

Pelvic Organ Prolapse

DNA Health Report

REPORT CATEGORY —



REPRODUCTIVE
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

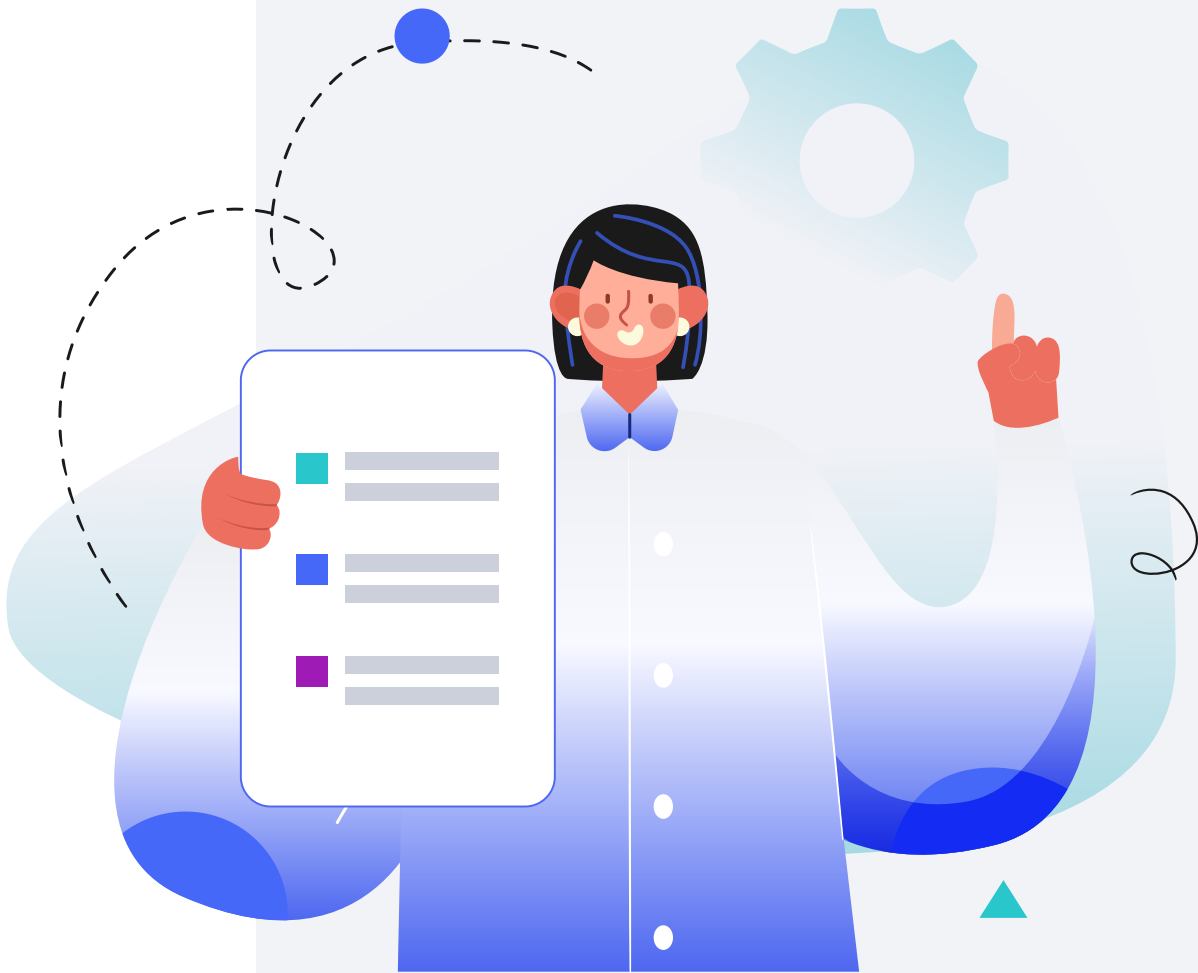
Male

HEIGHT

5ft 5" 165cm

