

Sarcoidosis

Disease Report

REPORT CATEGORY —



INFLAMMATION &
AUTOIMMUNITY

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

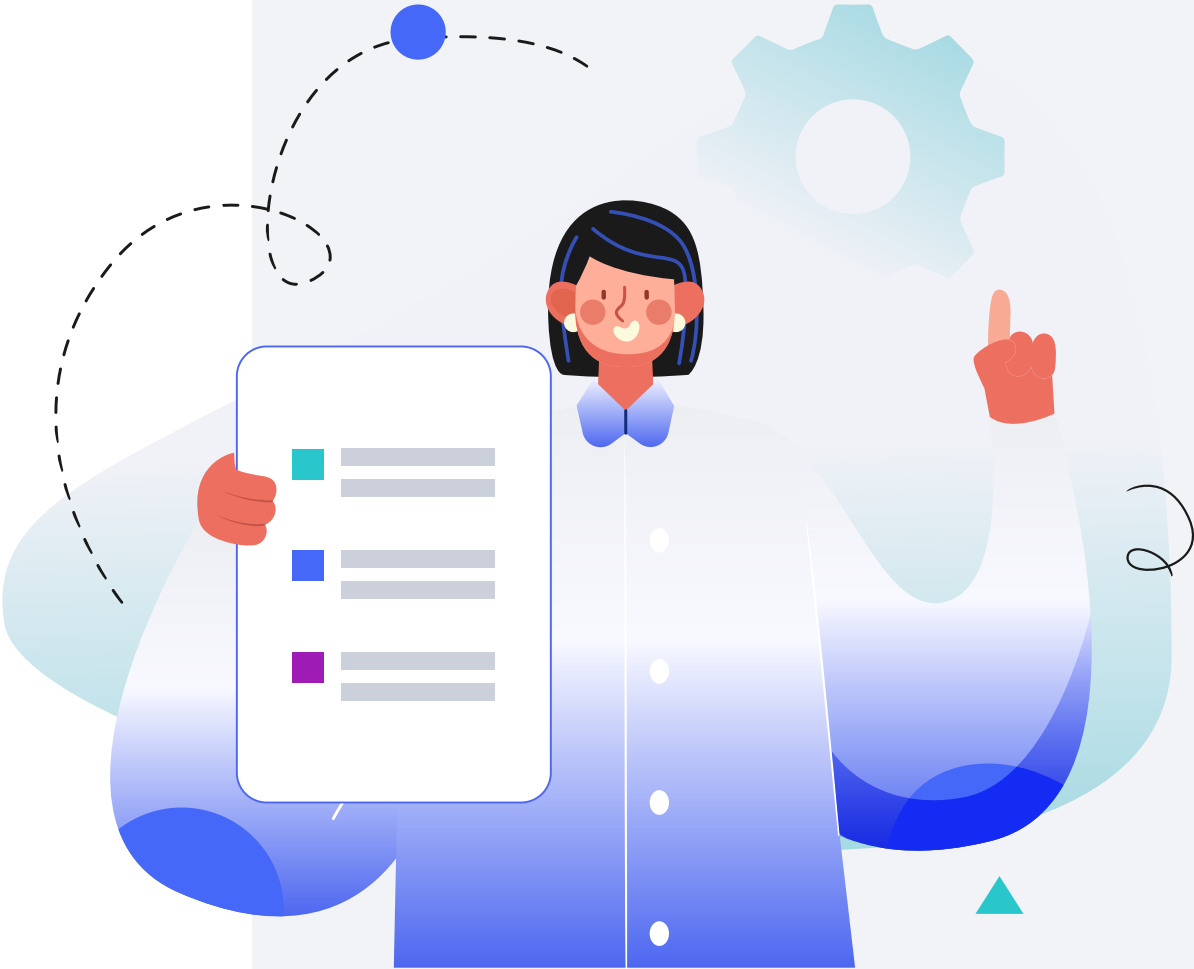
