

Penile Curvature

DNA Health Report

REPORT CATEGORY —



SEXUAL 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

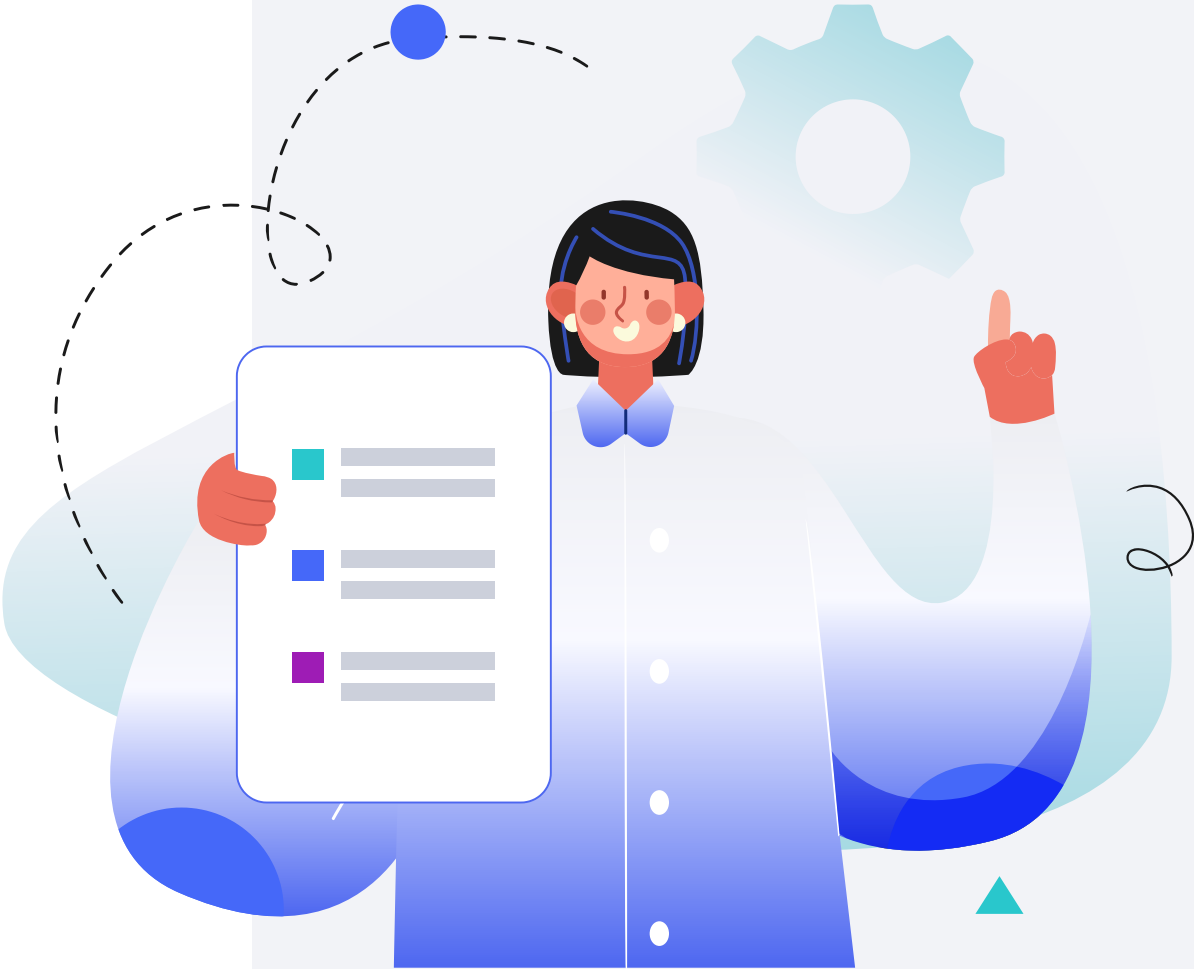
