

Painful Bladder Syndrome

Disease Report

REPORT CATEGORY —



URINARY TRACT
HEALTH

Sample Client

Report date: 15 January 2026

Powered by

 omicsege

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

09 Your recommendations

21 Next Steps

- 21 Your Lab Results

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

Painful bladder syndrome, also known as interstitial cystitis, is a chronic condition that causes a combination of uncomfortable bladder pressure, bladder pain and sometimes pelvic pain, affecting both women and men. The pain may range from mild discomfort to severe pain.

The condition is a part of a spectrum of diseases known as bladder pain syndrome (BPS). This syndrome can affect daily activities and lead to a reduction in quality of life due to the persistent need to urinate and the persistent pain associated with bladder filling and emptying.

Causes and Management

The exact cause of painful bladder syndrome is not well understood, but it is believed to involve a defect in the lining of the bladder that allows irritating substances in the urine to inflame the bladder wall. Additionally, there may be a component of autoimmune reaction, heredity, infection, or allergy.

There is no cure for painful bladder syndrome, but treatments are available to alleviate symptoms. These treatments can include lifestyle modifications, physical therapy, medications, nerve stimulation, and in severe cases, surgery. The management of the syndrome often requires a multi-disciplinary approach and may involve urologists, gynecologists, and pain management specialists.



MORE LIKELY

More likely to have painful bladder syndrome based on 12,626 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	Quercetin	250 mg	2	Shock Wave Therapy	
3	Guided Imagery	30 minutes	4	Alpha-Lipoic Acid and Omega-3 Fatty Acids	
5	Hydrogen Water		6	Pumpkin Seeds	
7	Topical Capsaicin		8	Probiotic Yogurt	
9	Pears		10	Apply Heat	15 minutes
11	Watermelon		12	Alpha-Lipoic Acid	600 mg
13	Avoid Spicy Food		14	Omega-3 (Fish Oil)	2000 mg
15	Acupuncture	1 hour			

1



Quercetin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 250-1000 mg of quercetin supplement daily with a glass of water, preferably with a meal to aid in its absorption.

TYPICAL STARTING DOSE

250 mg

Description

Quercetin is a natural plant flavonoid found in various foods, particularly in fruits and vegetables like apples, onions, and broccoli. It is used as a dietary supplement and is valued for its potential antioxidant and anti-inflammatory properties.

[Quercetin](#) is a **plant-based antioxidant**. It supports the immune system and helps lower inflammation [\[R\]](#), [\[R\]](#).

Good sources of quercetin include [\[R\]](#):

- Apples
- Onions
- Tea

People mainly use quercetin supplements to relieve allergies [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Quercetin has shown potential in reducing symptoms of painful bladder syndrome due to its anti-inflammatory and antioxidant properties. It may help in reducing bladder discomfort and urinary urgency.

Quercetin, when used as part of a multi-agent supplement, has shown promise in reducing bladder wall inflammation and improving symptoms in patients with refractory IC/PBS [\[R\]](#), [\[R\]](#).

A combination of quercetin with other enzymes (papain, bromelain, trypsin, chymotrypsin) and medications (amitriptyline, pregabalin) has been effective in reducing pain and inflammation in patients with PBS/VBD (vestibulodynia) [\[R\]](#).

Please note: *quercetin may inhibit the production of the thyroid hormone T4 (thyroxine). Individuals with thyroid disorders, particularly hypothyroidism or low T4 levels, should exercise caution when using quercetin and always consult with a healthcare provider before taking this supplement [\[R\]](#).*

Please note: *quercetin may interfere with iron absorption due to its iron-chelating properties, potentially exacerbating anemia or making it harder to manage. If you have anemia, consult your healthcare provider before using quercetin supplements [\[R\]](#).*

2



Shock Wave Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule and attend sessions for extracorporeal shock wave therapy (ESWT) with a qualified healthcare provider. Typically, treatments may involve 1 to 3 sessions a week over a span of 3 to 4 weeks, depending on the condition being treated and the severity of symptoms.

Description

Extracorporeal shockwave therapy is a medical treatment that uses shockwaves to stimulate healing and reduce pain in various musculoskeletal conditions. It is often used for conditions such as plantar fasciitis and tendinitis.

In extracorporeal shockwave therapy, sound waves are emitted and passed through parts of the body. Doctors use it to help reduce pain and stimulate tissue recovery in people [\[R\]](#), [\[R\]](#).

How it helps

In a [placebo-controlled trial of 54 patients with interstitial cystitis/bladder pain syndrome](#), extracorporeal shock wave therapy **reduced pain but not the O'Leary-Sant symptom scores** [\[R\]](#).

In another [placebo-controlled trial \(25 patients\)](#), receiving extracorporeal shock wave therapy for 4 weeks **improved the O'Leary-Sant symptom and VAS scores, and decreased IL4, IL9, and VEGF** [\[R\]](#).

Low-intensity extracorporeal shock wave therapy **reduced pain and lower urinary tract symptoms and improved the quality of life but had no effect on maximal cystometric capacity** in a [non-placebo-controlled trial of 30 women with interstitial cystitis](#) [\[R\]](#).

3



Guided Imagery

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Find a quiet, comfortable place to sit or lie down where you can spend 20 to 30 minutes without interruptions. Close your eyes and take deep breaths to relax. Then, listen to a guided imagery audio recording or follow a script where you imagine a peaceful scene or scenario in detail. Do this practice daily, ideally at the same time each day, to reduce stress and improve well-being.

TYPICAL STARTING DOSE

30 minutes

Description

Guided imagery is a relaxation technique that involves using mental images to promote relaxation, reduce stress, and manage pain. It can have a positive impact on mental well-being and overall stress management.

