

Nasal Polyps

DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

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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.

Personal information

NAME

Sample Client

SEX AT BIRTH

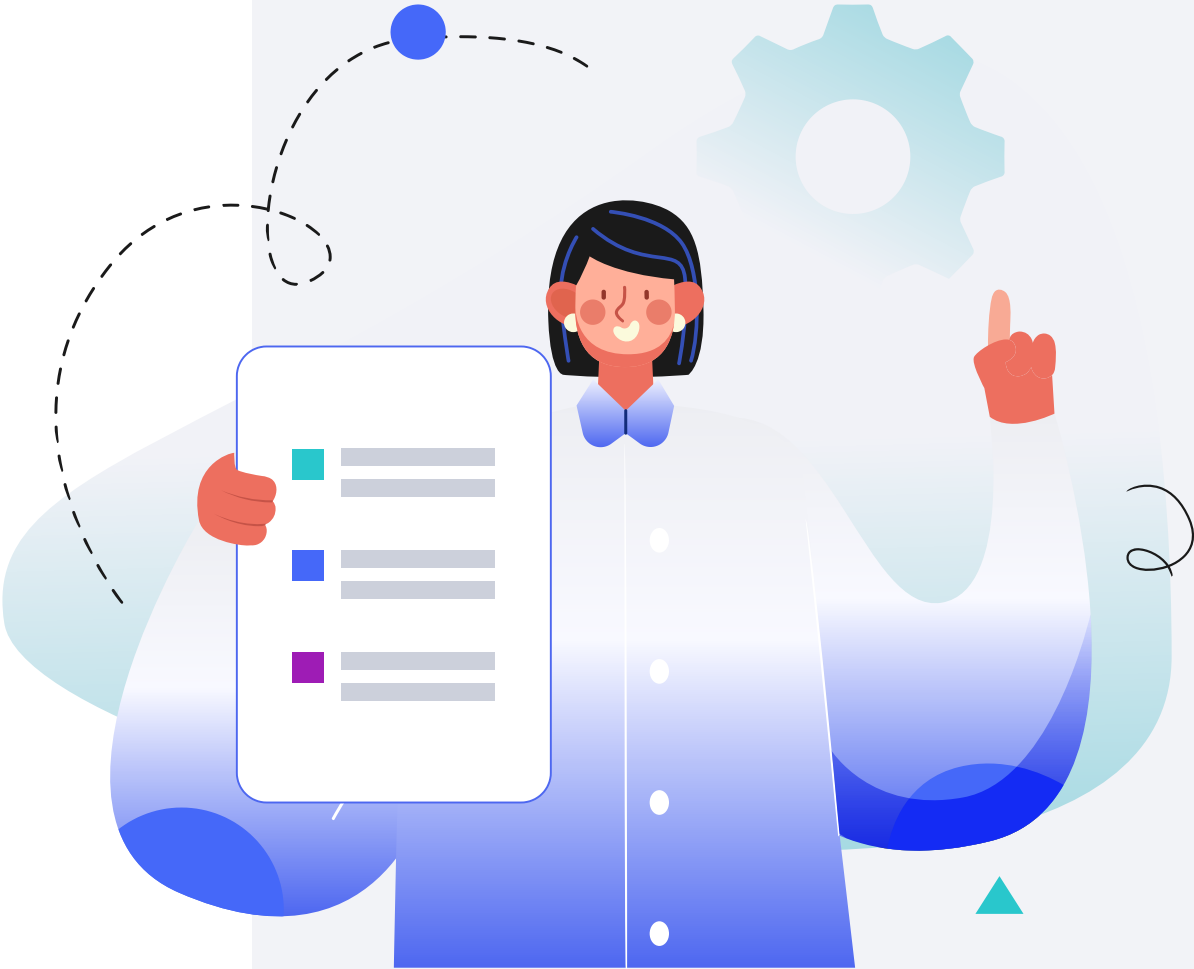
Male

HEIGHT

5ft 5" 165cm

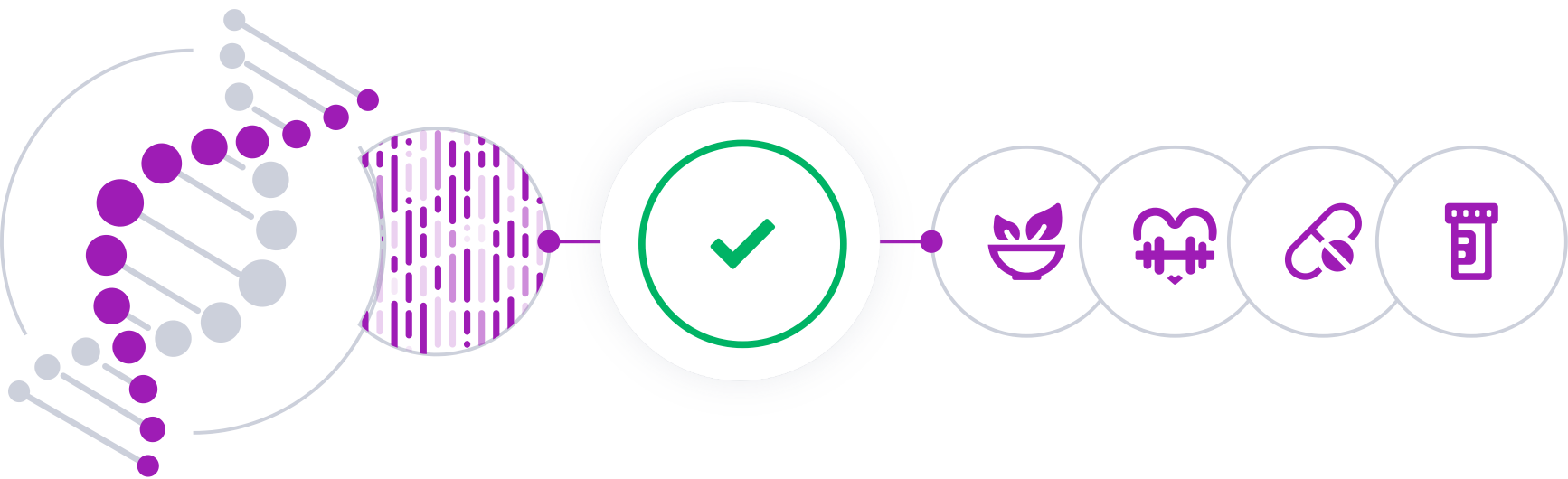
WEIGHT

137lb 62kg



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

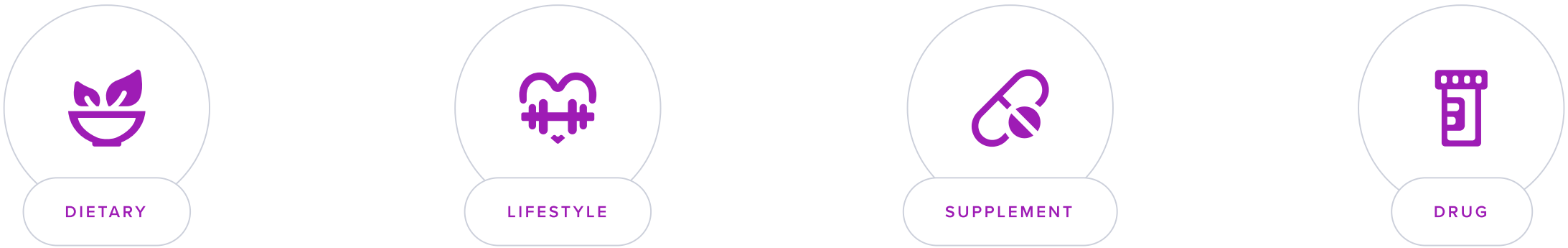
You have 2 risk alleles

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

Nasal polyps are soft, non-cancerous growths that develop on the lining of the nasal passages or sinuses due to chronic inflammation. They are often associated with conditions like asthma, recurrent infections, allergies, or sensitivity to certain drugs. Nasal polyps can vary in size and, if left untreated, may block the nasal passages, leading to breathing difficulties, sinus infections, and a loss of smell.

Nasal polyps are typically painless and can grow in clusters. They are more common in adults and often linked to long-term inflammation in the nose or sinuses, known as chronic rhinosinusitis (CRS).