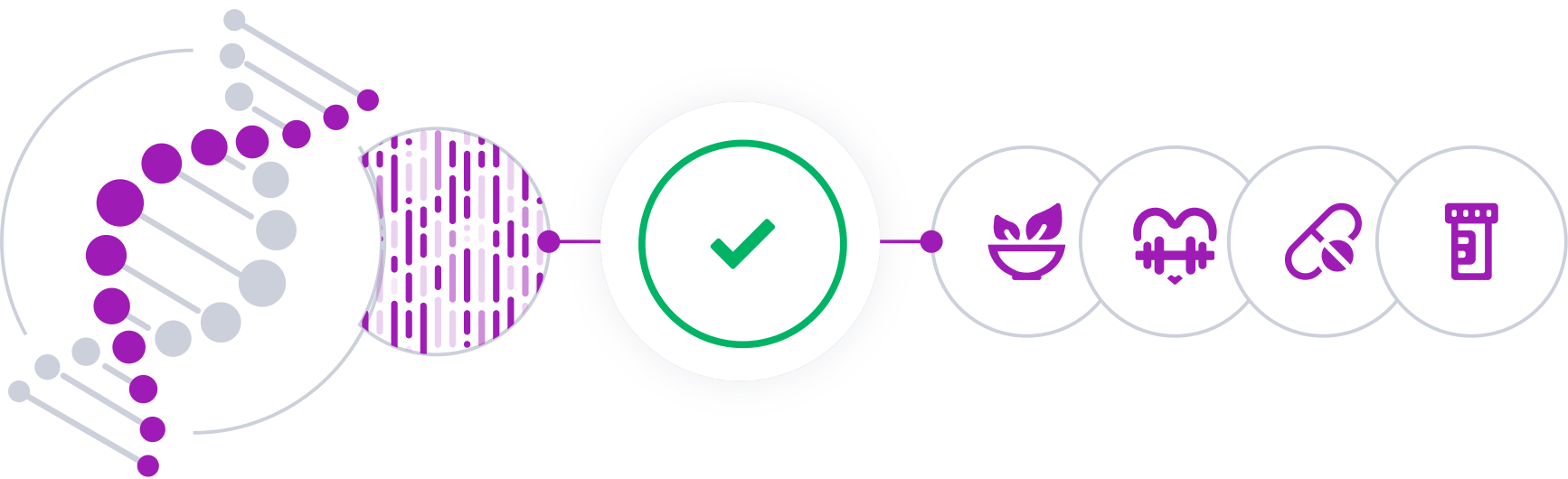
WEIGHT

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.

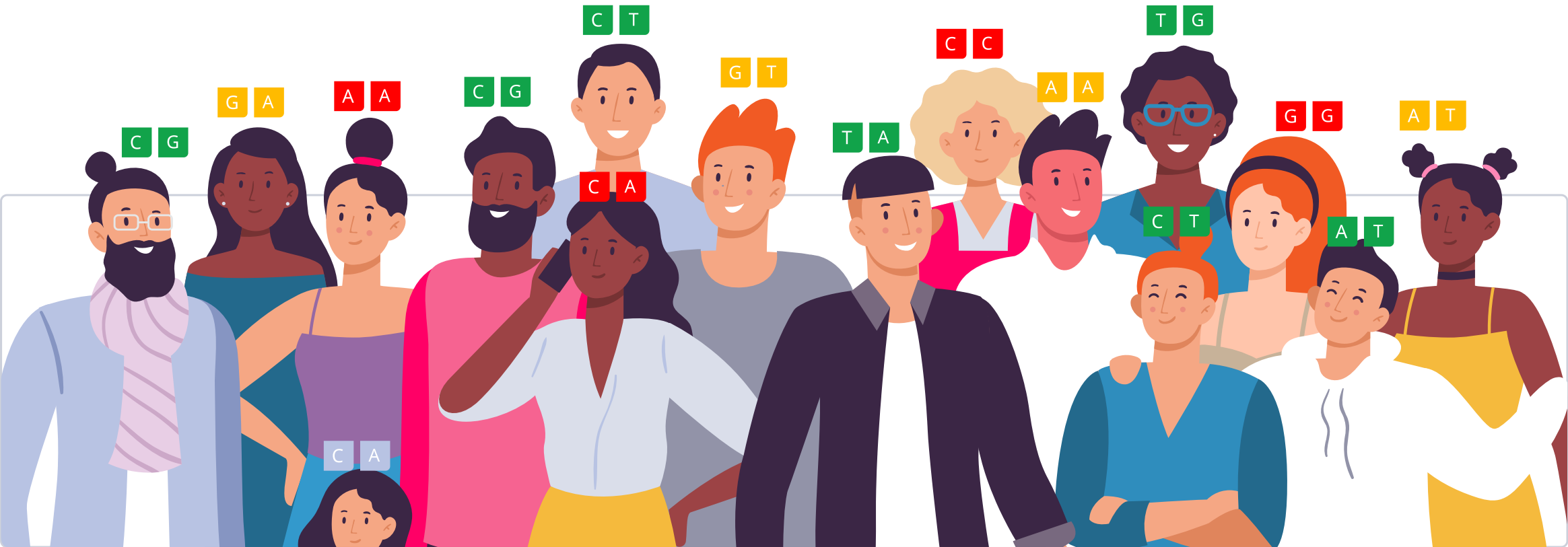


Similarly, our Trait Reports look at how your DNA influences your traits.



