

Painful Urination

DNA Health Report

REPORT CATEGORIES —



PAIN



URINARY TRACT
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

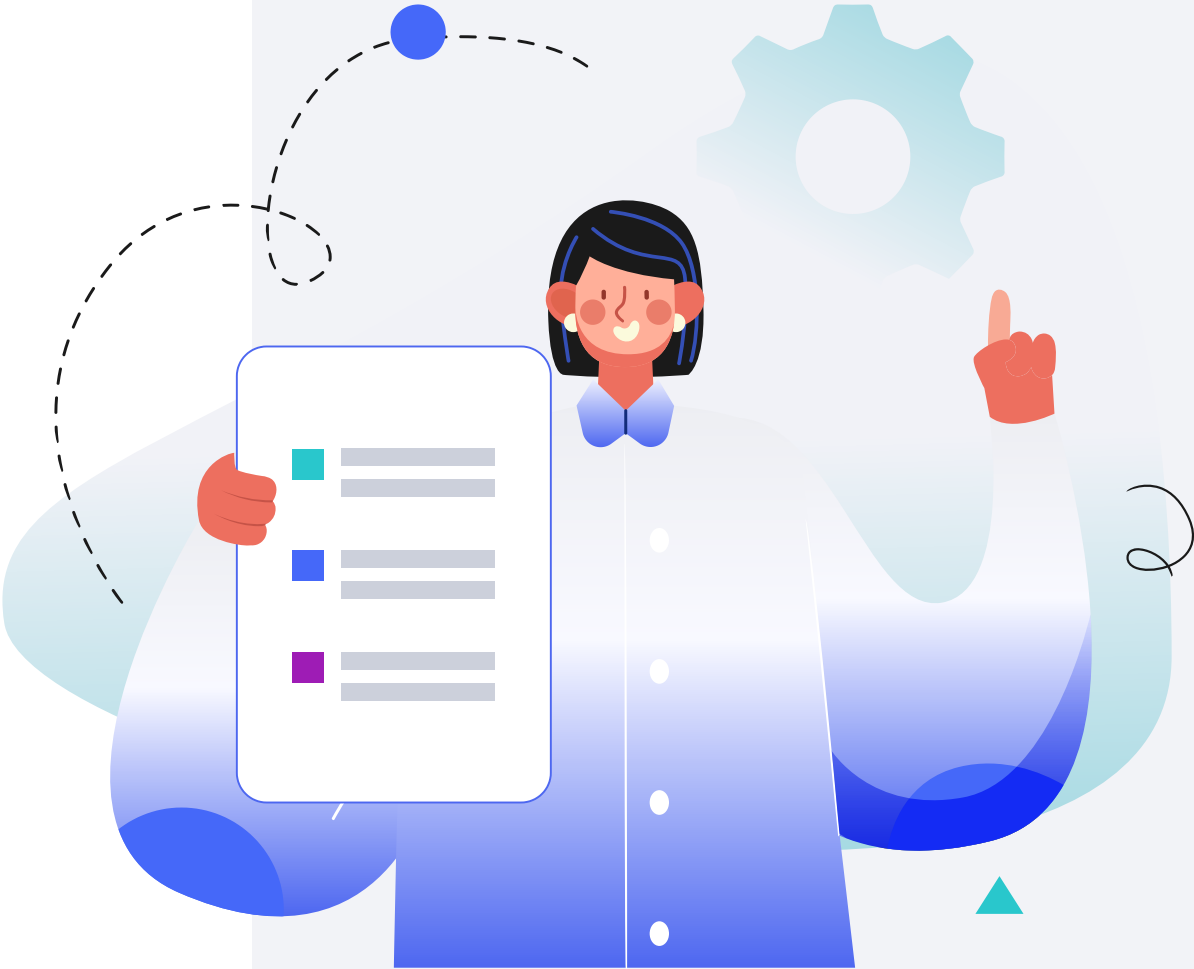
Male

HEIGHT

5ft 5" 165cm

