SelfDecode™

Painful Intercourse

DNA Health Report

REPORT CATEGORIES

PAIN

SEXUAL HEALTH

Sample Client

Report date: 15 January 2026

Powered by omicsedge

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

17 Next Steps

17 Your Lab Results

Personal information

NAME

Sample Client

SEX AT BIRTH

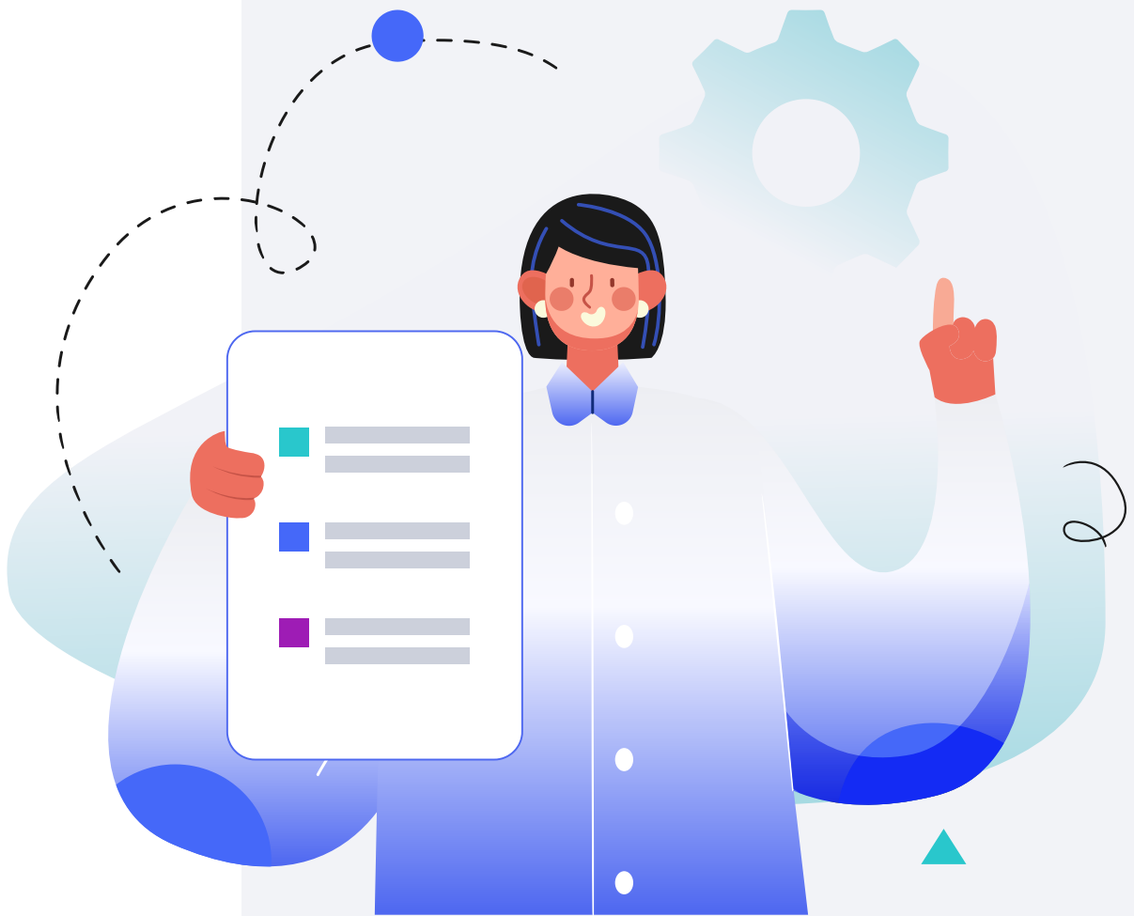
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