Male

HEIGHT

5ft 5" 165cm

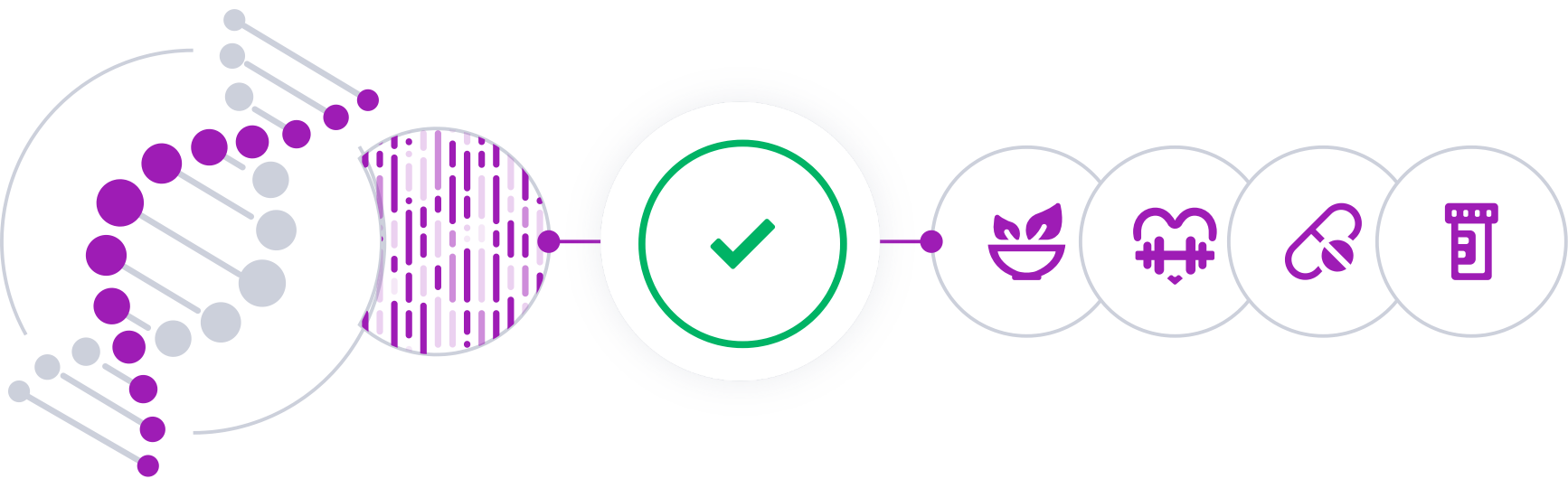
WEIGHT

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.

