

Polycythemia Vera

Disease Report

REPORT CATEGORY —



HEART & BLOOD
VESSELS

Sample Client

Report date: 15 January 2026

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omicsedge

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

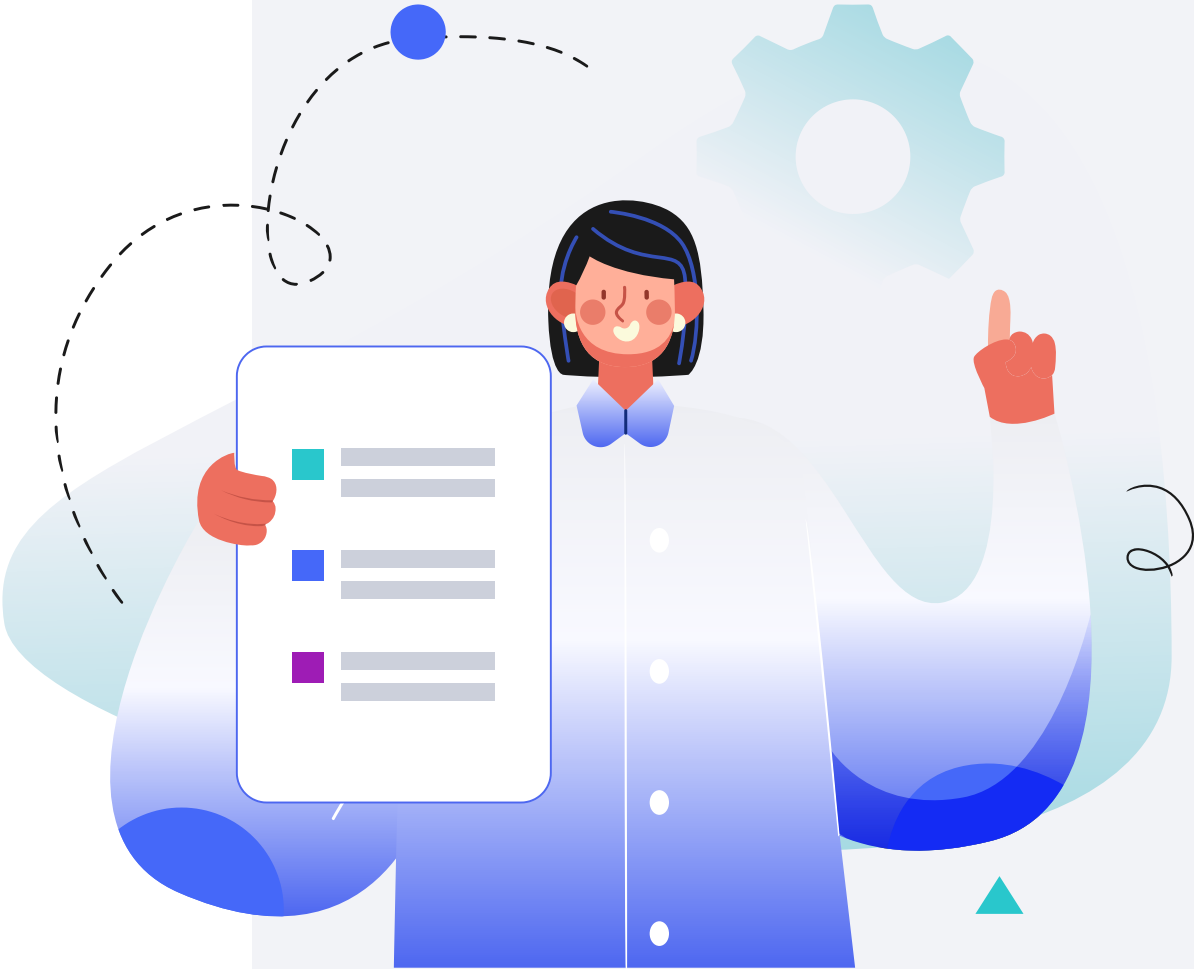
5ft 5" 165cm

WEIGHT

137lb 62kg

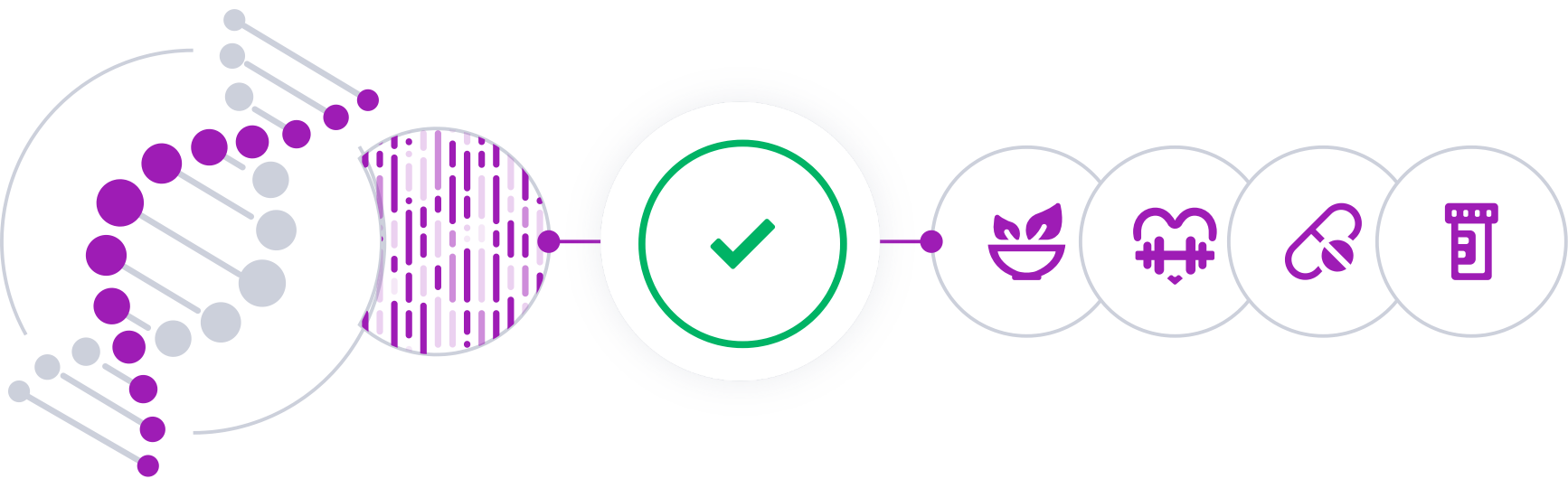
DISCLAIMER

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

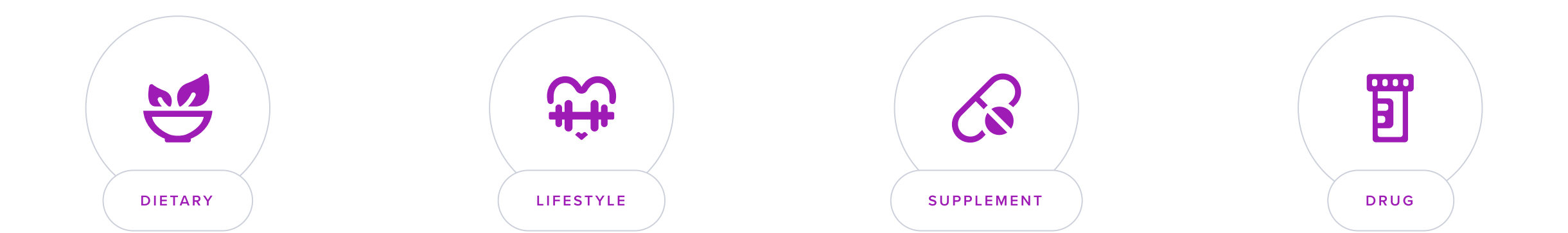
You have 2 risk alleles

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

Polycythemia vera (PV) is a type of blood disorder characterized by the overproduction of red blood cells by the bone marrow, a process known as erythrocytosis. This proliferation may also include an increase in white blood cells and platelets. The overabundance of red blood cells increases the thickness of the blood, leading to a sluggish flow and raising the risk of clotting [\[R\]](#).