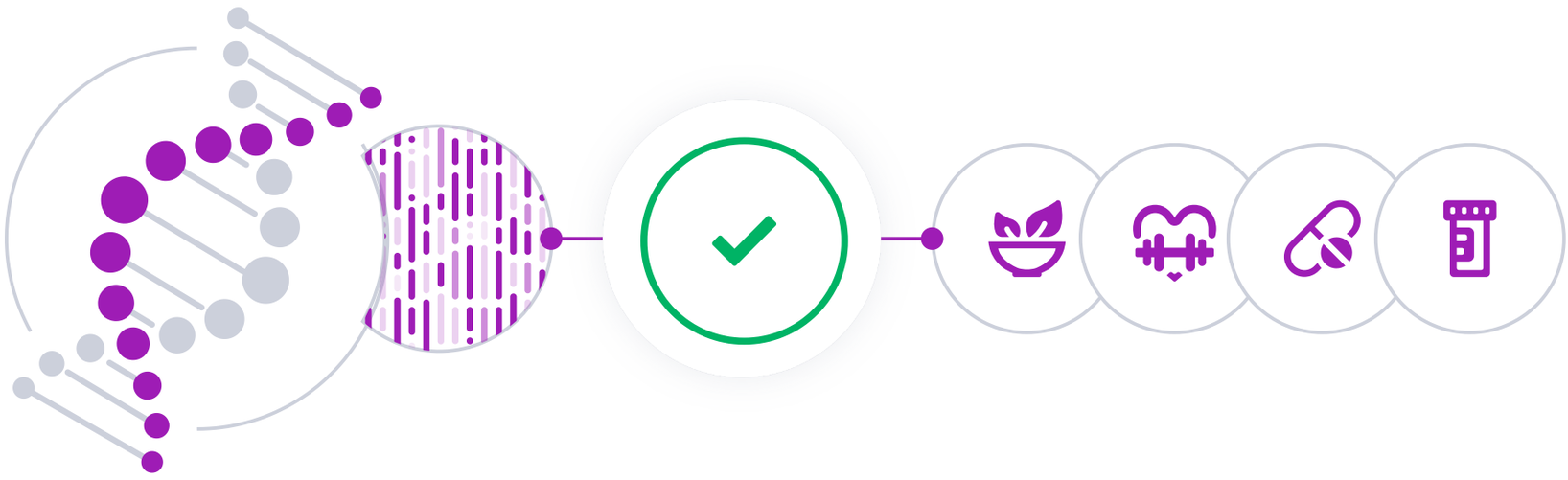


DISCLAIMER

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

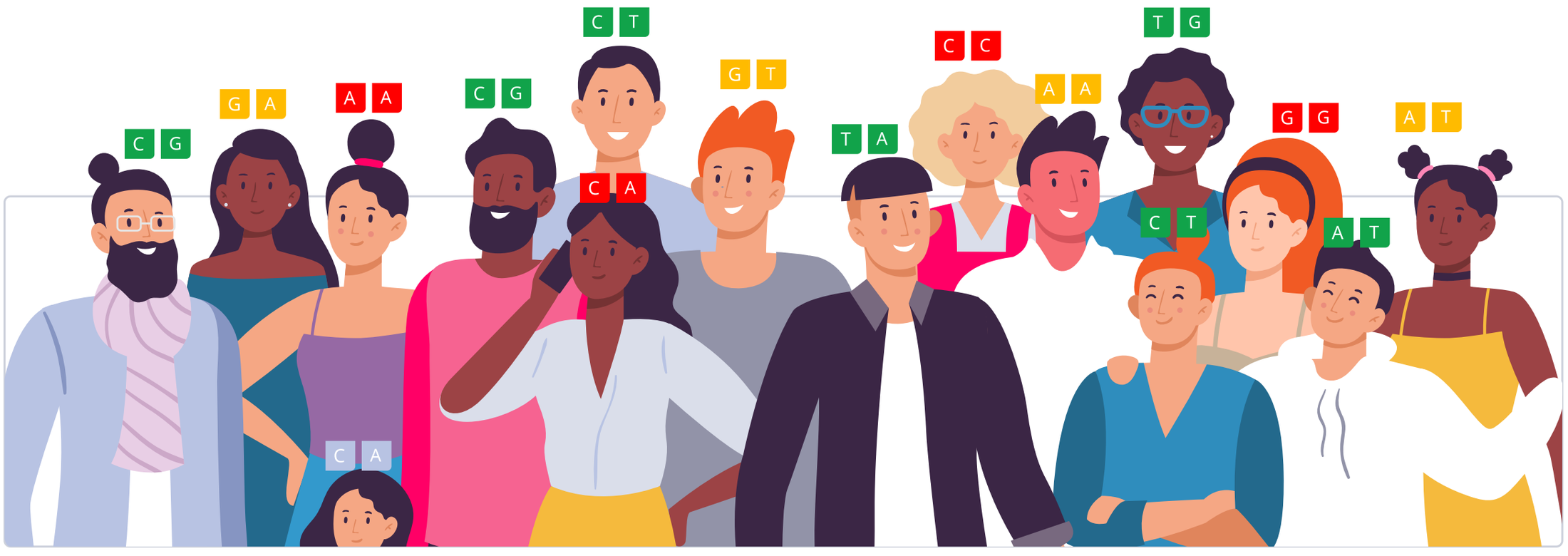
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