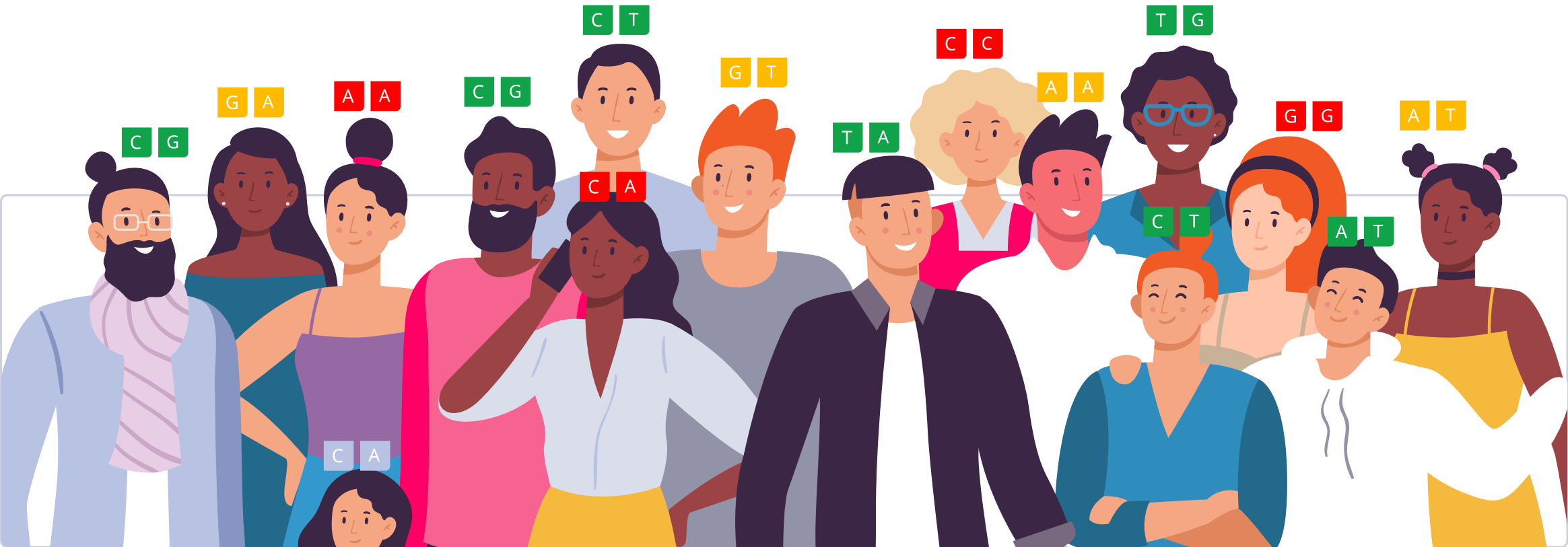


Similarly, our Trait Reports look at how your DNA influences your traits.



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

Peyronie's disease causes curved, painful erections due to fibrous scar tissue (plaques) developing inside the penis. The curvature might develop gradually or appear suddenly. **A mildly curved erection isn't necessarily a problem in itself.** However, in severe cases, it can make sexual intercourse difficult or even impossible.

Common manifestations of Peyronie's disease include:

- **A significant bend or curve in the penis when erect.**
- Narrowing of the penis.
- Shortening of the penis.
- Painful erections.
- Soft lumps or plaques felt under the skin of the penis.
- Difficulty with sexual intercourse due to curvature.

Management and treatment of Peyronie's disease depend on the severity of symptoms. Mild cases might not need treatment and could resolve on their own. In cases with severe pain and/or curvature, medications, therapy, or surgery might be recommended.

Risk Factors and Genetics

The exact cause of Peyronie's disease is still unclear, but it's believed to result from a single or repeated injury to the penis (e.g., hitting, bending). This can cause bleeding and subsequent scar tissue formation.

Other factors that might increase the risk of developing Peyronie's disease include:

- Age: It's more common in middle-aged and older men
- Certain health conditions, such as Dupuytren's contracture, which affects the hands, or hypospadias, a congenital condition
- Prostate surgery or radiation therapy
- Some drugs
- Genetics

Having a close family member with the disease can increase risk. This suggests hereditary factors to Peyronie's disease.



TYPICAL LIKELIHOOD

Typical likelihood of having penile curvature based on 1,666 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	Shock Wave Therapy	2	Vitamin E200 iu
3	Stretching15 minutes	4	Coenzyme Q10 (CoQ10)100 mg
5	Propionyl-L-Carnitine500 mg	6	Acetyl-L-Carnitine500 mg

1



Shock Wave Therapy

IMPACT

2 / 5

EVIDENCE

2 / 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

A [meta-analysis of 4 trials and 151 patients](#) concluded that extracorporeal shock wave therapy **reduces plaque size and relieves pain but has no effect on penile curvature or sexual function** in people with Peyronie’s disease [\[R\]](#).

2



Vitamin E

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

In a 6-month study with 70 patients, Group A, receiving vitamin E and other treatments, had a 50.2% plaque size reduction, improved curvature in 96.6%, and better IIEF scores for those with comorbidities and erectile dysfunction. Meanwhile, Group B (control) showed a smaller plaque reduction (35.8%) and less curvature improvement (48.4%), with an increase in plaque size observed only in the control group [\[R\]](#).

Here's a summary of key findings on the efficacy of Vitamin E in treating Peyronie's disease:

- **Vitamin E and Colchicine:** A study by Prieto Castro showed positive effects in pain relief, correction of deformities, and reduction in plaque size [\[R\]](#).
- **Other Combinations:** A controlled study and found that the combination of vitamin E with other treatments like verapamil, blueberries, and propolis showed more effectiveness in reducing plaque size and improving penile curvature [\[R\]](#).
- **Negative Findings:** Another study compared the efficacy and safety of oral vitamin E and propionyl-L-carnitine, but did not show significant improvement in pain, curvature, or plaque size compared to placebo [\[R\]](#).
- A study on intralesional interferon-alpha 2b and oral vitamin E did not find any statistically significant changes or improvement in Peyronie's disease symptoms [\[R\]](#).

These studies suggest that while Vitamin E, especially in combination with other treatments, may show some benefits in the treatment of Peyronie's disease, the overall effectiveness is not firmly established.