Although small nasal polyps may not cause noticeable symptoms, larger polyps or multiple growths can lead to issues such as:

- Difficulty breathing through the nose
- Chronic nasal congestion
- Postnasal drip
- Decreased sense of smell or taste
- Frequent sinus infections
- Facial pain or pressure
- Snoring

Risk Factors and Treatment

Certain factors may increase the likelihood of developing nasal polyps, including:

- Asthma
- Chronic rhinosinusitis
- Aspirin sensitivity or intolerance
- Cystic fibrosis
- Allergic rhinitis (hay fever)
- Frequent sinus infections
- Family history of nasal polyps

Treatment for nasal polyps aims to reduce their size, relieve symptoms, and prevent recurrence. Common approaches include:

- Medications: Corticosteroid nasal sprays or oral steroids to reduce inflammation and shrink polyps. Antihistamines and decongestants may also help.
- Surgery: If medication fails, a procedure called endoscopic sinus surgery may be necessary to remove larger polyps and open blocked sinuses.
- Ongoing management: Patients often need long-term treatment with nasal sprays or rinses to prevent recurrence after surgery.



LESS LIKELY

Less likely to have nasal polyps based on 838,846 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ALOX15	rs34210653	GG
TSLP	rs1837253	CC
/	rs1391371	TA
ERMP1	rs1888909	TC
TMEM258	rs174535	TT
HLA-DQA2	rs28383314	CC
BACH2	rs62408225	AA
GATA3	rs10905284	CC
GPX4	rs4807542	AG
GATA3	rs1444782	AG
FOXP1	rs17718444	CT
AXL	rs338598	CA
IL18R1	rs6543124	TA
SLC22A4	rs1050152	TC
RMI2	rs8046011	AA
IL1RL1	rs1420101	CC
RPS26	rs7302200	GG
HLA-B	rs2428494	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.

- 1

Intranasal Capsaicin
- 2

Fish
- 3

Bromelain
- 4

Avoid Contact With Dust
- 5

Avoid Cadmium Exposure
- 6

Avoid Contact With Pollen
- 7

Avoid Exposure to Molds

1



Intranasal Capsaicin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply a capsaicin nasal spray into each nostril, typically starting with one spray per nostril, up to three times a day. Adjust frequency based on symptom relief and tolerance, not exceeding the maximum dosage recommended by the product. Consult with a healthcare provider for duration of use tailored to individual needs.

Description

Intranasal capsaicin is a therapy that involves applying capsaicin (a compound found in chili peppers) to the nasal passages. It is used in some cases to relieve certain types of headache or sinus symptoms, although its efficacy can vary.

How it helps

In a non-placebo-controlled trial of 51 patients with nasal polyps, intranasal capsaicin application reduced polyps and nasal obstruction recurrence [\[R\]](#).

2



Fish

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate two servings of fish into your diet each week, focusing on oily fish like salmon, mackerel, or sardines for their high omega-3 fatty acid content. Each serving should be about 3.5 ounces cooked, or about ¾ cup of flaked fish.

Description

Fish, particularly fatty fish like salmon and mackerel, is an excellent source of omega-3 fatty acids, which support cardiovascular health, brain function, and inflammation management. Regular consumption of fish can promote heart health and overall well-being.

Fish is a great source of [omega-3s](#), protein, and other essential nutrients. Omega-3s from fish (EPA and DHA) are some of the healthiest fats we can eat. They help reduce inflammation and **protect the heart, brain, and eyes** [\[R, R, R\]](#).

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

Fish, particularly fatty fish like salmon, are high in omega-3 fatty acids, which have anti-inflammatory effects. A diet rich in omega-3s may help reduce the inflammation associated with nasal polyps.

3



Bromelain

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500mg of bromelain supplement two to three times daily, preferably with food to reduce the risk of gastrointestinal discomfort. It is recommended to use for short-term relief, typically not exceeding several months, unless supervised by a healthcare provider.

Description

Bromelain is an enzyme found in pineapple that may have anti-inflammatory and digestive benefits. It's often used as a dietary supplement to aid digestion and reduce swelling associated with injuries or surgery.

[Bromelain](#) is an extract from pineapples. It’s rich in enzymes that break down proteins [\[R\]](#).

