

Ringworm

DNA Health Report

REPORT CATEGORY —



IMMUNITY &
INFECTIONS

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

Ringworm, contrary to its name, is not caused by a worm but by a fungus. Medically known as "tinea," it is a contagious fungal infection that can affect the skin on various parts of the body, including the scalp, feet (“athlete’s foot”), nails, and groin.

The name "ringworm" stems from the characteristic circular rash it often produces, resembling a ring.

Symptoms of ringworm can include:

- Red, itchy, scaly, or raised patches on the skin
- Patches that may blister or ooze
- Patches with defined edges, often ring-shaped
- Hair loss (when the scalp is affected, known as "tinea capitis")
- Thickened, discolored nails (when nails are affected)

Treatment typically involves antifungal creams or medications, and it's essential to avoid sharing personal items to prevent spreading the infection.

Risk Factors and Genetics

Factors that might increase the risk of contracting ringworm include:

- Close contact with an infected person or animal
- Poor personal hygiene
- Sharing items like combs, clothing, or towels with someone who's infected
- A weakened immune system
- Participation in sports that involve skin-to-skin contact, like wrestling
- Living in warm, humid climates
- Genetics

While ringworm is primarily contracted through exposure to the fungal pathogens, there might be genetic factors that influence an individual's susceptibility to fungal infections. Some individuals may have a genetic makeup that makes their skin more prone to fungal growth or affects their immune response to fungal pathogens.



TYPICAL LIKELIHOOD

Typical likelihood of getting ringworm based on 1,669 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.

- 1

Topical Bitter Orange Oil
- 2

Avoid Scratching
- 3

Regular Hand Washing
- 4

Topical Tea Tree Oil

1



Topical Bitter Orange Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply 2-3 drops of bitter orange oil diluted in a carrier oil (such as coconut or jojoba oil) directly to the affected area of the skin. Use this mixture once or twice daily. Do not use on broken skin or for more than 2 weeks without a break.

Description

Topical bitter orange oil is derived from the bitter orange (*Citrus aurantium*) plant. Its natural anti-inflammatory and antimicrobial properties make it a popular choice for skincare and treating skin conditions like acne and fungal infections. Additionally, the oil is used in aromatherapy to alleviate stress and anxiety, thanks to its calming and mood-enhancing effects. Bitter orange oil may also aid digestion and boost metabolism.

How it helps

In a non-placebo-controlled trial of 60 patients with ringworm, applying topical bitter orange oil on the skin for 1-3 weeks improved curing rates. A concentration of 25% was most effective [R].

Topical bitter orange oil may help due to its natural antifungal properties. It contains compounds like limonene and linalool, which have demonstrated antifungal activity.

2



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 can prevent the infection from worsening and spreading. Scratching can break the skin, making it more susceptible to further infection.

3



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 helps reduce the spread of the fungal infection that causes ringworm. This practice limits the transfer of the fungal spores to other parts of your body and to other people.

4

Topical Tea Tree Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a few drops of 100% tea tree oil to a cotton swab or ball and gently dab onto the affected area of the skin. Do this 1-2 times daily until improvements are noticeable, usually for a period of 1-4 weeks. Avoid applying tea tree oil to large areas of the skin and test on a small patch of skin first to ensure no allergic reaction occurs.

Description

Tea tree oil is used topically for its antimicrobial and antifungal properties, commonly applied to treat skin conditions like acne, fungal infections, and insect bites. Its main chemical compound of interest is terpinen-4-ol, and it is sourced from the leaves of the tea tree, *Melaleuca alternifolia*.

[Tea tree oil](#) is derived mostly from steaming the leaves of *Melaleuca alternifolia*, a tree native to Australia [\[R\]](#).

It’s used to treat a number of conditions, such as [\[R\]](#):

- Acne
- Dandruff
- Nail fungus
- Lice
- Athlete's foot

How it helps

Tea tree oil has strong antifungal properties that can help treat ringworm by killing the fungus responsible for the infection.