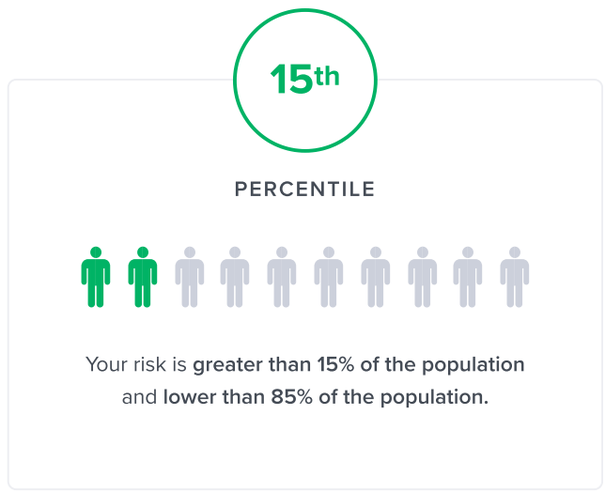
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:

In total, we analyze up to 83 million genetic variants.



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, afew 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 intercourse, medically referred to as dyspareunia, is an issue that can affect anyone, though it more commonly presents in women. It can be experienced as pain before, during, or after sexual intercourse.

The pain may be superficial, felt at the entrance of the vagina or deeper in the pelvic region, hinting at various underlying conditions. It is a symptom that can arise from many causes including hormonal changes, such as those during menopause, vaginal dryness, infection or inflammation, and physical conditions like endometriosis or pelvic floor dysfunction.

Impact and Management

The impacts of painful intercourse extend beyond physical discomfort, potentially leading to emotional distress and strain on intimate relationships. This discomfort can discourage sexual activity, contributing to a cycle of pain and avoidance.

Management and treatment require a multidisciplinary approach—often including gynecological evaluation, physical therapy, counseling or sex therapy, and potential lifestyle modifications. Addressing other contributing factors such as stress, anxiety, or past traumatic experiences is crucial for comprehensive care and improving quality of life for those impacted by dyspareunia.

TYPICAL LIKELIHOOD

Typical likelihood of painful intercourse based on 1,681 genetic variants we looked at

74th

PERCENTILE

Your risk is **greater than 74% of the population** and **lower than 26% of the population.**

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
1	Topical Coconut Oil	
2	Hyaluronic Acid	120 mg
3	Aloe Vera	50 mg
4	Kegel Exercises	5 seconds
5	Mindfulness Meditation	30 minutes
6	Relaxation Techniques	30 minutes
7	Sea Buckthorn Oil	1000 mg
8	Topical Hyaluronic Acid	
9	Good Feminine Hygiene	
10	Apply Heat	15 minutes

1 Topical Coconut Oil

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Apply a small amount of coconut oil directly to the skin area you wish to treat, gently massaging it in until absorbed. Do this process 1-2 times daily, preferably after showering to help retain moisture. The duration of use depends on the condition being treated but generally ranges from a few days to ongoing as needed for skin hydration and protection.

Description

Coconut oil is a natural plant-derived topical application obtained from coconuts. It is used for its moisturizing and antimicrobial properties, making it suitable for skincare, haircare, and as a general moisturizer.

How it helps

In a survey of 53 women complaining of vaginal dryness and painful intercourse, applying topical coconut oil for 6 months reportedly improved these symptoms [R].

Topical coconut oil may help by reducing friction and increasing comfort during sexual activity. It has moisturizing properties that can help maintain skin hydration in intimate areas.

2 Hyaluronic Acid

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 120-240 mg of oral hyaluronic acid supplement daily, ideally with or after a meal to enhance absorption. Consistent use for at least one month is recommended to evaluate its effects on skin hydration and joint health.

TYPICAL STARTING DOSE

120 mg

Description

Hyaluronic acid is a natural substance that plays a key role in joint and skin health. As a supplement or topical application, it may help support joint mobility and skin hydration.

How it helps

Hyaluronic Acid can improve symptoms of painful intercourse by enhancing the hydration of the vaginal tissues. This compound has a high capacity for retaining water, and when used in vaginal moisturizers or supplements, it can help to alleviate dryness and facilitate smoother, less painful intercourse by improving the moisture balance in the vaginal area.

3

Aloe Vera

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

Aloe vera lives in the desert, and its thick leaves store water in the form of a gel [R].