Guided imagery is a relaxation technique that involves visualizing positive, peaceful settings. Guided imagery aims to [\[R\]](#), [\[R\]](#):

- Improve mind-body connection
- Enhance well-being
- Reduce stress and anxiety
- Improve immunity

How it helps

In a non-placebo-controlled trial of 30 patients with interstitial cystitis, guided imagery therapy reduced pain scores, urgency episodes, and overall symptoms [\[R\]](#).

4

Alpha-Lipoic Acid and Omega-3 Fatty Acids

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Typically, alpha-lipoic acid is taken in doses ranging from 100 to 600 mg/day and omega-3 fatty acids are commonly consumed in doses of 250 to 2000 mg/day, depending on individual health goals. For better absorption and to minimize potential gastrointestinal discomfort, both supplements should be taken with meals. It's also advisable to start with lower doses and gradually increase them to gauge tolerance.

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

[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

In a study of 84 women with VBD/PBS, adding ALA and n-3 PUFAs to amitriptyline treatment improved pain management and symptoms like dyspareunia and pelvic floor muscle tone more effectively than amitriptyline alone [\[R\]](#).

5



Hydrogen Water

IMPACT

0 / 5

EVIDENCE

1 / 5

How to implement

Drink 1.5 to 2 liters of hydrogen-rich water daily, spread out over the course of the day. It is best to start with a lower volume and gradually increase it to allow your body to adjust. This practice should be continued daily as a part of your lifestyle to maintain its potential benefits.

Description

Drinking hydrogen-rich water is believed to have antioxidant properties and may help combat oxidative stress in the body. Some studies suggest it could potentially support overall health and well-being.

How it helps

A double-blind trial investigated hydrogen-rich water for Interstitial Cystitis/Bladder Pain Syndrome. Though bladder pain was reduced in both groups, hydrogen water showed no significant difference from the placebo, despite some individual improvement [\[R\]](#).

6



Pumpkin Seeds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a handful of pumpkin seeds (about 28 grams) into your diet daily. You can add them to your breakfast cereal, sprinkle them over a salad, blend them into smoothie bowls, or simply eat them as a snack. This practice can be continued indefinitely as part of a healthy dietary pattern.

Description

Pumpkin seeds, also known as pepitas, are the edible seeds of the pumpkin.They are rich in protein, antioxidants, iron, zinc, magnesium, manganese, and phosphorus. The compounds in pumpkin seeds may benefit heart health and immune function.

Pumpkin seeds are rich in arginine, protein, antioxidants, iron, zinc, magnesium, manganese, and phosphorus. Pumpkin seeds contain 54.18 mg of arginine per gram.

How it helps

Pumpkin seeds are known to have beneficial effects on bladder health. Their rich magnesium content can help reduce bladder muscle spasms and inflammation, easing symptoms of painful bladder syndrome.

7



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

Capsaicin, when applied topically, can desensitize bladder nerves and reduce pain signals. It works by depleting substance P, a neuropeptide associated with inflammation and pain. Over time, this can diminish feelings of bladder pain and urgency, characteristic of painful bladder syndrome.

8



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt can be beneficial for people with painful bladder syndrome by promoting a healthy balance of bacteria in the gut. This balance is crucial for reducing urinary tract infections (UTIs), which can exacerbate symptoms.

9



Pears

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate one medium-sized pear into your daily diet, either as a snack or part of a meal. You can eat it raw, add it to salads, or use it in recipes. Continue this practice daily for ongoing health benefits.

Description

Pears are a fruit that originates from the Pyrus tree, and have been eaten for centuries in various parts of the world. they are a good source of dietary fiber, vitamin C and K, and various antioxidants, which may be beneficial for gut health, help fight inflammation, and aid in weight loss.

How it helps

Pears are a bladder-friendly fruit for individuals with painful bladder syndrome. They are low in acid and can help reduce bladder irritation and discomfort.

10



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 can help relieve abdominal and pelvic discomfort associated with painful bladder syndrome by relaxing tight muscles and improving blood flow.

11



Watermelon

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate fresh watermelon into your diet, aiming to consume about 1-2 cups of cubed watermelon daily, either as a snack or part of your meals. It is best consumed fresh to maximize its hydrating effects and nutritional benefits.

Description

Watermelon is a refreshing fruit known for its high water content and being a good source of vitamins A and C. It is used to help stay hydrated and may support skin health due to its antioxidant properties.

How it helps

Watermelon is high in water content, which can help dilute urine and reduce bladder irritation. This makes it a beneficial food for those with painful bladder syndrome.

12



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

In a study of 84 women with VBD/PBS, adding ALA and n-3 PUFAs to amitriptyline treatment improved pain management and symptoms like dyspareunia and pelvic floor muscle tone more effectively than amitriptyline alone [\[R\]](#).

13



Avoid Spicy Food

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

Spicy foods can exacerbate bladder pain and irritation in some people with painful bladder syndrome. Reducing or eliminating spicy foods from the diet can help minimize symptoms like urgency, frequency, and bladder pain.

14



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

In a study of 84 women with VBD/PBS, adding ALA and n-3 PUFAs to amitriptyline treatment improved pain management and symptoms like dyspareunia and pelvic floor muscle tone more effectively than amitriptyline alone [\[R\]](#).

15



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 might help manage symptoms of painful bladder syndrome by promoting relaxation and pain relief. It is thought to stimulate nerves and could affect the bladder's pain signals to the brain.

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.

✓	Occult Blood, Urine	Optimal High	9 Nov 2025
✓	Leukocyte Esterase	Negative Positive	9 Nov 2025
✓	Specific Gravity, Urine	1.015 x100% 1 1.04 ✓	9 Nov 2025