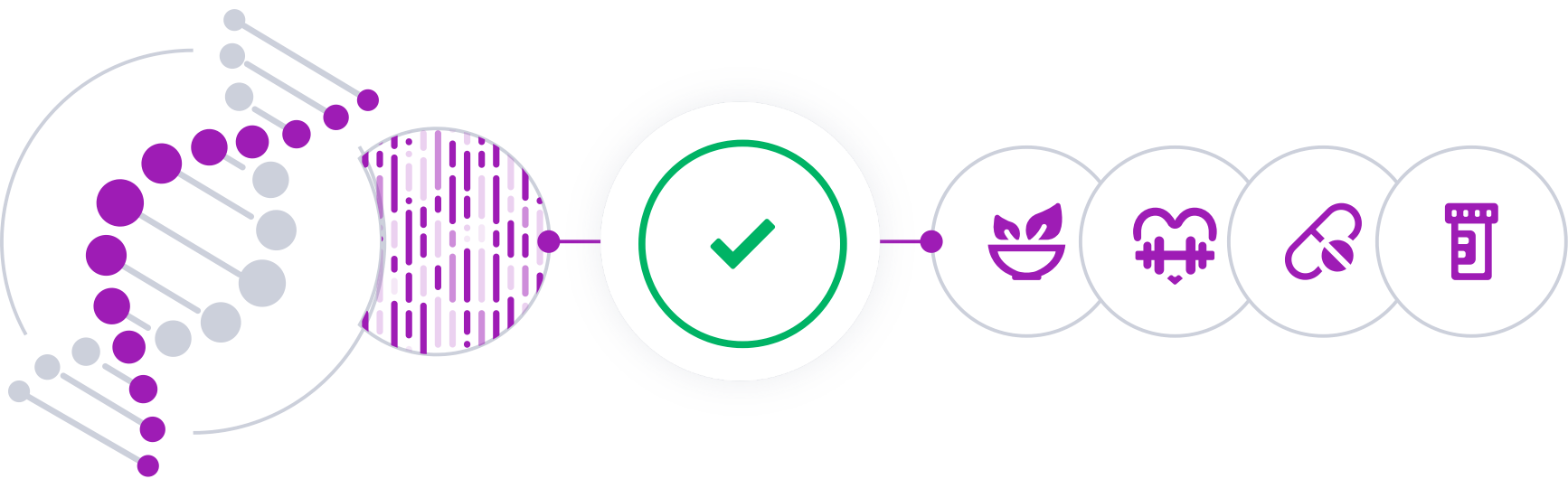
WEIGHT

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.

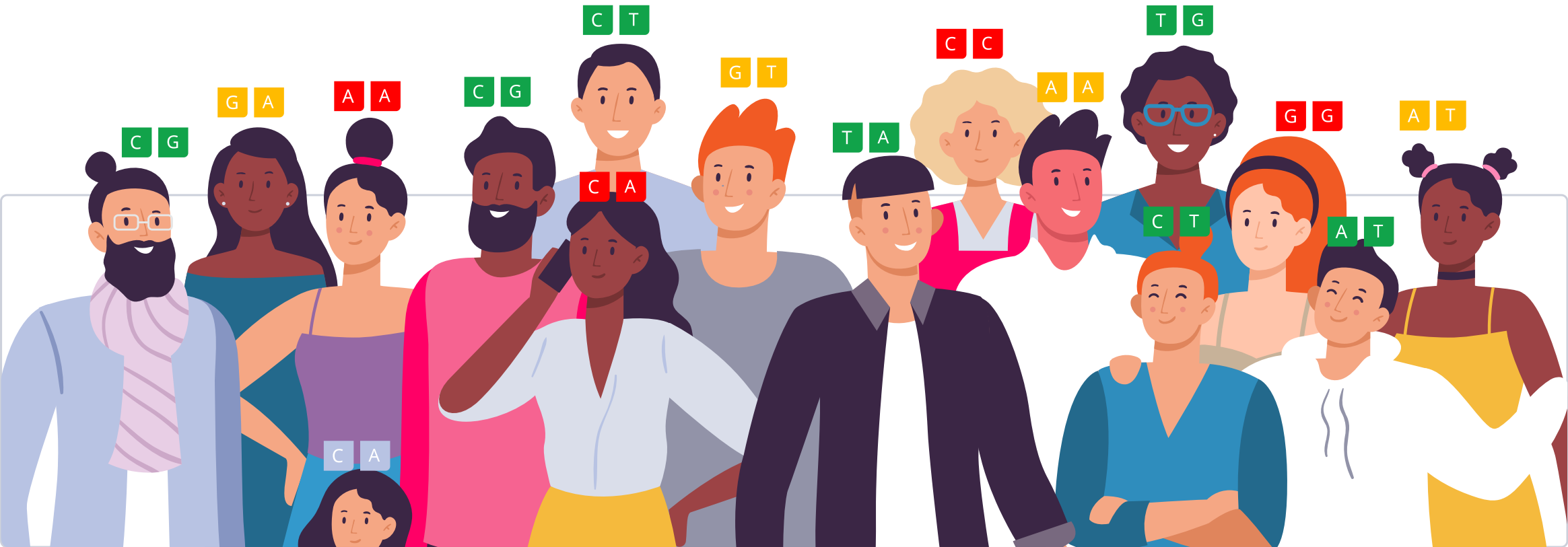


Similarly, our Trait Reports look at how your DNA influences your traits.