5ft 5" 165cm

WEIGHT

137lb 62kg

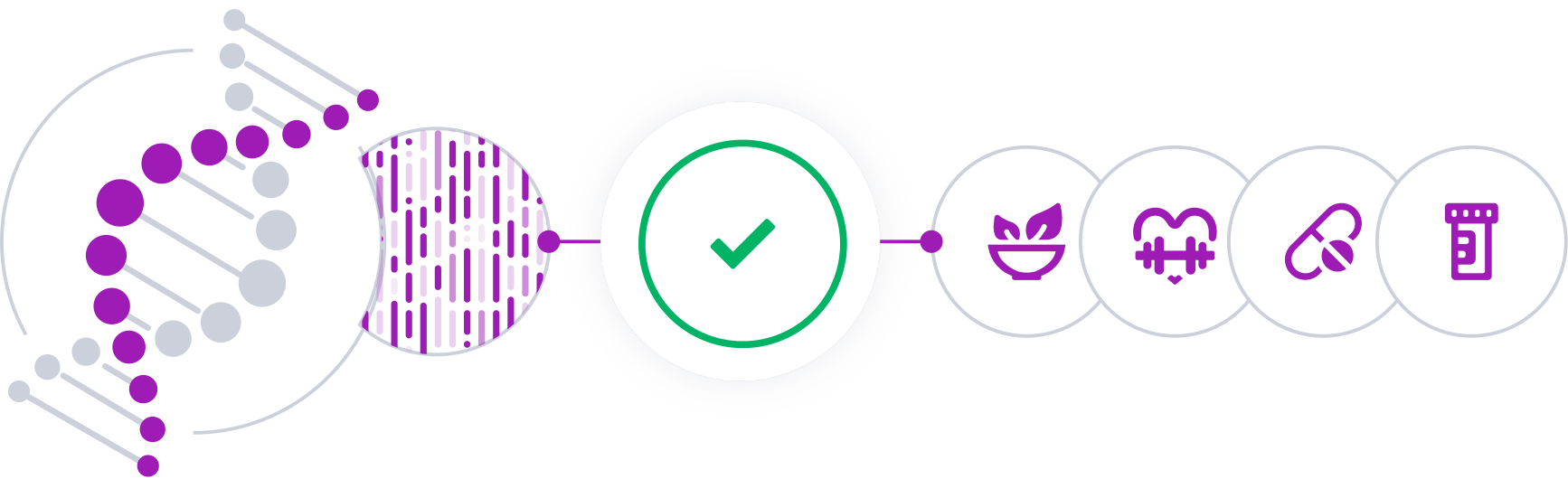
DISCLAIMER

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.

