

Myocarditis

Disease Report

REPORT CATEGORIES —



HEART & BLOOD
VESSELS



INFLAMMATION &
AUTOIMMUNITY

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

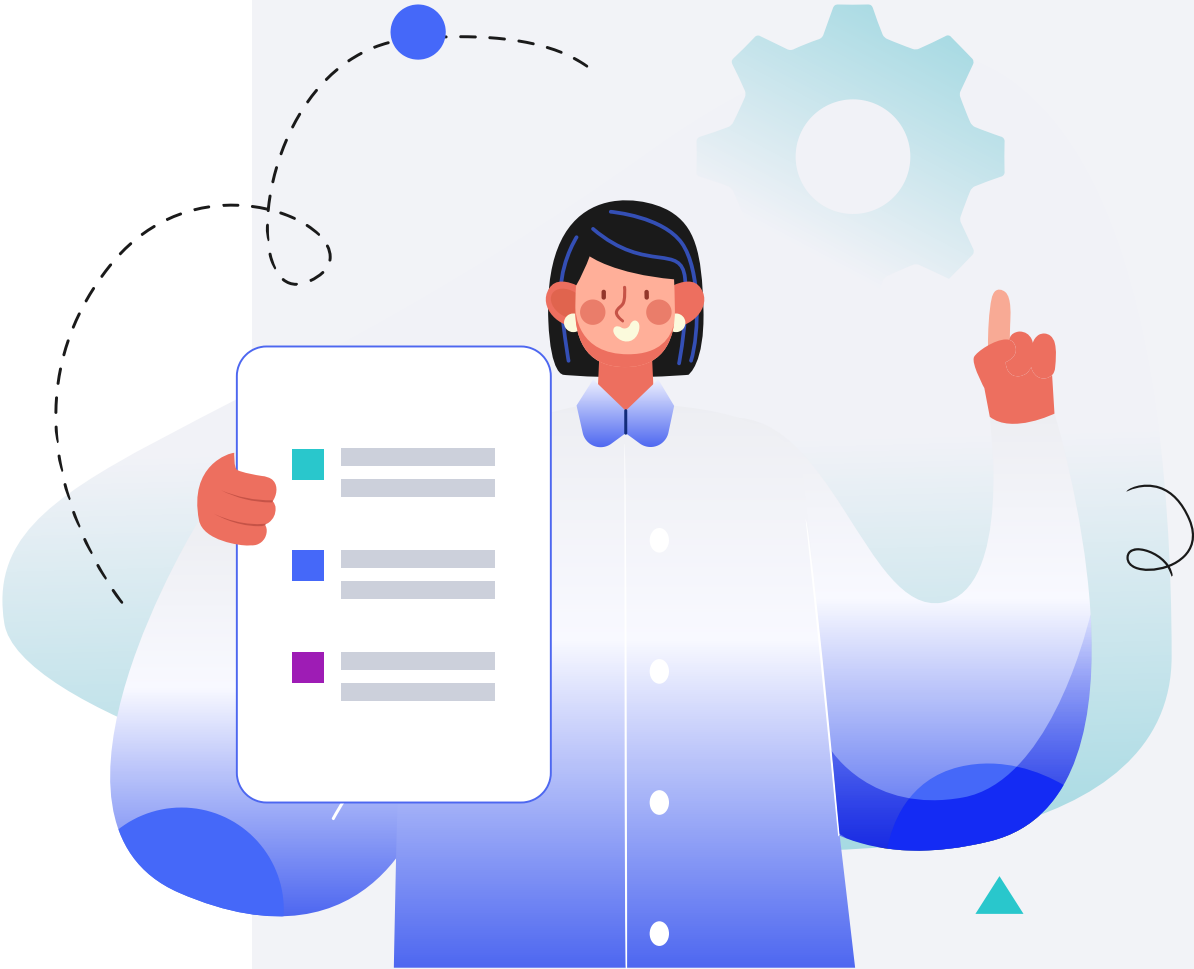
5ft 5" 165cm

WEIGHT

137lb 62kg

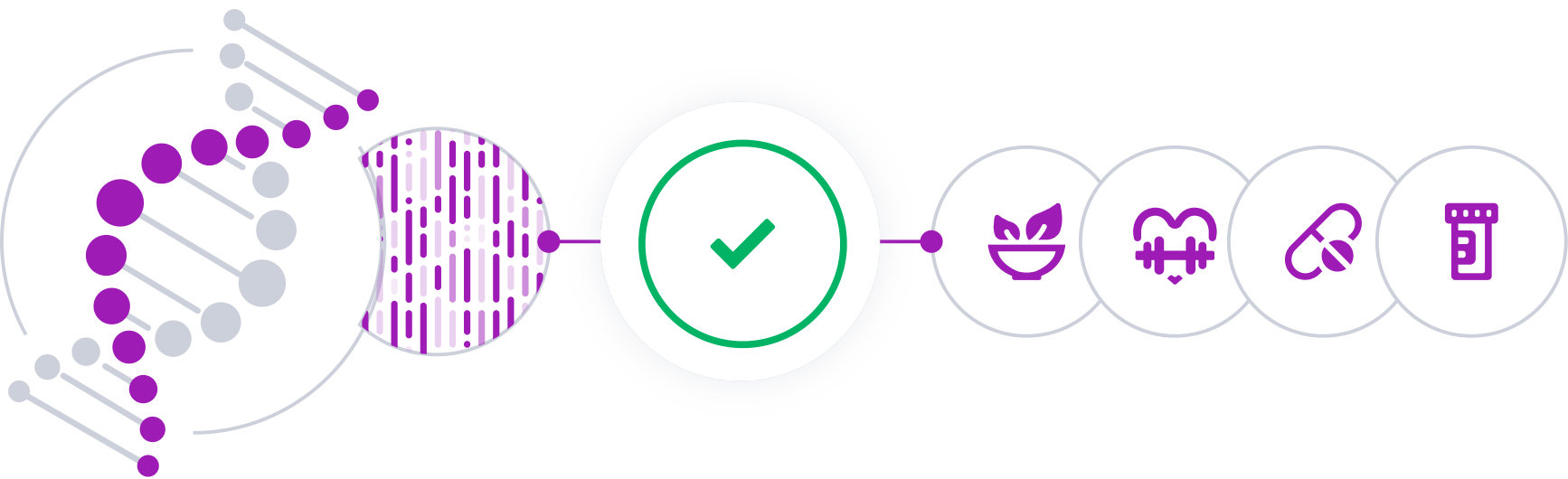
DISCLAIMER

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.

