

Pelvic Inflammatory Disease

Disease Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



REPRODUCTIVE
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

13 Next Steps

- 13 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

Pelvic inflammatory disease (PID) is an infection of the female reproductive organs. It most commonly occurs when sexually transmitted bacteria spread from the vagina to the uterus, fallopian tubes, or ovaries.

PID can cause symptoms such as lower abdominal pain, fever, unusual discharge with a bad odor from the vagina, painful intercourse, painful urination, and irregular menstruation. If left untreated, it can lead to severe and chronic pain, and complications such as infertility, ectopic pregnancy, and long-term health problems related to reproductive function.

Diagnosis and Treatment

The diagnosis and treatment of PID are critical to preventing long-term consequences. Antibiotics are the standard treatment, aimed at eliminating the bacterial infection, but it's crucial to start them early. Patients are often advised to inform their sexual partners and encourage them to undergo testing and treatment if necessary.

In addition, healthcare providers may recommend regular follow-ups to ensure the infection has fully resolved. Prevention strategies for PID include practicing safe sex, getting regular STI screenings, and prompt treatment for any infections.



TYPICAL LIKELIHOOD

Typical likelihood of pelvic inflammatory disease based on 259,011 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	Sitz Baths	15 minutes	2	Safer Sex Practices
3	Avoid Douching		4	Good Feminine Hygiene

1



Sitz Baths

IMPACT

1 / 5

EVIDENCE

1 / 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 help alleviate discomfort associated with Pelvic Inflammatory Disease by promoting local relaxation and reducing inflammation in the pelvic area. This therapeutic approach provides symptomatic relief, enhancing overall comfort during recovery.

2



Safer Sex Practices

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use latex condoms every time you have vaginal, anal, or oral sex. Reduce the number of sexual partners you have, and get tested regularly for sexually transmitted infections (STIs), ideally every 3 to 6 months if you're sexually active with new or multiple partners.

Description

Safer sex practices refer to using barrier methods like condoms or dental dams during sexual activity to reduce the risk of sexually transmitted infections (STIs) and unintended pregnancies. They are essential for promoting sexual health and preventing the transmission of STIs.

Safer sex practices help reduce the risk of chlamydia and other STDs. They include [R](#), [R](#):

- Using a condom for all types of sex
- Limiting the number of sex partners (ideally to one)
- Discussing past partners, STDs, and drug use
- Avoiding alcohol and drug use
- Avoiding douching after intercourse
- Getting regular screenings

Using a condom helps prevent chlamydia in men and women. A **combination of male and female condoms** may be the safest option [R](#), [R](#).

Women using **birth control pills** may have **3 times higher** risk of chlamydia compared to those using condoms [R](#).

In men who have sex with men, using **pre-exposure prophylaxis (PrEP) for HIV** may be linked to **11 times higher** risk of chlamydia. Reduced condom use may be one of the reasons for this rise [R](#), [R](#), [R](#).

Men who go to sex workers may have a **2.5 times higher** risk of chlamydia [R](#).

How it helps

Practicing safer sex, including the use of condoms, helps reduce the risk of sexually transmitted infections, which are a primary cause of pelvic inflammatory disease.

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

Avoiding douching helps maintain the natural balance of bacteria in the vagina. Douching can disturb this balance, making it easier for harmful bacteria to ascend into the reproductive tract and cause pelvic inflammatory disease.

4



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 helps prevent the introduction of new bacterial or viral pathogens into the vagina and upper reproductive tract, reducing the risk of infections that can lead to pelvic inflammatory disease.

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.