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

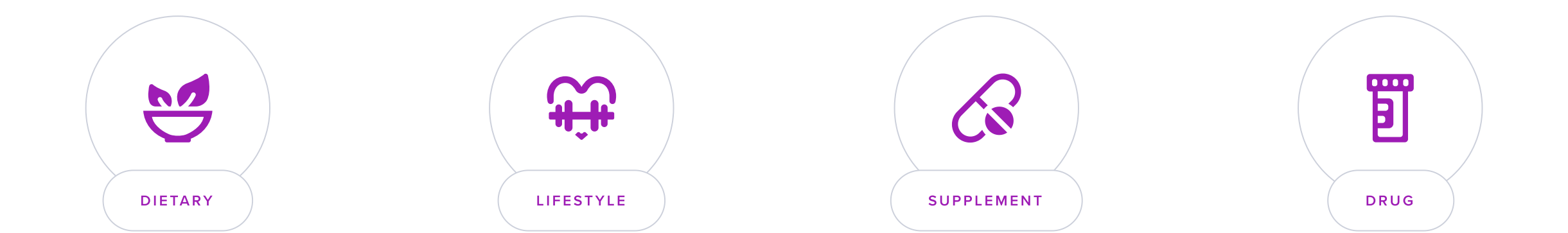
You have 2 risk alleles

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

Painful urination, medically referred to as *dysuria*, is a common condition characterized by discomfort, pain, or burning sensations during urination. This symptom can be a result of infections in the urinary tract, which includes the bladder, kidneys, ureters, and urethra. Bacterial infections like urinary tract infections (UTIs) are frequent culprits, often affecting the bladder (cystitis) or the urethra (urethritis).

Inflammation, irritation, or damage to the urinary tract can lead to the development of dysuria. Certain sexually transmitted infections (STIs), like chlamydia or gonorrhea, can also cause painful urination, indicating the need for medical assessment and treatment.

Associated Conditions

Apart from infections, painful urination can be associated with other conditions or factors, such as kidney stones, which may obstruct the flow of urine and cause significant pain. In men, prostate issues such as prostatitis or benign prostatic hyperplasia (BPH) can lead to dysuria. In women, vaginal infections or changes occurring during menopause may also contribute to discomfort while urinating.

Other contributors to painful urination may include the use of certain medications, personal care products, or irritants such as harsh soaps or spermicides. Seeking a medical evaluation is crucial when experiencing dysuria, as effective treatment often depends on correctly identifying and addressing the underlying cause.



MORE LIKELY

More likely to have painful urination based on 786,605 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 Tea Tree Oil	2	Drink at Least 8 Glasses of Water a Day
3	Avoid Douching	4	Avoid Spicy Food
5	Good Feminine Hygiene	6	D-Mannose2 g
7	Cranberry	8	Sitz Baths15 minutes
9	Uva Ursi400 mg	10	Probiotics30 billion CFU
11	Apply Heat15 minutes		

1

Topical Tea Tree Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a few drops of 100% tea tree oil to a cotton swab or ball and gently dab onto the affected area of the skin. Do this 1-2 times daily until improvements are noticeable, usually for a period of 1-4 weeks. Avoid applying tea tree oil to large areas of the skin and test on a small patch of skin first to ensure no allergic reaction occurs.

Description

Tea tree oil is used topically for its antimicrobial and antifungal properties, commonly applied to treat skin conditions like acne, fungal infections, and insect bites. Its main chemical compound of interest is terpinen-4-ol, and it is sourced from the leaves of the tea tree, *Melaleuca alternifolia*.

[Tea tree oil](#) is derived mostly from steaming the leaves of *Melaleuca alternifolia*, a tree native to Australia [\[R\]](#).

It’s used to treat a number of conditions, such as [\[R\]](#):

- Acne
- Dandruff
- Nail fungus
- Lice
- Athlete's foot

How it helps

Tea tree oil has antimicrobial properties, which can be beneficial in treating urinary tract infections (UTIs) that cause painful urination. It can help reduce bacteria levels on the skin around the urethra.

2



Drink at Least 8 Glasses of Water a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

Water is essential for life. It supports nearly every process in your body [\[R\]](#).

Water helps maintain [\[R\]](#):

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [\[R\]](#).

How it helps

Staying well-hydrated helps to flush out bacteria from the urinary tract, reducing infection and alleviating painful urination. Drinking plenty of water dilutes the urine, lowering irritation in the bladder.

3



Avoid Douching

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stop using any douching products, whether vaginal or rectal, immediately and do not start this practice. Instead, maintain natural balance and cleanliness through regular bathing with water and mild soap if necessary, avoiding inserting any substances or products into the body.

Description

Douching is washing or cleaning out body cavities with water or other mixtures of fluids. It usually refers to vaginal douching. Experts however, recommend against douching because it can lead to health problems, such as vaginal infections, STD's, and difficulties getting pregnant.