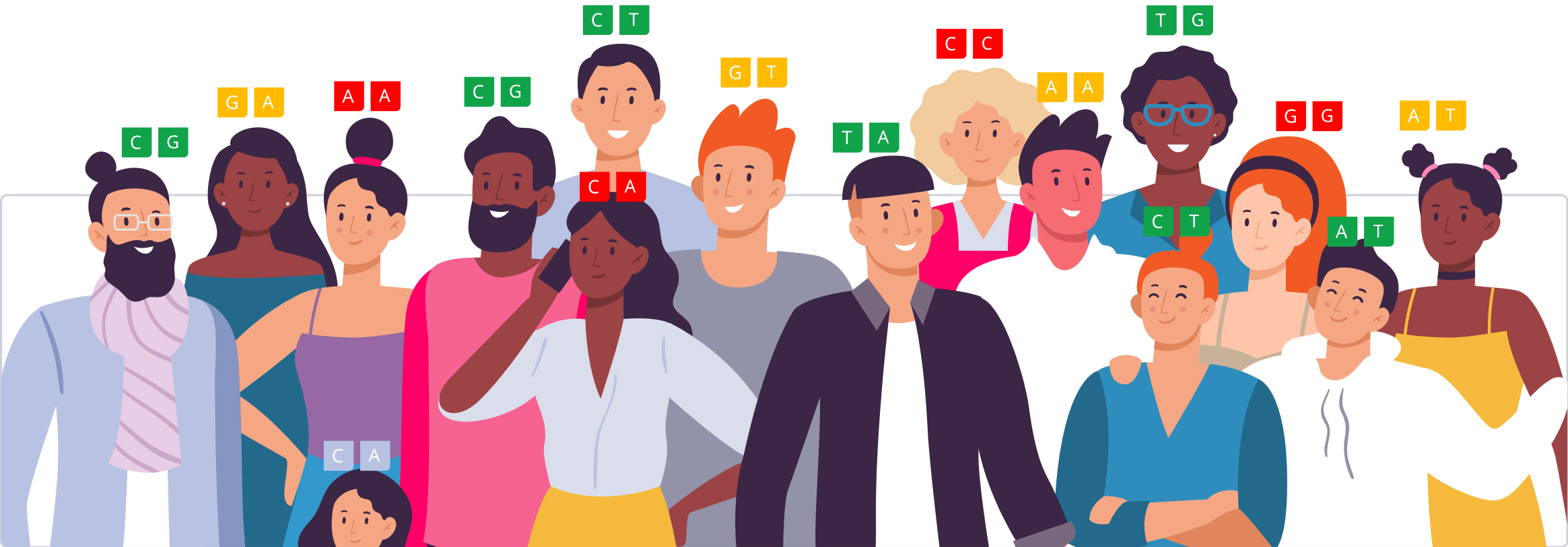


Similarly, our Trait Reports look at how your DNA influences your traits.



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

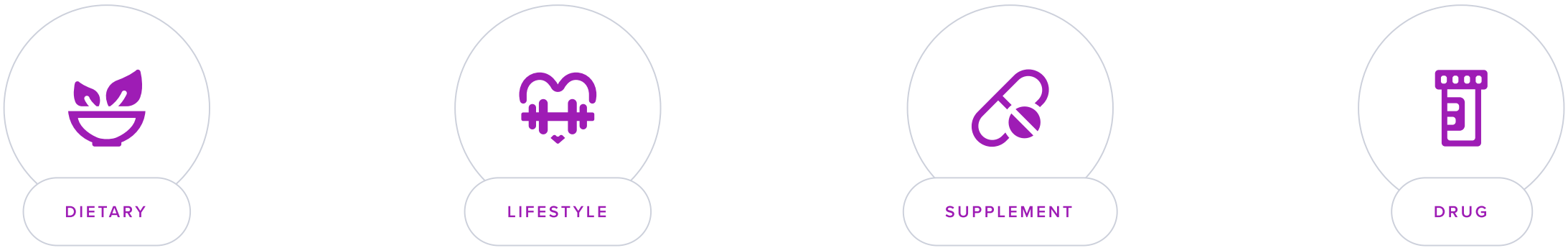
You have 2 risk alleles

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

Myocarditis is an inflammation of the heart muscle (*myocardium*). It can reduce the heart's ability to pump blood and cause rapid or irregular heart rhythms. In severe cases, myocarditis can lead to heart failure, heart attack, stroke, or sudden cardiac death [\[R\]](#)

Some people with early myocarditis don't have symptoms. Others have mild symptoms. Common symptoms include [\[R\]](#):

- Chest pain
- Rapid or irregular heartbeats (palpitations)
- Shortness of breath, at rest or during physical activity
- Fluid retention with swelling of legs, ankles, and feet
- Fatigue
- Other symptoms of a viral infection, such as a headache, body aches, joint pain, fever, a sore throat, or diarrhea

Sometimes, myocarditis symptoms are like a heart attack. **If you are having unexplained chest pain and shortness of breath, seek emergency medical help.**

Risk Factors and Management

Myocarditis can be caused by [\[R\]](#):

- Viral infections, such as those caused by coxsackievirus, parvovirus, and adenovirus
- Bacterial infections, such as Lyme disease
- Parasitic infections, such as those caused by *Trypanosoma cruzi* and toxoplasma
- Autoimmune diseases like lupus and rheumatoid arthritis
- Exposure to certain toxins, including alcohol, cocaine, and certain chemotherapy drugs
- Allergic reactions to medications

There is some evidence to suggest a genetic predisposition to myocarditis, particularly in cases where the condition recurs or is associated with other autoimmune diseases. Genetic factors might influence how the immune system responds to infections and other triggers of myocarditis.

Preventing myocarditis involves managing risk factors, such as avoiding infections, controlling autoimmune diseases, and avoiding toxic substances. Regular medical check-ups can help identify early signs of myocarditis, especially in people with symptoms of a recent viral infection and chest pain or palpitations.

