

Pink Eye

DNA Health Report

REPORT CATEGORIES —



IMMUNITY &
INFECTIONS



EYE HEALTH

Sample Client

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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

Pink eye (conjunctivitis), refers to the inflammation of the eyelid lining (conjunctiva). When small blood vessels in the conjunctiva become inflamed, they're more visible, making the white of the eye appear reddish or pink.

Symptoms of pink eye can vary depending on the cause but may include:

- Redness in one or both eyes
- Itchiness in one or both eyes
- A gritty feeling in one or both eyes
- A discharge in one or both eyes that forms a crust during the night
- Tearing

Causes and Genetics

Pink eye can be caused by various factors, including:

- Viral infections: Often associated with colds or respiratory infections.
- Bacterial infections: Caused by bacteria entering the eye or the area around the eye.
- Allergic reactions: Triggered by allergens like pollen, dust, or smoke.
- Chemical reactions: Caused by irritants like chlorine in swimming pools or products used around the eye.

While pink eye itself isn't directly linked to genetics, one's susceptibility to allergic reactions or certain infections can have a genetic component. For instance, if allergic diseases run in the family (like hay fever, asthma, or eczema), an individual might be more predisposed to allergic conjunctivitis.

Moreover, genetically high levels of omega-3s may be causally associated with a lower risk of allergic conjunctivitis [\[R\]](#).



TYPICAL LIKELIHOOD

Typical likelihood of getting pink eye based on 1,671 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
IL18R1	rs10208293	GG
TREH	rs487728	CG
DDX6	rs4938573	TC
DDX6	rs4936444	CT
KIAA1217	rs7070482	AG
SLC25A46	rs72774898	CC
TLR6	rs7673348	AA
DSG3	rs12959976	AA
FECH	rs113920339	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

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.

- 1

Avoid Air Pollution
- 2

Regular Hand Washing
- 3

Avoid Scratching
- 4

Avoid Contact With Dust
- 5

Avoid Crowds
- 6

Avoid Contact With Pollen

1



Avoid Air Pollution

IMPACT1 / 5

EVIDENCE2 / 5

How to implement

Stay indoors on days when air quality indexes (AQI) indicate high pollution levels, which are often reported by weather services or government environmental agencies. **Install air purifiers** in your home, especially in bedrooms, to reduce indoor pollutants. Limit outdoor exercise when air pollution warnings are issued, opting for indoor activities instead.

Description

Avoiding air pollution by reducing exposure to pollutants in the environment is essential for respiratory and overall health. It can help lower the risk of respiratory diseases, cardiovascular conditions, and other health issues associated with poor air quality.

While city life is convenient in a lot of ways, it comes with some health hazards. Cars, factories, and other sources increase air [pollution](#) ^[R].

Air pollution plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung disease
- Heart disease
- Diabetes
- Asthma
- Skin conditions

How it helps

A meta-analysis linked air pollution to conjunctivitis risk. CO had no significant impact, while NO2, O3, PM2.5, PM10, and SO2 had small effects. PM2.5 and O3 affected women and youth more, with humidity modifying the effects of O3 ^[R].

2



Regular Hand Washing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Regular hand washing reduces the spread of viruses and bacteria that can cause pink eye, helping to prevent infection and limit transmission to others.

3



Avoid Scratching

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Keep your fingernails short and smooth to minimize damage if you do scratch. Whenever you feel the urge to scratch, try applying a moisturizer, using ice packs, or tapping/slapping the area lightly instead to reduce itching.

Description

Avoiding excessive scratching of the skin, especially in the presence of skin conditions like eczema, helps prevent further skin irritation and potential infection. It supports skin health and encourages healing.

How it helps

Avoiding scratching prevents further irritation and potential injury to the eye, promoting healing and reducing the risk of secondary infections.

4



Avoid Contact With Dust

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid contact with dust, clean surfaces with a damp cloth at least twice a week, use a vacuum cleaner with a HEPA filter regularly on carpets and upholstery, and avoid using feather dusters that disperse dust into the air. Additionally, consider using air purifiers in rooms where you spend the most time and keep windows closed on windy days to prevent outdoor dust from coming in.

Description

Avoiding exposure to dust can help alleviate allergy symptoms such as sneezing, runny nose, and itchy eyes, promoting respiratory comfort and overall well-being, particularly for individuals with allergies or allergic conditions.

How it helps

Avoiding contact with dust helps prevent irritation and potential allergens that can exacerbate the symptoms of pink eye, reducing the risk of worsening inflammation and infection.

5



Avoid Crowds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Minimize your time in crowded places by scheduling your errands during off-peak hours, avoiding public events known to draw large crowds, and choosing less crowded routes or modes of transportation.

Description

Avoiding crowded environments, especially during contagious disease outbreaks, can reduce the risk of viral transmission and help protect public health. It promotes social distancing measures that are crucial for preventing the spread of infectious diseases.

How it helps

Avoiding crowds helps limit exposure to potential viral or bacterial sources that can cause or spread pink eye, promoting quicker recovery and reducing the chance of infecting others.

6



Avoid Contact With Pollen

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stay indoors during high pollen count days, usually during early morning or late afternoon. Close windows and use air purifiers to keep indoor air clean. Shower and change clothes after being outside to remove pollen.

Description

Avoiding exposure to pollen can help alleviate allergy symptoms such as sneezing, runny nose, and itchy eyes, promoting respiratory comfort and overall well-being, particularly for individuals with allergies and allergic conditions.

How it helps

Avoiding contact with pollen reduces exposure to allergens that can trigger or worsen pink eye, helping to reduce symptoms such as redness, itching, and watering of the eyes.

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.