Bromelain may have some health benefits. People use it to [\[R\]](#):

- Maintain joint health
- Help with burns
- Support heart health

How it helps

Bromelain, an enzyme found in pineapple, has anti-inflammatory properties that may help reduce the inflammation associated with nasal polyps. By reducing inflammation, bromelain can potentially decrease the size of nasal polyps and relieve symptoms like nasal congestion.

4



Avoid Contact With Dust

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid contact with dust, clean surfaces with a damp cloth at least twice a week, use a vacuum cleaner with a HEPA filter regularly on carpets and upholstery, and avoid using feather dusters that disperse dust into the air. Additionally, consider using air purifiers in rooms where you spend the most time and keep windows closed on windy days to prevent outdoor dust from coming in.

Description

Avoiding exposure to dust can help alleviate allergy symptoms such as sneezing, runny nose, and itchy eyes, promoting respiratory comfort and overall well-being, particularly for individuals with allergies or allergic conditions.

How it helps

Dust can aggravate nasal passages and potentially worsen conditions like nasal polyps by causing irritation and inflammation. Keeping environments free of dust can help reduce symptoms.

5



Avoid Cadmium Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid cadmium exposure, refrain from smoking or exposure to secondhand smoke, reduce consumption of foods high in cadmium like shellfish, liver, kidney meats, and certain leafy vegetables, and use ceramic or glass containers instead of plastic when microwaving food. Limit intake of cadmium-contaminated workplace air by using protective gear if you work in battery manufacturing, welding, or metal refining industries.

Description

Avoiding cadmium exposure is essential to prevent potential health risks associated with this heavy metal, such as kidney damage and increased cancer risk. Reducing exposure to cadmium-containing products and contaminated foods is crucial.

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [\[R\]](#), [\[R\]](#).

Long-term exposure to high amounts of heavy metals can be harmful to your health [\[R\]](#), [\[R\]](#).

Heavy metals that are most often linked to health problems include [\[R\]](#), [\[R\]](#):

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

How it helps

Exposure to cadmium increases the risk of nasal poliposis more in people with certain gene variants [\[R\]](#).

6



Avoid Contact With Pollen

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stay indoors during high pollen count days, usually during early morning or late afternoon. Close windows and use air purifiers to keep indoor air clean. Shower and change clothes after being outside to remove pollen.

Description

Avoiding exposure to pollen can help alleviate allergy symptoms such as sneezing, runny nose, and itchy eyes, promoting respiratory comfort and overall well-being, particularly for individuals with allergies and allergic conditions.

How it helps

Pollen is a common irritant for many people, particularly those with allergic rhinitis, which is closely linked to nasal polyps. Avoiding exposure to pollen can help manage symptoms and prevent further inflammation.

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Avoid Exposure to Molds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Keep indoor humidity levels below 50% by using dehumidifiers or air conditioners, ensure proper ventilation in areas like bathrooms and kitchens, fix leaks promptly, and clean up any water damage within 24-48 hours to prevent mold growth. Regularly check and clean places where mold tends to accumulate, such as shower curtains, window sills, and refrigerator drip pans.

Description

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health. Inhaled mold may cause a range of respiratory symptoms, like infections, asthma, and coughing.

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health [\[R\]](#).

Inhaled mold may cause a range of respiratory symptoms, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Respiratory infections
- Reduced lung function
- Caugh
- Asthma worsening

Mycotoxins are the most dangerous aspect of **foodborne mold**. Exposure to higher amounts of these toxins can damage the organs and promote cancer growth [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Molds can trigger allergic reactions and inflammation in the nasal passages, exacerbating nasal polyps. Avoiding mold exposure can help manage polyp symptoms and prevent their growth.

Next Steps

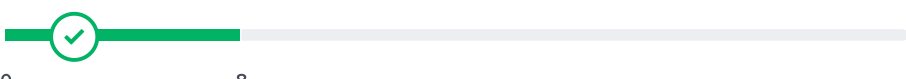
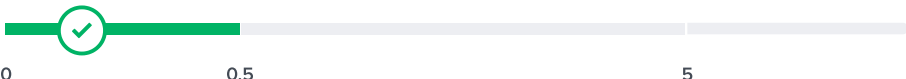
Remember, your genes only tell one important part of your health story!

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.

	Eosinophils (%)	2.3 %		9 Nov 2025
	Eosinophils (Absolute)	0.16 x10^9/L		9 Nov 2025