Often, myocarditis improves on its own or with treatment. Myocarditis treatment focuses on the cause and the symptoms, and may include [\[R\]](#):

- Medications to manage heart failure, control arrhythmias, and reduce inflammation
- Rest to reduce the workload on the heart during the acute phase of the disease
- Regular follow-up and monitoring for potential progression to dilated cardiomyopathy
- Avoiding alcohol and regular exercise until the inflammation has resolved
- Hospitalization in severe cases
- Ventricular assist device (VAD) or heart transplant in case of heart failure



MORE LIKELY

More likely to have myocarditis based on 16,734 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	Astragalus	500 mg	2	Thymus Glandular	
3	Stress Management Therapy	1 hour	4	Avoid Refined Sugar	
5	Limit Salt Intake		6	Dietary Antioxidants	
7	Tai Chi	1 hour	8	Nordic Diet	
9	Vegetables		10	Avoid Strenuous Activity	
11	Omega-3 (Fish Oil)	2000 mg	12	Dietary Omega-3 Fatty Acids	
13	Avoid Substance Abuse		14	Maintain Optimal Vitamin D Levels	1000 iu
15	Zinc	15 mg	16	Fruits And Vegetables	
17	Sleep for 7+ Hours		18	Walking	30 minutes
19	Mediterranean Diet				

1



Astragalus

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 500 mg astragalus supplement once daily with a meal. Continue this regimen for at least 4 to 6 weeks to evaluate its effectiveness on your overall health.

TYPICAL STARTING DOSE

500 mg

Description

Astragalus is an herb used in traditional Chinese medicine. It is believed to have immune-boosting properties and may help reduce stress and support overall vitality.

[Astragalus](#) (*Astragalus membranaceus*) is an herb used in traditional Chinese medicine. It is commonly used for “tonifying Qi” or fatigue. It may help [\[R\]](#), [\[R\]](#):

- Reduce inflammation
- Fight [oxidative stress](#)

Astragalus root is a staple of traditional Chinese medicine, where it is also known as *Huang Qi*.

How it helps

A systematic review of 6 randomized controlled trials (639 participants) suggests Astragalus injection, alongside conventional treatment, may aid viral myocarditis recovery by enhancing myocardium enzyme levels and electrocardiography. However, limited studies, low quality, and publication bias are concerns [\[R\]](#).

In an [updated systematic review and meta-analysis of 19 RCTs](#), all of which were conducted in China, Astragalus injection **decreased the levels of pro-inflammatory TNF-α, IL-6 , IL-17 , 1L-8 , 1L-1, CRP, and IFN-γ** , and increased the total effective rate of treatment (RR=1.225, 95% CI=1.17 to 1.29) in people with viral myocarditis [\[R\]](#).

2



Thymus Glandular

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a thymus glandular supplement, usually found in capsule form, once daily with a meal. It is commonly recommended to follow the dosage instructions on the product label or as directed by a healthcare professional. Continue as long as recommended in the guidance you receive.

Description

Thymus extract is derived from the thymus gland of animals and may contain bioactive compounds believed to support the immune system. It's used in some dietary supplements for potential immune-modulating effects.

How it helps

In a clinical trial, patients with myocarditis and idiopathic dilated cardiomyopathy received interferon-alpha (IFN), thymic hormones, or conventional therapy. IFN and thymomodulin improved long-term outcomes, suggesting immune modulation as a potential treatment for these conditions [R].

In a study of 38 patients with myocarditis or dilated cardiomyopathy, treatment with interferon-alpha or thymomodulin, in addition to conventional treatment, leading to better outcomes in terms of heart function and clinical improvement compared to conventional treatment alone [R].

The study aimed to assess the effectiveness of interferon-alpha (IFN) and thymomodulin in treating idiopathic myocarditis and idiopathic dilated cardiomyopathy (IDC). Patients were divided into three groups: IFN + conventional therapy, thymomodulin + conventional therapy, and conventional therapy alone. After a two-year follow-up, those receiving IFN or thymomodulin showed improved left ventricular function, with no serious side effects, suggesting their superiority over conventional therapy [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 can worsen inflammation and heart conditions. Managing stress helps in reducing these risks and may provide relief for symptoms.

