

- Direct trauma (e.g., accidents or falls)
- Prolonged pressure or stress (e.g., repetitive motions)
- Exposure to certain medications and toxins
- Genetics

There are hereditary forms of single nerve pain. However, for most cases of mononeuropathy, the contribution of genetics is minimal and direct external factors or underlying medical conditions are the primary culprits.



TYPICAL LIKELIHOOD

**Typical likelihood of having mononeuropathy based on 1,674 genetic variants we looked at**

# 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	Acetyl-L-Carnitine	500 mg	2	Topical Capsaicin	
3	Dietary Vitamin B12		4	Alpha-Lipoic Acid	600 mg
5	Vitamin B12	100 mcg	6	Strength Training	1 hour
7	B Vitamins		8	Massage	30 minutes
9	Omega-3 (Fish Oil)	2000 mg	10	Physical Therapy	30 minutes

1



## Acetyl-L-Carnitine

IMPACT

0 / 5

EVIDENCE

0 / 5

### How to implement

Take 500-1,000 mg of Acetyl-L-Carnitine per day, split into 2 or 3 doses, with or without food. Joe prefers taking 500 mg in the morning. It can be taken indefinitely for chronic conditions or for a period of several months for acute concerns.

TYPICAL STARTING DOSE

500 mg

### Description

[Carnitine](#) is a protein building block (amino acid). It comes in many forms, such as acetyl-L-carnitine. Acetyl-L-carnitine may help with nerve damage and mood problems.

[Carnitine](#) is a protein building block (amino acid). It comes in many forms, such as acetyl-L-carnitine [\[R, R, R\]](#).

[Acetyl-L-carnitine](#) may help with [\[R, R, R\]](#):


- Nerve damage
- Mood problems
- Cognitive decline

Doctors are also studying its potential effect on drug addiction [\[R\]](#).

### How it helps

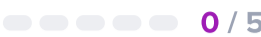
Acetyl-L-Carnitine has been shown to support nerve regeneration and reduce pain in individuals with neuropathy. It is thought to work by enhancing nerve cell function and supporting mitochondrial energy production.


2



## Topical Capsaicin

IMPACT
EVIDENCE





## How to implement

Apply a capsaicin cream or gel to the affected area 3 to 4 times daily. Make sure the skin is clean and intact before application. Avoid contact with eyes, mouth, and other sensitive areas. Use consistently for several weeks to see improvement.

## Description

Capsaicin is a compound found in chili peppers and is used topically in creams and patches for its potential to alleviate pain related to conditions like arthritis, neuropathy, and muscle soreness.

[Capsaicin](#) is the compound that makes chili peppers spicy [R].

People use topical capsaicin to relieve pain and oral capsaicin to aid weight loss [R, R].

In the short term, capsaicin causes pain. However, **if you're exposed to a lot of capsaicin over a long period of time, it can reduce your pain sensitivity** [R, R].

***Please note:** Capsaicin may irritate the skin. Consult your doctor if the irritation is severe or lasts longer than 4 weeks. If capsaicin gets in your eyes, flush them with water immediately and consult your doctor* [R, R, R].

## How it helps

Topical capsaicin helps by reducing the amount of a substance called 'substance P,' which transmits pain signals to the brain. This reduction in substance P helps to relieve pain associated with nerve damage.

3



## Dietary Vitamin B12

IMPACT
EVIDENCE





## How to implement

Incorporate foods rich in vitamin B12 into your daily diet, such as beef, chicken, fish, and dairy products. If you are vegetarian or vegan, consider fortified cereals or plant-based milks. Aim to meet the recommended dietary allowance (RDA) for adults of 2.4 micrograms of vitamin B12 per day.

## Description

Vitamin B12 is important for nerve function, red blood cell production, and overall energy metabolism. It's crucial for preventing pernicious anemia and maintaining neurological health.

## How it helps

Vitamin B12 is essential for nerve health and the production of myelin, the protective sheath around nerves. Adequate B12 levels can help repair damaged nerves and reduce symptoms of mononeuropathy.

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## Alpha-Lipoic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Take 600-1800 mg of alpha-lipoic acid daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

**600 mg**

## Description


[Alpha-lipoic acid](#) is a natural antioxidant found in almost every cell in your body. People use alpha-lipoic acid to help with issues like skin aging, weight loss, and high blood sugar [\[R, R, R\]](#).

People use alpha-lipoic acid to help with [\[R, R, R, R\]](#):

- Complications of high blood sugar
- Skin aging
- Weight loss
- Carpal tunnel syndrome

## How it helps

Alpha-Lipoic Acid is an antioxidant that helps to reduce oxidative stress and inflammation in nerve cells. It has been found to improve symptoms of neuropathic pain and enhance nerve function.

5  **Vitamin B12**

**IMPACT** 0 / 5

**EVIDENCE** 0 / 5

## How to implement

Take a 50 mcg vitamin B12 supplement daily, preferably with a meal to enhance absorption.