Patients with PV often experience a ruddy complexion and may report a plethora of symptoms, including [\[R\]](#):

- Headaches, dizziness, and fatigue
- Itchiness, especially after a warm bath or shower
- Numbness, tingling, burning, or weakness in the hands, feet, arms, or legs
- A feeling of fullness, bloating, or pain in the left upper abdomen due to an enlarged spleen
- Unusual bleeding
- Painful swelling of one joint, often the big toe
- Shortness of breath

The condition can lead to significant complications if not managed properly. These include:

- Blood clots
- Enlarged spleen
- Open sores in the lining of the esophagus, stomach, or small intestine
- Joint inflammation
- Acute leukemia (in rare cases)

Management

Polycythemia vera is more common in adults aged 50-75. Men are more likely to get the disease but women typically get it at a younger age [\[R\]](#).

The management of polycythemia vera is focused on reducing the risk of thrombotic events and alleviating symptoms. Treatment strategies include [\[R\]](#):

- Therapeutic phlebotomy: removal of blood from the body to decrease the red blood cell mass.
- Medications such as hydroxyurea or interferon alpha to suppress the bone marrow's overactivity.
- Low-dose aspirin to prevent blood clots

Patients with PV require close monitoring for signs of progression or complications since the disease can sometimes transform into myelofibrosis (a condition where the bone marrow is replaced with fibrous tissue) or evolve into acute myeloid leukemia. Lifestyle modifications, including smoking cessation and regular exercise, also play an essential role in managing the disease.

Please note: This report is not diagnostic and can't be used to make any medical decisions. Most cancers are uncommon and have a strong environmental component. Even if your genetic predisposition is high, you will most likely not develop the disease. This report doesn't test for hereditary cancer syndromes or 'cancer genes'. These are usually caused by rare mutations that can't be analyzed by our test. If you're concerned about your risk of hereditary cancer, consider getting a specialized test at a reference laboratory.



TYPICAL LIKELIHOOD

Typical likelihood of polycythemia vera based on 1,028 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	Stress Management Therapy	1 hour	2	Low-Intensity Exercise	1 hour
3	Walking	30 minutes	4	Aerobic Exercise (Cardio)	1 hour

1

Stress Management Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Stress management therapy can help lower stress levels, which might reduce some symptoms of polycythemia vera, such as headaches and hypertension.

2

Low-Intensity Exercise

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 60 minutes of low-intensity activities, such as walking or gentle yoga, into your daily routine. Aim to do this 5 days a week to achieve the best results.

TYPICAL STARTING DOSE

1 hour

Description

Low-intensity exercise, such as walking or gentle yoga, provides numerous health benefits, including improved cardiovascular health, stress reduction, and enhanced overall fitness without the strain of high-intensity workouts.

How it helps

Low-intensity exercises such as yoga and tai chi can improve blood circulation, reduce stress, and have a low risk of causing injury, making them suitable for those with polycythemia vera.

3

Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Regular walking can improve circulation and help reduce the risk of blood clots, which is important for people with polycythemia vera.

4

Aerobic Exercise (Cardio)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic exercise such as walking or cycling can improve circulation and reduce the risk of blood clots. Regular cardio helps maintain a healthy weight and can reduce stress, which is beneficial for managing polycythemia vera.

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.

	WBC	6.92 x10 ³ /mm ³		9 Nov 2025
	Platelet Count	215 x10 ³ /mm ³		9 Nov 2025
	Uric Acid	4.4 mg/dL		9 Nov 2025
	Hematocrit	51.8 %		9 Nov 2025
	Hemoglobin	17.1 g/dL		9 Nov 2025