4



Avoid Refined Sugar

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

Reducing refined sugar intake may decrease inflammation and oxidative stress, which is beneficial for heart health.

5



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

A lower salt intake can help to reduce blood pressure and decrease fluid accumulation, which is beneficial for heart health and can alleviate the strain on an inflamed heart muscle.

6



Dietary Antioxidants

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in antioxidants, such as fruits (berries, oranges, plums), vegetables (spinach, kale, bell peppers), nuts (walnuts, almonds), and seeds (flaxseeds, chia seeds) into your daily meals. Aim for at least 5 servings of fruits and vegetables per day, ensuring a variety of colors to cover different antioxidants.

Description

Dietary antioxidants are compounds found in foods that help neutralize harmful molecules called free radicals, potentially reducing the risk of oxidative stress-related diseases and supporting overall health. Examples include vitamins C and E, beta-carotene, and polyphenols.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

Antioxidants are substances that help combat ROS [\[R\]](#).

Antioxidants are found in many plants. Good sources include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fruits like tomatoes, berries, and pomegranates
- Vegetables like onions, spinach, and celery
- Chocolate
- Olive oil
- Wine

How it helps

Antioxidants help neutralize free radicals, reducing oxidative stress and inflammation that could further damage the heart muscle.

7



Tai Chi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice Tai Chi for 30 to 60 minutes at least twice a week. Choose a quiet, spacious area and follow along with a qualified instructor, either in person at a class or through an online video tutorial, to ensure proper technique and maximum benefit.

TYPICAL STARTING DOSE

1 hour

Description

Tai Chi is a traditional Chinese mind-body practice involving slow, flowing movements and deep breathing. It is known for its potential to reduce stress, improve balance, and enhance overall physical and mental well-being.

Tai chi involves gentle movements and breathing to strengthen and relax the mind and body. Practicing tai chi may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Manage pain
- Improve fitness
- Increase well-being
- Improve sleep and mood

How it helps

Tai Chi is a gentle exercise that can improve cardiovascular health, reduce stress, and enhance the body's ability to handle inflammation.

8



Nordic Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Follow a diet that emphasizes whole grains (such as oats, barley, and rye), fatty fish (like salmon, mackerel, and herring), lean meats, legumes, fruits (especially berries), vegetables (particularly root vegetables and cabbages), low-fat dairy products, and canola oil. Aim to incorporate these foods into your daily meals consistently. Avoid processed and sugary foods.

Description

The Nordic diet is a dietary pattern characterized by foods traditionally consumed in Nordic countries, such as Denmark, Norway, and Sweden. It emphasizes whole grains, fatty fish, vegetables, and berries, and is associated with potential health benefits, including reduced risk of chronic diseases and improved cardiovascular health.

The Nordic diet is based on the traditional cuisine of the Nordic countries. It’s rich in foods like [\[R\]](#):

- Whole-grain cereals (especially rye, oats, and barley)
- Fruits (e.g., berries, apples, and pears)
- Vegetables (especially root and cruciferous vegetables)
- Low-fat dairy products
- Fish and shellfish
- Legumes
- Nuts

The Nordic diet may help with [\[R\]](#), [\[R\]](#):

- Obesity
- Diabetes
- High blood pressure

How it helps

The Nordic diet is rich in anti-inflammatory foods such as fish, whole grains, and vegetables which may help reduce inflammation associated with myocarditis.

9



Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 2-3 cups of various vegetables into your daily diet, ensuring a mix of colors like greens, reds, and yellows to maximize nutrient intake. Aim to include vegetables in most meals, either as a side, part of the main dish, or snacks.

Description

Vegetables are edible parts of plants that offer various health benefits due to their rich nutrient content, including vitamins, minerals, fiber, and antioxidants. They are essential components of a balanced diet and contribute to overall health, supporting various bodily functions.

How it helps

Vegetables are packed with essential nutrients and antioxidants that support overall cardiovascular health and may reduce inflammation.

10



Avoid Strenuous Activity

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from participating in high-intensity physical activities such as running, heavy weightlifting, and high-impact sports. Opt instead for low-impact exercises like walking, swimming, or yoga. It's important to listen to your body's signals and rest as needed, avoiding these strenuous activities until advised otherwise by a health professional.

