

Pulmonary Fibrosis

Disease Report

REPORT CATEGORIES —



INFLAMMATION &
AUTOIMMUNITY



RESPIRATORY HEALTH

Sample Client

Report date: 15 January 2026

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

24 Next Steps

- 24 Your Lab Results

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

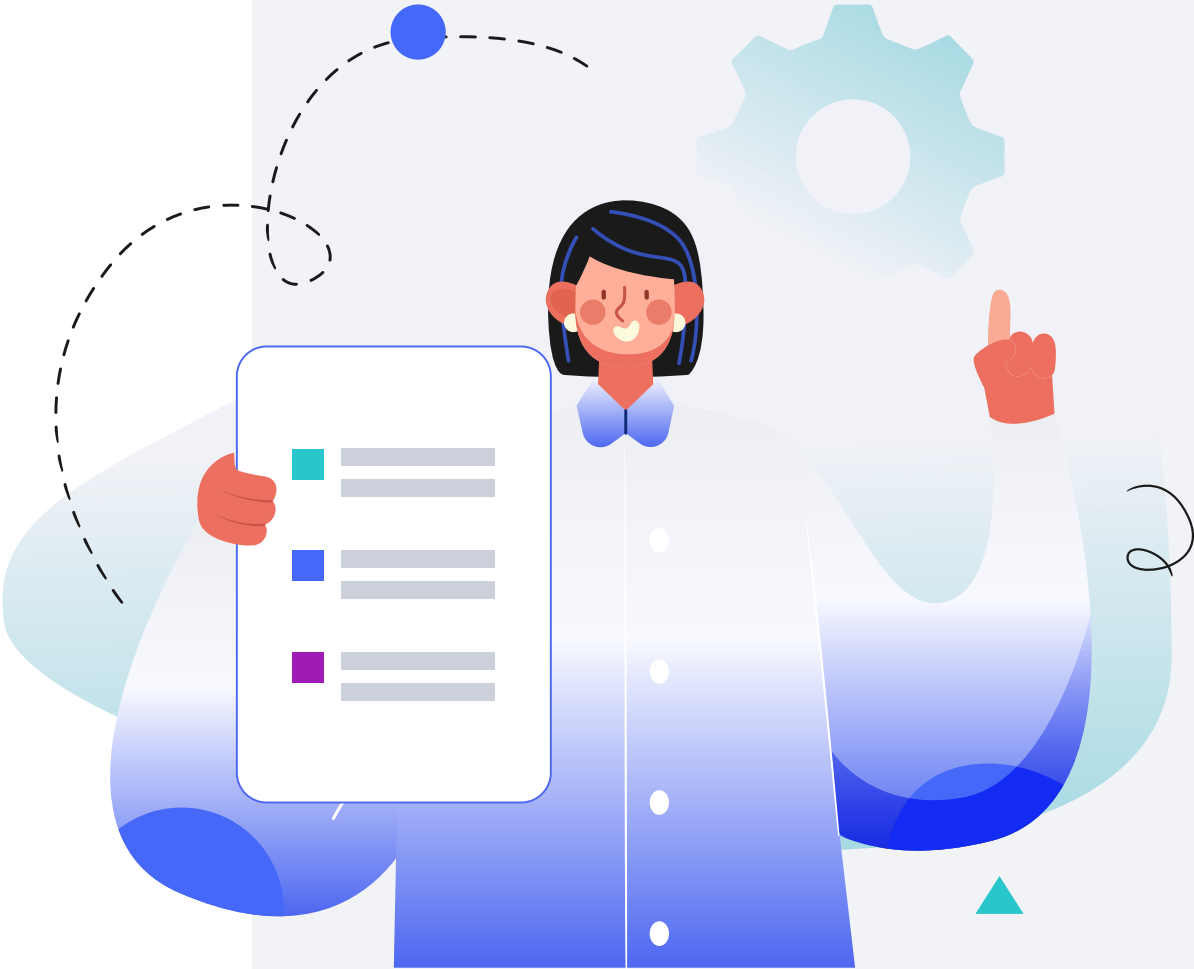
Male

HEIGHT

5ft 5" 165cm

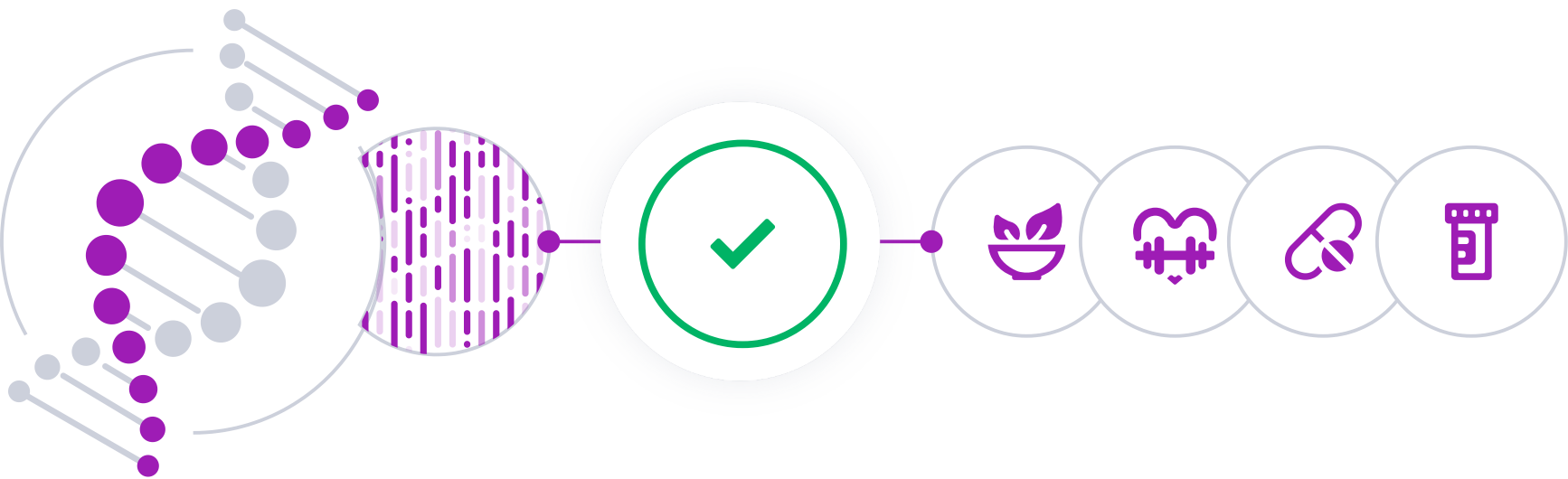
WEIGHT

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.