Please note: While dietary vitamin E is generally considered safe, vitamin E supplements have been linked to prostate cancer. They may also not be the best option for pregnant people. Those who have heart disease, bleeding disorders, or other conditions may also need to avoid them. Consult your doctor before taking vitamin E supplements [\[R\]](#).

3



Stretching

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate stretching exercises into your daily routine, dedicating at least 10-15 minutes each day. Focus on major muscle groups such as the neck, shoulders, chest, back, hips, and legs. For best results, stretch both before and after other physical activities, holding each stretch for 15-30 seconds without bouncing.

TYPICAL STARTING DOSE

15 minutes

Description

Stretching involves gently elongating the muscles to improve flexibility, reduce muscle tension, and enhance joint mobility. Regular stretching can help prevent injuries, promote better posture, and increase overall physical comfort.

Stretching is a form of physical exercise that involves moving a muscle or group of muscles to their maximum range of motion. The most common types are **dynamic** (involving movement) and **static** stretching.

Stretching can help **improve flexibility, range of motion, and posture**. It may also relieve stress, reduce muscle soreness and tension, increase blood flow, and reduce the risk of injuries.

To get the most out of stretching, try to do it regularly, breathe deeply, and ease into the stretches.

How it helps

Specific stretching exercises may help improve penile curvature by gently applying tension to the curved area, aiding in tissue remodeling.

4



Coenzyme Q10 (CoQ10)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 100 mg Coenzyme Q10 (CoQ10) supplement once daily with a meal that contains fat for better absorption.

TYPICAL STARTING DOSE

100 mg

Description

Coenzyme Q10 (CoQ10) is a naturally occurring antioxidant that plays a crucial role in cellular energy production. It is often taken as a supplement to support heart health, improve energy levels, and provide antioxidant protection, especially for individuals with certain medical conditions or as they age.

[Coenzyme Q10](#) (CoQ10) is a compound that helps enzymes work better. By doing so, CoQ10 helps improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Energy levels
- Antioxidant protection
- Heart health
- Muscle strength
- Blood sugar control

The amount of CoQ10 made by your body decreases as you get older. Luckily, you can also get it from food or supplements. Good sources of CoQ10 include [\[R\]](#), [\[R\]](#):

- Organ meats
- Fatty fish
- Whole grains

How it helps

CoQ10 is a potent antioxidant. It has been shown to reduce oxidative stress, which may help prevent or reduce the progression of penile curvature (Peyronie's disease).

5



Propionyl-L-Carnitine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500 mg to 2 g of propionyl-L-carnitine orally with meals to enhance absorption, divided into two or three doses throughout the day. Continue this regimen daily for a minimum of several weeks to observe benefits.

TYPICAL STARTING DOSE
500 mg

Description

Propionyl-L-carnitine is a naturally occurring compound that plays a role in energy production and cardiovascular health. It is often used as a dietary supplement to support circulation and reduce symptoms of conditions like peripheral artery disease.

Propionyl-L-carnitine is a supplement that people use to improve athletic performance, heart health, and more. It provides [L-carnitine](#), a compound that helps your body get energy from fat [\[R, R\]](#).

How it helps

Propionyl-L-Carnitine improves blood flow and may help to alleviate penile curvature by enhancing the metabolic function of the endothelial cells in the penile tissue.

6



Acetyl-L-Carnitine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-1,000 mg of Acetyl-L-Carnitine per day, split into 2 or 3 doses, with or without food. Joe prefers taking 500 mg in the morning. It can be taken indefinitely for chronic conditions or for a period of several months for acute concerns.

TYPICAL STARTING DOSE
500 mg

Description

Carnitine is a protein building block (amino acid). It comes in many forms, such as acetyl-L-carnitine. Acetyl-L-carnitine may help with nerve damage and mood problems.

Carnitine is a protein building block (amino acid). It comes in many forms, such as acetyl-L-carnitine [R, R, R].

Acetyl-L-carnitine may help with [R, R, R]:

- Nerve damage
- Mood problems
- Cognitive decline

Doctors are also studying its potential effect on drug addiction [R].

How it helps

Acetyl-L-Carnitine may help improve symptoms of Peyronie's disease by reducing pain and slowing disease progression. It is believed to have anti-inflammatory and antioxidant properties.