People use aloe gel to help soften the skin and soothe burns [R].

Oral aloe supplements may help with blood sugar and gut health [R].

How it helps

Aloe Vera can be effective as a supplement for painful intercourse, particularly when the discomfort is caused by vaginal dryness. Its hydrating properties can help to moisturize the vaginal area, reducing dryness and consequently discomfort during intercourse. Aloe Vera's soothing properties can also help to alleviate irritation in the vaginal area.

4

Kegel Exercises

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Perform Kegel exercises by tightening your pelvic floor muscles (as if you are trying to stop urinating mid-flow) for 5 seconds, then relax for 5 seconds. Repeat this process 10 times in a row, at least 3 times a day (morning, afternoon, and night).

TYPICAL STARTING DOSE

5 seconds

Description

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them [R].

The exercises involve flexing and holding the pelvic floor muscles in the same manner one would try to hold in urine. To start, tighten for three seconds, then relax for three seconds. Build up to doing 10-15 repetitions, three times per day [R].

Kegel exercises may help with bladder control problems and sexual health [R, R].

How it helps

Kegel exercises strengthen the pelvic floor muscles, which can improve control and reduce pain during intercourse.

5

Mindfulness Meditation

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation can help manage the psychological aspects of pain by improving stress management and promoting relaxation.

6

Relaxation Techniques

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

Stress can help you deal with a challenge or avoid danger. However, **it's not healthy to be stressed for a long time** [R, R].

Relaxation techniques such as yoga and meditation can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [R].

People use relaxation techniques to improve conditions like [R, R, R]:

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [R, R].

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind's attention to bodily sensations such as warmth and heaviness [R, R].

How it helps

Relaxation techniques can help reduce overall tension and anxiety, which may make sexual activity more comfortable.

7

Sea Buckthorn Oil

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 500 mg of sea buckthorn oil capsules twice daily with meals for up to 8 weeks. Ensure to check the label for pure sea buckthorn oil without added ingredients.

TYPICAL STARTING DOSE

1000 mg

Description

Sea buckthorn oil is derived from the sea buckthorn plant, a thorny shrub native to Europe and Asia. It is rich in vitamins, caretenoids, antioxidants, and fatty acids, and has been used in traditional medicines for centuries for heart and skin health.

Sea buckthorn (*Hippophae rhamnoides*) is a berry-filled bush from Europe and Central Asia. It is rich in vitamins, antioxidants, and fatty acids [R, R, R].

People have long used sea buckthorn in traditional medicine to prevent aging, promote heart health, and clear the skin.

How it helps

Sea Buckthorn Oil has been studied for its effects on improving vaginal lubrication and reducing vaginal dryness, which are common causes of painful intercourse. Its rich content of omega-7 fatty acids promotes mucous membrane health, potentially alleviating symptoms of dryness and enhancing comfort during sexual activity.

8

Topical Hyaluronic Acid

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Apply a few drops of hyaluronic acid serum directly to your clean, damp skin twice a day, in the morning and before bedtime. Gently massage it into your face and neck until fully absorbed. Follow up with your regular moisturizer to seal in the hydration.

Description

Hyaluronic acid is a naturally occurring substance in the skin that is used topically to enhance skin hydration, reduce fine lines, and improve overall skin texture. It can be derived from various sources, including microbial fermentation.

Hyaluronic acid is a compound naturally found in the body. It helps the skin, eyes, connective tissues, and joints retain water [R, R].

By doing so, hyaluronic acid can help keep the [R]:

- Joints moving smoothly
- Skin and eyes moist
- Skin flexible

Hyaluronic acid is popular as a topical serum. It is also available as an injection, supplement, and eye drop.

How it helps

Hyaluronic acid is known for its hydrating properties, which can be beneficial in topical applications for painful intercourse. It helps in maintaining moisture in the vaginal tissues, potentially reducing dryness and discomfort during sex.

9

Good Feminine Hygiene

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Wash your genital area once a day with warm water and mild, unscented soap. Wear cotton underwear and change it daily or more often if it gets damp. Avoid using scented products like douches, sprays, or powders in the genital area.

Description

Good feminine hygiene practices, including regular cleansing and maintaining a balanced vaginal pH, can help prevent infections and discomfort while promoting overall intimate health for women.

How it helps

Maintaining good feminine hygiene can help prevent infections and irritations that might cause or worsen pain during intercourse.

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 to the pelvic area can increase blood flow and relax muscles, potentially reducing pain during intercourse.

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.