

Neck Arthritis

DNA Health Report

REPORT CATEGORIES —



JOINT & TENDON
HEALTH



BONE HEALTH

Sample Client

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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

Cervical spondylosis, commonly referred to as neck arthritis or cervical osteoarthritis, is a condition related to the wear and tear of the cervical spine, which is located in the neck. Over time, the cartilage and bones of the cervical spine can degrade, potentially leading to chronic pain, stiffness, and a reduction in the range of motion.

The condition typically affects middle-aged and elderly individuals, but it can occasionally present in younger people who have experienced significant neck strain or injury.

Complications

As the disks in the cervical spine dehydrate and shrink, signs of osteoarthritis develop, including the formation of bony projections along the edges of bones (bone spurs). Cervical spondylosis can sometimes lead to a narrowing of the space needed by the spinal cord and the nerve roots that pass through the spine to the rest of the body.

When these nerve pathways are affected, individuals might experience neurological symptoms such as numbness, weakness, or tingling in the arms, hands, legs, or feet.



MORE LIKELY

More likely to have cervical spondylosis based on 481,932 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	Topical Capsaicin	2	Apply Heat15 minutes
3	Topical CBD	4	Acupuncture1 hour
5	Physical Therapy30 minutes	6	Topical Boswellia

1

Topical Capsaicin

IMPACT

0 / 5

EVIDENCE

0 / 5

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, derived from chili peppers, can temporarily reduce pain in the area it is applied by decreasing the level of substance P, a chemical that helps transmit pain signals to the brain. Its use in managing chronic pain, like that associated with cervical spondylosis, has been supported by its ability to desensitize pain receptors over time.

2



Apply Heat

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Place a warm, not hot, heating pad or a warm wet towel on the affected area for 15-20 minutes at a time. Do this several times a day, ensuring there's at least a 1-hour interval between sessions to avoid skin damage.

TYPICAL STARTING DOSE

15 minutes

Description

Applying heat, such as through heating pads or warm baths, can help relieve muscle tension and soothe pain. It is a common method for managing muscle aches, menstrual cramps, and minor injuries.

People use hot applications to relieve pain, improve blood flow, and more [\[R\]](#), [\[R\]](#).

Types of hot applications include [\[R\]](#), [\[R\]](#):

- Heating pads
- Hot baths
- Saunas
- Hot water bottles

How it helps

Applying heat to the affected area can help ease pain and stiffness associated with cervical spondylosis. Heat therapy increases blood flow, which can aid in the healing process and relax muscles.

3

Topical CBD

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a CBD-infused cream or ointment to the affected area of the skin 2-3 times per day, gently massaging it into the skin until fully absorbed. Continue this regimen for at least 4 weeks to assess effectiveness.

Description

CBD, derived from the cannabis plant, is used topically in various skincare products for its potential anti-inflammatory and soothing effects on the skin. It is applied to address skin conditions like acne, eczema, and psoriasis.

[Cannabidiol \(CBD\)](#) is a compound found in cannabis. Unlike its cousin THC, **CBD is not psychoactive and can’t get you “high”** [\[R\]](#).

People use CBD to:

- Reduce anxiety [\[R, R\]](#)
- Relieve pain [\[R, R, R\]](#)
- Prevent seizures [\[R\]](#)
- Improve sleep [\[R\]](#)

Topical CBD products are also available. People use them for skincare, joint problems, and more [\[R, R\]](#).

How it helps

Topical Cannabidiol (CBD) can provide relief from pain and inflammation associated with cervical spondylosis through its interaction with the body's endocannabinoid system. It may help reduce chronic pain and inflammation without the psychoactive effects associated with other parts of the cannabis plant.

4



Acupuncture

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [[R](#), [R](#), [R](#), [R](#), [R](#)]:

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture helps relieve pain and improve function in people with cervical spondylosis by stimulating specific body points. The stimulation is thought to increase blood flow to the area and influence the body's natural painkillers, such as endorphins.

5

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 is beneficial for managing cervical spondylosis. It helps improve flexibility, strengthen muscles, and educate on proper posture to alleviate pain and prevent further degeneration.

6

Topical Boswellia

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a topical boswellia cream or gel with a concentration of 1-3% boswellic acids to the affected area. Use this topical treatment 2-3 times daily, gently massaging it into the skin until fully absorbed. Continue this regimen for at least 8 weeks to observe potential benefits.

Description

Boswellia extract, derived from the resin of the Boswellia serrata tree, contains boswellic acids and is applied topically for its anti-inflammatory properties. It is often used to relieve joint pain associated with conditions like osteoarthritis.

How it helps

Topical Boswellia, also known as Indian frankincense, contains anti-inflammatory compounds that can help reduce the swelling and pain associated with cervical spondylosis. Its application may soothe stiff joints and alleviate discomfort by inhibiting pro-inflammatory markers, which contributes to its pain-relieving effects.