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

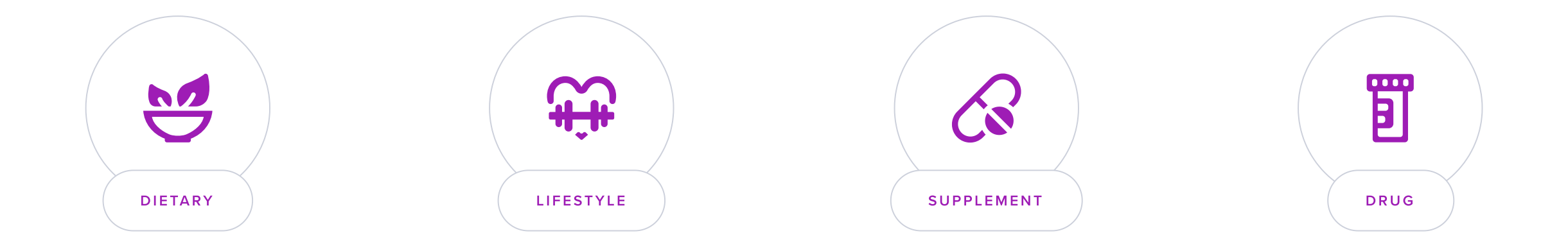
You have 2 risk alleles

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

Pelvic organ prolapse is a condition where one or more of the pelvic organs, such as the bladder, uterus, rectum, small bowel, or the vagina itself, drop (prolapse) from their normal position and protrude into the vagina. This occurs when the muscles and tissues supporting the pelvic organs become weak or loose.

The weakening is often associated with childbirth, chronic constipation, chronic cough, heavy lifting, or hormonal changes during menopause. Women with pelvic organ prolapse might feel a sensation of heaviness or dragging in the pelvic area, and some may even see or feel something protruding from the vagina.

Symptoms and Treatment

Symptoms of pelvic organ prolapse can significantly impact a woman's quality of life, causing discomfort, urinary problems like incontinence or retention, bowel issues, and painful intercourse. Factors increasing the risk of prolapse include pregnancy, childbirth, obesity, respiratory conditions with persistent coughing, and activities that put stress on the pelvic floor.

Treatment for pelvic organ prolapse varies depending on the severity and the organ involved, and can range from lifestyle modifications and pelvic floor exercises to fitting of a pessary device or surgical intervention.



TYPICAL LIKELIHOOD

Typical likelihood of pelvic organ prolapse based on 370 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	Core-Strengthening Exercises	20 minutes	2	Avoid Lifting Heavy Objects	
3	Kegel Exercises	5 seconds	4	Pilates	30 minutes

1



Core-Strengthening Exercises

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate exercises like planks, bridges, abdominal crunches, and leg lifts into your daily routine. Aim to do these exercises for 20-30 minutes, 3 times a week. Each exercise should be performed in sets of 10-15 repetitions.

TYPICAL STARTING DOSE

20 minutes

Description

Core-strengthening exercises target the muscles of the abdomen, lower back, and pelvis, helping improve posture, stability, and reduce the risk of back pain. Regular core workouts support a strong and balanced musculoskeletal system.

The core, or trunk, includes several groups of muscles in your abdomen, back, and pelvis. Keeping these muscles strong helps stabilize your body, twist and bend your back, protect your back from injuries, and enhance your overall fitness [\[R\]](#).

Some exercises that help strengthen the core include [\[R\]](#):

- Crunches
- Planks
- Bridges
- Supine toe taps
- Bird dogs

The core can also be strengthened by practicing Pilates, kettlebell training, and some types of yoga [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

In a non-placebo-controlled trial of 40 participants with mild degree pelvic organ prolapse, practicing core-strengthening exercises for 12 weeks improved pelvic floor muscle strength better than interferential therapy [\[R\]](#).

2

Avoid Lifting Heavy Objects

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from picking up items that require significant strain or exertion, typically defined as those weighing more than 25 pounds (11 kilograms), to avoid unnecessary pressure on your body. This restriction should be adhered to as long as your healthcare provider advises, which may be indefinitely for chronic conditions or for a specific recovery period following surgery or injury.

Description

Avoiding improper lifting techniques when handling heavy objects can help prevent back injuries and musculoskeletal strain. Practicing safe lifting methods and using proper equipment promotes spine and musculoskeletal health.

How it helps

Lifting heavy objects can increase abdominal pressure, which in turn can exert more pressure on the pelvic floor. For individuals with pelvic organ prolapse, this can worsen the condition by pushing the pelvic organs further down and straining muscles and ligaments in the pelvic area.

3

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.

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 support the uterus, bladder, small intestine, and rectum. For someone with pelvic organ prolapse, strengthening these muscles can help alleviate symptoms by providing better support for the pelvic organs, potentially preventing them from slipping further down into the vaginal canal.

4



Pilates

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in Pilates exercises for at least 20-30 minutes, 3 times a week. Focus on core strength, flexibility, and mindful breathing. It is suitable for both beginners and advanced individuals, adjusting the difficulty of exercises as necessary.

TYPICAL STARTING DOSE

30 minutes

Description

Pilates is a form of exercise that focuses on strengthening the core, improving flexibility, and enhancing overall body awareness through controlled movements and breathing techniques. Its health benefits include increased core strength, improved posture, enhanced flexibility, and better balance, making it a popular choice for those seeking a holistic approach to fitness.

Pilates is a type of exercise that emphasizes proper alignment, breathing techniques, and precise movements.

It involves a series of controlled movements performed on a mat or with specialized equipment, such as a reformer or Cadillac. Pilates helps strengthen the core muscles, improve flexibility, and promote mind-body awareness.

How it helps

Pilates can help improve pelvic organ prolapse by strengthening the core and pelvic floor muscles. Regular Pilates practice can offer better support for the pelvic organs, reduce symptoms, and prevent further progression of prolapse.