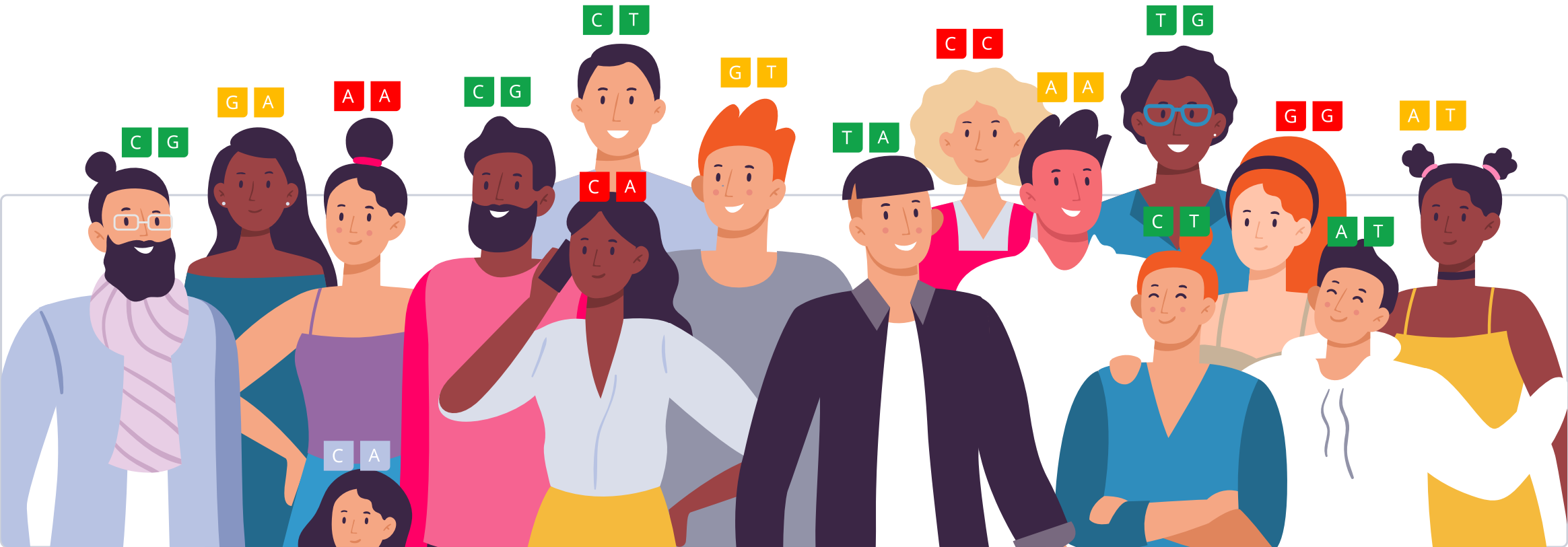


Similarly, our Trait Reports look at how your DNA influences your traits.



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

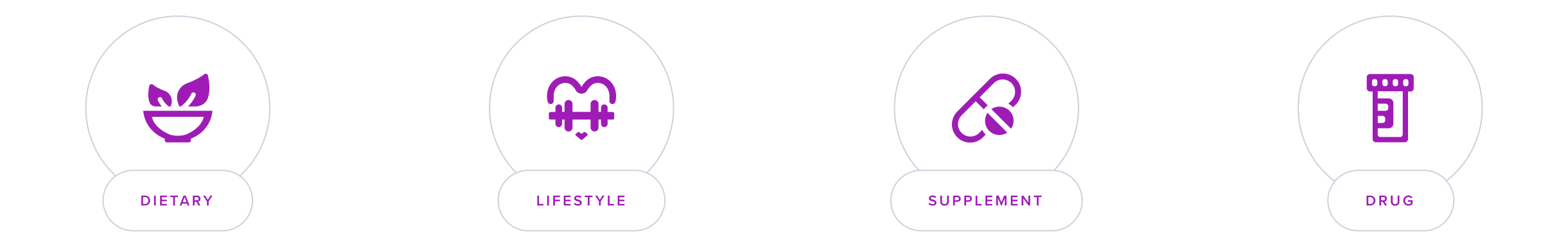
You have 2 risk alleles

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

Pulmonary fibrosis is a lung disease that occurs when lung tissue becomes damaged and scarred. This thickened, stiff tissue makes it more difficult for the lungs to work properly. As pulmonary fibrosis worsens, individuals become progressively more short of breath. In most cases, the cause remains unknown, and such cases are termed idiopathic pulmonary fibrosis (IPF) [\[R\]](#).

Signs and symptoms of pulmonary fibrosis may include [\[R\]](#):

- Shortness of breath (dyspnea)
- A dry cough
- Fatigue
- Unexplained weight loss
- Aching muscles and joints
- Widening and rounding of the tips of the fingers or toes (clubbing)

The course of pulmonary fibrosis — and the severity of symptoms — can vary considerably from person to person. Some people become ill very quickly with severe disease. Others have moderate symptoms that worsen more slowly, over months or years.

Complications of pulmonary fibrosis can include [\[R\]](#):

- Pulmonary hypertension
- Right-sided heart failure
- Respiratory failure
- Lung cancer
- Blood clots, infections, or collapse in the lungs

Risk Factors and Management

Risk factors for pulmonary fibrosis include [\[R\]](#):

- Age: Pulmonary fibrosis is more likely to affect middle-aged and older adults
- Current or past smoking
- Exposure to toxins and pollutants such as silica dust, asbestos fibers, hard metal dusts, coal dust, grain dust, or animal droppings
- Radiation and chemotherapy treatments
- Chronic conditions such as lupus, rheumatoid arthritis, or scleroderma.

While the majority of pulmonary fibrosis cases are sporadic, familial pulmonary fibrosis is recognized, and certain genetic mutations have been identified. These mutations might impact the lung's susceptibility to damage and scarring.

The lung damage caused by pulmonary fibrosis can't be repaired, but medications and therapies can sometimes help ease symptoms and improve quality of life. Treatment options include [\[R\]](#):

- Medication: Two drugs, pirfenidone and nintedanib, are FDA-approved to treat IPF and can slow the progression of the disease.
- Oxygen therapy to ease the symptoms of shortness of breath.
- Pulmonary rehabilitation to help manage the symptoms and improve daily functioning.
- Lung transplant in severe cases or rapid progression of the disease.