Douching is washing or cleaning out body cavities with water or other mixtures of fluids. It usually refers to vaginal douching.

This practice is common in women. However, **experts recommend against douching** because it can lead to health problems, including [\[R, R, R\]](#):

- Difficulty getting pregnant
- Vaginal infections
- Sexually transmitted diseases (STDs).

How it helps

Douching can disrupt the natural balance of bacteria in the vagina, which can cause infections and irritation, leading to painful urination.

4



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 irritate the bladder, worsening the symptoms of painful urination. Avoiding these foods can lessen discomfort and help keep irritation to a minimum.

5



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, including proper cleaning and drying of the genital area, can help prevent infections that might cause painful urination. By reducing the risk of urinary tract infections (UTIs) and other genital infections, good hygiene practices play a crucial role in both preventing and alleviating painful urination symptoms.

6



D-Mannose

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 2 grams of D-mannose powder dissolved in water, once daily for recurrent urinary tract infections. For active infections, take 1.5 grams twice daily for 3 days, then once daily for the next 10 days.

TYPICAL STARTING DOSE

2 g

Description

D-mannose is a natural sugar often used as a supplement to support urinary tract health. It may help prevent and alleviate urinary tract infections.

[D-mannose](#) is a natural sugar similar to [glucose](#). People take D-mannose as a supplement to help prevent or manage UTIs [\[R, R\]](#).

How it helps

D-Mannose is a type of sugar related to glucose. It helps in the treatment of painful urination, mostly caused by urinary tract infections, by preventing certain bacteria from sticking to the walls of the urinary tract. This action helps to flush out the bacteria during urination, reducing infection and its associated symptoms, including pain.

7



Cranberry

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two 8-ounce servings of unsweetened cranberry juice daily, or take 500 mg of cranberry supplements twice daily. Continue this practice consistently for at least several weeks to potentially observe benefits.

Description

Cranberries are known for their high antioxidant content and potential to promote urinary tract health by preventing bacterial adhesion. Consuming cranberries or cranberry products may help reduce the risk of urinary tract infections and provide antioxidant benefits.

Cranberries are fruits rich in vitamins, minerals, and antioxidants. They are available in different forms, including [\[R\]](#):

- Dried fruits
- Juice
- Powder
- Pills

How it helps

Cranberry supplements contain compounds that can prevent bacteria, particularly E. coli, from sticking to the lining of the urinary tract. This can help reduce infections and consequently alleviate painful urination. Regular intake of cranberry supplements may decrease the frequency of urinary tract infections and related discomfort.

8



Sitz Baths

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Fill a bathtub or a sitz bath basin with warm water, enough to cover your hips and buttocks, and sit in it for 15 to 20 minutes. Do this 2-3 times a day, especially after bowel movements, to help relieve pain and discomfort from conditions such as hemorrhoids or anal fissures.

TYPICAL STARTING DOSE

15 minutes

Description

Sitz baths involve sitting in warm water to alleviate discomfort from conditions such as hemorrhoids or postpartum recovery. They can help reduce inflammation and promote healing of the affected area.

A sitz bath is a “sitting” bath in which your pelvic area is covered by warm water. It can be done in a regular bathtub or with the use of a special bowl that fits on a toilet [\[R\]](#).

Sitz baths may help ease pain in the pelvic area. For example, people may take a sitz bath to [\[R\]](#), [\[R\]](#):

- Help with hemorrhoids
- Clean and soothe the area after a procedure or childbirth
- Ease prostate pain

How it helps

Sitz baths involve soaking the pelvic area in warm water, which can help to reduce inflammation and discomfort in the urinary tract, providing relief from painful urination.

9



Uva Ursi

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a Uva Ursi supplement containing 400 to 800 mg of the extract, standardized to contain 20% arbutin, up to three times a day. It's typically used for short-term relief of urinary tract infections, not exceeding one week of usage at a time.

TYPICAL STARTING DOSE

400 mg

Description

Uva Ursi, often known as bearberry, is a plant whose leaves are used to make medicine. It’s primarily used to treat urinary tract infections because it contains a chemical that could kill bacteria. It’s important for health because it can provide relief for such infections, but as with any medicine, it should be used responsibly.

How it helps

Uva Ursi has been shown to have antimicrobial properties and can help reduce inflammation in the urinary tract, helping to alleviate pain during urination.

10



Probiotics

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE
30 billion CFU

Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

Probiotic bacteria are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

Prebiotics are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

How it helps

Probiotics can help restore the natural balance of bacteria in the urogenital area, potentially reducing infections that cause painful urination.

11



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 lower abdomen can help relieve the discomfort associated with painful urination. The warmth from the heat helps relax the bladder muscles and pelvic floor, reducing spasms that contribute to the pain. This simple, non-invasive method provides a soothing effect, offering temporary relief from symptoms.

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.