Description

Avoiding strenuous physical activity in certain medical conditions or during illness can help prevent injury and promote better recovery. It allows the body to conserve energy and supports the healing process.

Strenuous activity is physical activity that requires a lot of effort. Exercise done at 70-85% of a person’s heart rate is considered strenuous. Examples include [\[R\]](#):

- Running, cycling, or swimming at high speed
- Running or hiking uphill
- Jumping rope
- Single tennis
- Sports that involve a lot of running (soccer, basketball, hockey, etc.)

On the other hand, strenuous daily activities include [\[R\]](#):

- Lifting and carrying heavy objects
- Gardening with heavy digging
- Shoveling snow
- Fast dancing

How it helps

Strenuous physical activity can increase the workload on your heart and may worsen the symptoms of myocarditis. Resting and avoiding heavy exercise can help your heart heal.

How to implement

TYPICAL STARTING DOSE

2000 mg

Description

[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 that can help reduce the inflammation associated with myocarditis and improve heart function.

12



Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[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. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

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

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, 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 that may help reduce inflammation in the heart.

13



Avoid Substance Abuse

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate the use of illegal drugs, excessive alcohol, and tobacco from your daily routine. Seek professional help if needed to stop substance use and engage in support groups or counseling for sustained recovery. Implement this change permanently for long-term health benefits.

Description

Substance abuse is the excessive use of alcohol or drugs. It can lead to dependence on the substance. Abusing drugs or alcohol can have long-term health and social consequences.

Substance abuse is the excessive use of alcohol or drugs. It can lead to dependence on the substance [\[R\]](#).

Abusing drugs or alcohol can have long-term health and social consequences [\[R\]](#).

How it helps

Substances like alcohol, cocaine, or other drugs can be toxic to the heart and may exacerbate heart muscle inflammation during myocarditis.

14



Maintain Optimal Vitamin D Levels

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Vitamin D has anti-inflammatory properties and is linked to improved heart health. Adequate levels may help reduce the risk of complications associated with myocarditis.

15



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc plays a role in immune function and has been shown to reduce inflammation. It can support the body's response to heart inflammation seen in myocarditis.

16



Fruits And Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

Fruits and vegetables are rich in antioxidants and other nutrients that can help reduce inflammation and support heart health.

17



Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Proper sleep supports the immune system and overall health, which is essential for the recovery and management of heart conditions like myocarditis.

18



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

Walking is a moderate form of exercise which can help in maintaining cardiovascular health without overexerting the heart, important for myocarditis patients.

19



Mediterranean Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

The Mediterranean diet is rich in anti-inflammatory foods such as fruits, vegetables, and healthy fats, which can help manage myocarditis by reducing inflammation.

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.

	ALT	26 IU/L		9 Nov 2025
	AST	17 IU/L		9 Nov 2025
	Chloride	97 mmol/L		9 Nov 2025
	ALP	68 IU/L		9 Nov 2025
	Phosphorus	2 mg/dL		9 Nov 2025
	WBC	6.92 x10^3/mm3		9 Nov 2025
	GGT	9 IU/L		9 Nov 2025
	Sodium	137 mmol/L		9 Nov 2025
	Magnesium	2.17 mg/dL		9 Nov 2025

	! BUN/Creatinine Ratio	13 x100%	10 15 20	9 Nov 2025
	! Albumin	4.3 g/dL	3.4 4.4 5.5	9 Nov 2025
	✓ Creatinine	1.08 mg/dL	0.6 0.7 1.1 1.2	9 Nov 2025
	✓ Creatine Kinase	173 IU/L	44 196	9 Nov 2025
	! Potassium, Serum	5.2 mmol/L	2.5 3.5 4 4.75 5.3 5.5	9 Nov 2025
	! hs-CRP	1.6 mg/L	0 0.5 3 100 500	9 Nov 2025
	! Bilirubin, Total	1 mg/dL	0.2 0.8 1.3 15	9 Nov 2025
	✓ Calcium	9.2 mg/dL	6.5 8.5 8.8 9.8 10.5 13	9 Nov 2025
	✓ BUN	14 mg/dL	7 13 22 25	9 Nov 2025