TYPICAL LIKELIHOOD

Typical likelihood of pulmonary fibrosis based on 17,440 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
IRF3	rs76246107	GG
NCF2	rs17849502	GT
GLS	rs13389408	TC
CCDC116	rs5754467	GA
IRF5	rs10954214	CT
PTTG1	rs2431098	GA
PRDX6	rs2422345	GA
TNFAIP3	rs58721818	CC
METTL27	rs193107685	TT
TNPO3	rs13238352	CC
PTPN22	rs6679677	CC
TRIM59	rs112846137	GG
BLK	rs2736337	TT
DNASE1L3	rs35677470	GG
TNIP1	rs4958880	CC
IDUA	rs13101828	AA
ALDH2	rs11066301	GA

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.

DOSAGE		DOSAGE			
1	Aerobic Exercise (Cardio)	1 hour	2	Avoid Asbestos	
3	Avoid Air Pollution		4	Walking	30 minutes
5	Maintain Optimal Vitamin D Levels	1000 iu	6	Avoid Exposure To Organic Solvents	
7	Dietary Antioxidants		8	Oxygen Therapy	15 hours
9	Avoid Secondhand Smoke		10	Avoid Contact With Dust	
11	Exercise At Least One Hour a Day	1 hour	12	Deep Breathing	5 minutes
13	Support Groups		14	N-acetylcysteine (NAC)	1200 mg
15	Dietary Omega-3 Fatty Acids		16	Swimming	30 minutes
17	Stress Management Therapy	1 hour	18	Fruits And Vegetables	
19	Avoid Ozone Exposure				

1



Aerobic Exercise (Cardio)

IMPACT

4 / 5

EVIDENCE

3 / 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

In patients with pulmonary fibrosis, exercise training (including cardio) may improve exercise capacity, lung function, cardiopulmonary endurance, and quality of life. Combined aerobic, strength, stretching, and breathing exercises may be most effective [\[R, R\]](#).

2



Avoid Asbestos

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Check for the presence of asbestos in materials in old buildings, especially those built before the 1980s, before doing any renovations or demolitions. Avoid disturbing materials that might contain asbestos, such as insulation, tiles, and roofing. If asbestos needs to be removed, hire professionals who specialize in asbestos abatement.

Description

Avoiding asbestos exposure is critical to prevent the development of asbestos-related diseases such as mesothelioma and lung cancer. Asbestos is a known carcinogen found in some construction materials and should be handled with extreme care or avoided altogether.

How it helps

Several studies associated exposure to asbestos with pulmonary fibrosis, commonly called asbestosis. The risk of asbestosis increases with the duration of the exposure. Exposed people who also smoke may be at even higher risk of asbestosis [R, R, R, R, R, R].

Asbestos fibers build up in the lungs and trigger an immune response that results in oxidative damage and tissue scarring [R].

 PERSONALIZED TO YOUR GENES

Exposure to asbestos may increase the risk of lung tissue scarring more in people with your **TGFB1** gene variant [R].

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
B3GNT8	rs1800470	GG	

3



Avoid Air Pollution

IMPACT2 / 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

Exposure to nanoparticles may significantly increase the risk of pulmonary fibrosis according to a meta-analysis of 10 studies. Nanoparticles may contribute by increasing the levels of the proinflammatory cytokine TGF-β and histopathological changes [\[R\]](#).

In children with this condition, exposure to second-hand smoke may further worsen lung function [\[R\]](#).

4



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 increase lung function and improve cardiovascular health, which is beneficial for individuals with pulmonary fibrosis.

5



Maintain Optimal Vitamin D Levels

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Vitamin D supplementation may help improve lung function and reduce inflammation, which is beneficial for individuals with pulmonary fibrosis.

6



Avoid Exposure To Organic Solvents

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Ensure to work in well-ventilated areas and wear protective gear when handling products like paints, varnishes, and adhesives. When possible, choose solvent-free or water-based products to minimize exposure. Regularly check labels for any solvents listed and strive to limit their use in both personal and professional settings.