**TYPICAL STARTING DOSE**

**100 mcg**

## Description

Vitamin B12 is a water-soluble vitamin primarily found in animal-based foods like meat, fish, and dairy products. It plays a crucial role in maintaining healthy nerve cells, DNA synthesis, and red blood cell formation. Vitamin B12 deficiency can lead to anemia, neurological issues, and fatigue.

[Vitamin B12](#) is important for [\[R, R\]](#):

- Building DNA
- Nervous system function
- Energy production

You can get vitamin B12 from [\[R\]](#):

- Animal products (meat, fish, eggs, and dairy)
- Fortified foods
- Supplements

Adults should be getting **2.4 micrograms** of vitamin B12 every day [\[R\]](#).

## How it helps

Vitamin B12 is essential for nerve health and has been shown to help regenerate damaged nerves in conditions like mononeuropathy.

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## Strength Training

IMPACT

0 / 5

EVIDENCE

0 / 5

### How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

**1 hour**

### Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [\[R\]](#). Some of the most common strength training methods include [\[R\]](#):

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [\[R\]](#):

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

### How it helps

Strength training can help improve muscle function and reduce symptoms of mononeuropathy by increasing muscle mass and strength in the affected area.

7



## B Vitamins

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Take a B vitamin complex supplement once daily, preferably with your morning meal to enhance absorption. The supplement should include a range of B vitamins such as B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin). Ensure consistency by taking it at the same time each day.

## Description

B vitamins help the body function properly. Two examples are [vitamin B9 \(folate\)](#) and [vitamin B12](#). They play essential roles in [\[R, R, R, R\]](#):

- DNA formation
- Metabolism
- Energy production

You can get these vitamins from [\[R, R, R, R, R\]](#):

- Animal products
- Green leafy vegetables
- Citrus fruits
- Fortified foods
- Supplements

Adults should be getting **400 micrograms (mcg) of folate** and **2.4 mcg of vitamin B12** every day [\[R, R\]](#).

Folate deficiency is rare but can happen in people that don't eat enough fruits and vegetables. Alcoholics and lactating mothers may also be at an increased risk [\[R\]](#).

Vitamin B12 deficiency often takes years to develop, as the body is able to store large amounts in the liver. Groups that may be at an increased risk include [\[R, R\]](#):

- Vegans
- Pregnant women
- Older people
- People with gut issues

## How it helps

B vitamins, especially B1 (thiamine), B6, and B12, are crucial for nerve health. They help repair and protect nerve tissues, potentially reducing the damage and symptoms associated with mononeuropathy.

8  **Massage**

**IMPACT** 0 / 5

**EVIDENCE** 0 / 5

## How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

**TYPICAL STARTING DOSE**

**30 minutes**

## Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you've ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):


- Anxiety
- Pain
- Fatigue

**Reflexology** is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

**Acupressure** is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

## How it helps

Massage can help improve circulation, reduce muscle tension, and alleviate pain associated with nerve damage.

9  **Omega-3 (Fish Oil)**

**IMPACT** 0 / 5

**EVIDENCE** 0 / 5

## How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

**TYPICAL STARTING DOSE**

**2000 mg**

## Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R, R, R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R, R\]](#).

**Fatty fish are rich in EPA and DHA.** They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

## How it helps

Omega-3 fatty acids have anti-inflammatory properties and can support nerve health, potentially alleviating pain associated with mononeuropathy.

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## Physical Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

## How to implement

Attend physical therapy sessions 2-3 times per week for a duration of 4-6 weeks, depending on your specific condition and the advice of your healthcare provider. Each session typically lasts about 30-60 minutes, where a licensed therapist will guide you through targeted exercises, stretches, and possibly other treatments like electrical stimulation or ultrasound therapy.

TYPICAL STARTING DOSE

30 minutes

## Description

Physical therapy is a therapeutic practice focused on optimizing physical function and mobility through specialized exercises, manual techniques, and therapeutic modalities. It helps individuals recover from injuries, manage chronic conditions, and improve overall physical well-being by enhancing strength, flexibility, and pain management.

**Physical therapy (physiotherapy)** helps people regain or maintain their ability to move [\[R\]](#).

Physical therapy can involve [\[R\]](#):

- Joint or muscle exercises
- Corrective movements
- Massage
- Education and advice

People mainly use physical therapy to help with [\[R, R\]](#):

- Pain and injury
- Stroke recovery
- Chronic health conditions
- Headaches

**Mirror therapy** uses a mirror placed between the arms or legs. The image of a moving arm or leg gives the illusion of normal movement in the affected one. This therapy stimulates different brain regions and aims to improve mobility [\[R\]](#).

**Constraint-induced movement therapy** is another type of physical therapy. It consists of restraining the healthy leg or arm to increase the use of the affected one [\[R\]](#).

## How it helps

Physical therapy can strengthen muscles, improve mobility, and reduce symptoms through targeted exercises and treatments.

# 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.