Description

Avoiding exposure to organic solvents, commonly found in paints, adhesives, and cleaning products, can protect against the potential health risks associated with inhalation or skin contact, such as respiratory issues and skin irritation.

Organic solvents are used in various industries and workplaces for tasks like cleaning, painting, and manufacturing.

However, their use can be hazardous to workers' health. Exposure to these solvents can lead to problems such as breathing difficulties, skin irritation, and reduced fertility [\[R\]](#).

How it helps

Organic solvents can be harmful to the lungs; avoiding them may help prevent worsening of pulmonary fibrosis.

7



Dietary Antioxidants

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in antioxidants, such as fruits (berries, oranges, plums), vegetables (spinach, kale, bell peppers), nuts (walnuts, almonds), and seeds (flaxseeds, chia seeds) into your daily meals. Aim for at least 5 servings of fruits and vegetables per day, ensuring a variety of colors to cover different antioxidants.

Description

Dietary antioxidants are compounds found in foods that help neutralize harmful molecules called free radicals, potentially reducing the risk of oxidative stress-related diseases and supporting overall health. Examples include vitamins C and E, beta-carotene, and polyphenols.

Our cells sometimes produce molecules called **reactive oxygen species (ROS)** [\[R\]](#).

High levels of ROS can cause [oxidative stress](#) and damage our cells. Oxidative stress plays a role in many health conditions, including [\[R\]](#):

- High blood sugar
- Type 2 diabetes
- Heart disease

Antioxidants are substances that help combat ROS [\[R\]](#).

Antioxidants are found in many plants. Good sources include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Fruits like tomatoes, berries, and pomegranates
- Vegetables like onions, spinach, and celery
- Chocolate
- Olive oil
- Wine

How it helps

Antioxidants can protect the lungs from further damage by neutralizing harmful free radicals in the body.

8



Oxygen Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use oxygen therapy by inhaling supplemental oxygen through a mask or nasal prongs for at least 15 hours daily, as prescribed by a healthcare provider. This is typically a continuous treatment for individuals with chronic respiratory conditions and should be followed every day, under medical supervision, to ensure proper oxygen levels in the blood.

TYPICAL STARTING DOSE

15 hours

Description

Oxygen therapy involves the administration of supplemental oxygen to individuals with breathing difficulties or low oxygen levels. It is used to improve oxygen intake, promote tissue healing, and enhance overall respiratory function.

How it helps

Oxygen therapy helps maintain adequate oxygen levels in the blood, reducing breathlessness and improving overall function in people with pulmonary fibrosis.

9



Avoid Secondhand Smoke

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Implementing a smoke-free lifestyle involves communicating your needs to family, friends, and coworkers, requesting they respect your choice by smoking away from you. At home, establish strict no-smoking policies indoors. When out, choose smoke-free venues and accommodations. Advocate for smoke-free environments in your community and support legislation that promotes public health by reducing exposure to secondhand smoke. Utilize air purifiers at home to reduce any residual particles.

Description

Avoiding secondhand smoke is crucial for maintaining good health. Exposure to secondhand smoke can lead to respiratory problems, cardiovascular disease, and an increased risk of lung cancer, even in non-smokers. Protecting oneself from secondhand smoke involves staying away from smoking areas, ensuring smoke-free environments at home and work, and advocating for smoke-free policies in public spaces.

How it helps

Secondhand smoke can worsen lung function and accelerate the progression of pulmonary fibrosis. Avoiding it helps protect lung health.

10



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

Exposure to dust can irritate the lungs and exacerbate symptoms of pulmonary fibrosis. Limiting dust exposure helps maintain better lung function.

11



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular exercise can improve cardiovascular health and muscle strength, helping to improve lung efficiency and reduce fatigue in pulmonary fibrosis patients.

12



Deep Breathing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice deep breathing exercises for 5-10 minutes at least twice a day, ideally in the morning and before bed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose.

TYPICAL STARTING DOSE

5 minutes

Description

Deep breathing techniques, such as diaphragmatic or abdominal breathing, can promote relaxation, reduce stress, and improve lung capacity. Regular deep breathing exercises can contribute to overall mental and physical well-being by reducing tension and increasing oxygen supply to the body.

How it helps

Practicing controlled breathing techniques like deep breathing can help improve lung efficiency and reduce breathlessness in individuals with pulmonary fibrosis.

13



Support Groups

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend a support group meeting related to your condition at least once a week. These meetings can be found through local hospitals, online platforms, or health organizations specific to your condition. Participation can be in-person or virtual, depending on what is offered and your preference.

Description

Support groups are gatherings of individuals facing similar challenges, where they can share experiences, emotions, and coping strategies. They offer emotional support, camaraderie, and valuable insights for those dealing with various health conditions or life circumstances.

Support groups involve people with similar struggles helping each other. Support groups usually take place in a casual setting. During sessions, people share their [\[R\]](#):

- Knowledge
- Experiences
- Coping strategies
- Understanding of the recovery process

Support groups may help support recovery from addictions [\[R\]](#).

How it helps

Joining support groups can provide emotional support and shared experiences, improving mental health and quality of life for those with pulmonary fibrosis.

14



N-acetylcysteine (NAC)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE
1200 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

In a meta-analysis of idiopathic pulmonary fibrosis (IPF) patients, N-acetylcysteine (NAC) was found to improve lung function by significantly reducing the percentage of predicted vital capacity and enhancing the 6-minute walking test distance. However, it did not show benefits in forced vital capacity, predicted carbon monoxide diffusing capacity, or mortality rates compared to controls [\[R\]](#).

For cystic fibrosis, a systematic review found limited evidence supporting NAC's efficacy. Among 23 studies, only three were randomized controlled trials. Nebulized NAC did not enhance lung function, while oral NAC had a **potentially insignificant 2.3% increase in FEV1 in short-term trials**. Strong evidence for NAC's effectiveness in cystic fibrosis is lacking, and its long-term effects remain uncertain [\[R\]](#).

Another meta-analysis in IPF patients evaluated three treatments: pirfenidone, nintedanib, and NAC. Pirfenidone and nintedanib effectively reduced FVC decline, the risk of significant FVC decline, and protected against acute exacerbations and mortality, with similar safety profiles. **In contrast, NAC use was linked to increased adverse events** [\[R\]](#).

15



Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids have anti-inflammatory properties which can help reduce pulmonary inflammation and fibrosis progression. Studies suggest they can improve lung function and reduce symptoms.

16



Swimming

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate swimming into your routine for at least 30 minutes, 3 times a week. Choose a pace and stroke that keeps your heart rate elevated yet allows you to breathe comfortably. Continue this practice regularly for long-term health benefits.

TYPICAL STARTING DOSE

30 minutes

Description

Swimming is a whole-body workout that engages various muscle groups, promoting strength and endurance. It helps keep the heart and lungs healthy, improves flexibility, and can even help reduce stress. Regular swimming is a great way to maintain a balanced, fit, and healthy lifestyle.

How it helps

Swimming is an excellent low-impact exercise that can help improve endurance and lung capacity while being gentle on the joints.

17



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

Managing stress can help reduce inflammation and improve overall well-being, which can be beneficial for people with pulmonary fibrosis.

18



Fruits And Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Increase your intake of fruits and vegetables to at least five servings per day, aiming for a variety of types and colors to ensure a broad range of nutrients. Each serving size should roughly be the amount you can fit in one hand. Try to incorporate at least one serving of fruits or vegetables into every meal and snack throughout the day.

Description

A diet rich in fruits and vegetables provides essential nutrients, antioxidants, and dietary fiber. This combination supports overall health, helps maintain a healthy weight, and reduces the risk of chronic diseases such as heart disease and certain cancers.

How it helps

A diet high in fruits and vegetables provides essential vitamins, minerals, and antioxidants that can support lung health.

19



Avoid Ozone Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stay indoors during times when ozone levels are reported to be high, typically on hot sunny days, especially during afternoon and early evening hours. Ensure that air filters in your home and vehicle are regularly maintained to decrease indoor ozone levels. Limit outdoor exercise or strenuous physical activity during high ozone days to reduce ozone exposure.

Description

Avoiding prolonged exposure to ground-level ozone, a component of air pollution, can protect lung health and reduce the risk of respiratory problems. Reducing outdoor activities during high ozone levels and using air purifiers indoors can minimize exposure.

How it helps

Ozone exposure can damage lung tissue and contribute to worsening pulmonary fibrosis symptoms. Avoiding it helps in slowing disease progression.

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

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.