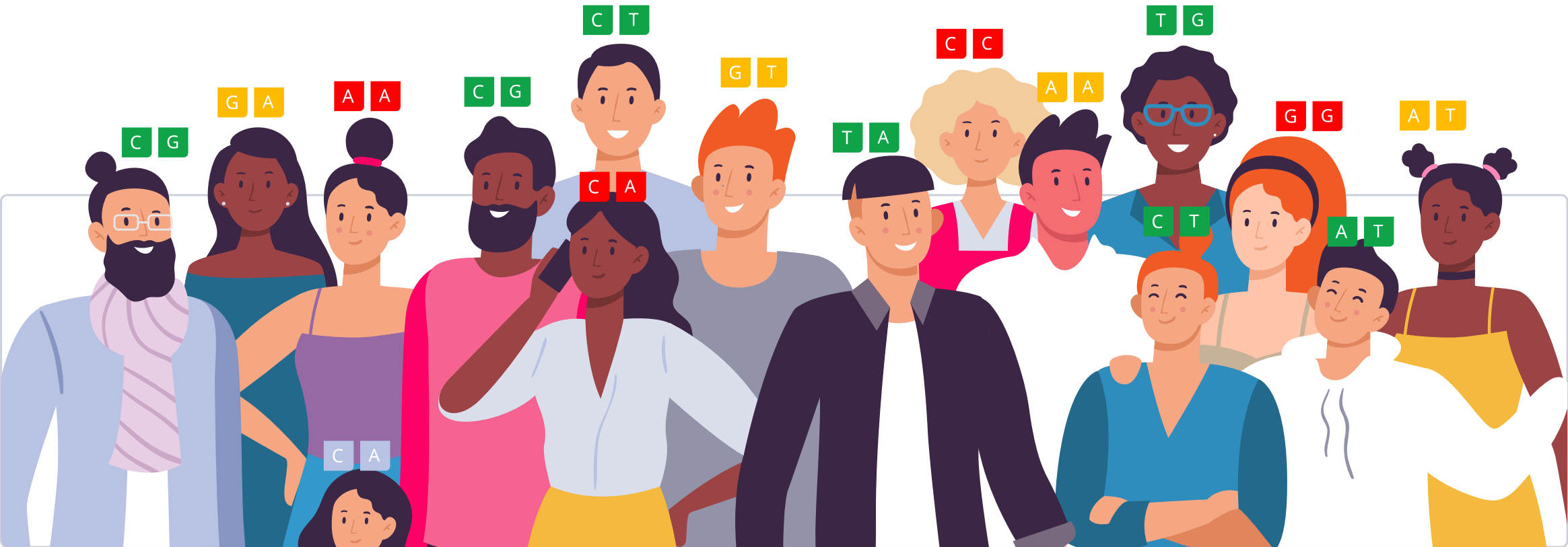


Similarly, our Trait Reports look at how your DNA influences your traits.



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

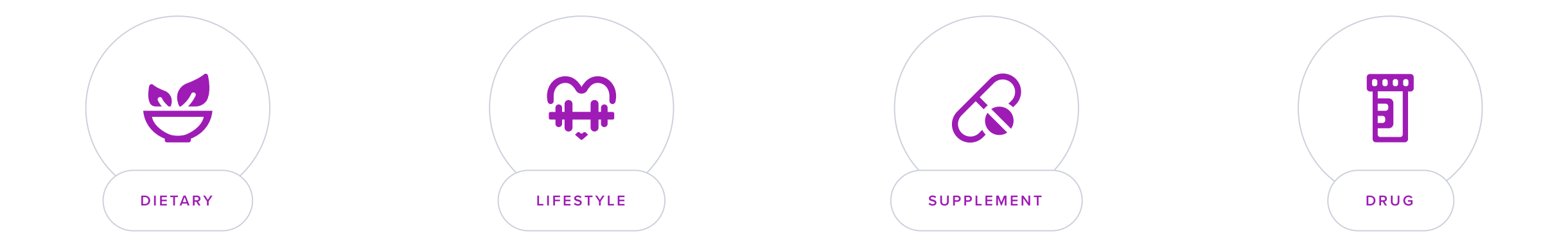
You have 2 risk alleles

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

Sarcoidosis is a complex multi-system inflammatory disease characterized by the formation of tiny clumps of inflammatory cells, known as granulomas, in various organs throughout the body. These granulomas can alter the normal structure and possibly the function of the affected organs.

The lungs are the most commonly affected organ, but the disease can also involve the skin, eyes, liver, heart, and other organs. While the exact cause of sarcoidosis is unknown, it is thought to result from the body's immune system responding to an unknown substance. Genetics and environmental factors may play a role in the development of the condition.

Symptoms

Symptoms of sarcoidosis vary widely, depending on the organs involved and the severity of the inflammation. Many patients are asymptomatic. They do not have any visible symptoms and the disease may be discovered incidentally during a routine chest X-ray. However, when symptoms are present, they may include persistent dry cough, fatigue, shortness of breath, and chest pain.

Some patients may experience symptoms related to specific organ involvement, such as skin sores, blurred vision, or enlarged lymph nodes. The course of the disease can range from mild and self-limiting to chronic and progressive. In some cases, it can cause severe organ damage and significantly affect quality of life.



TYPICAL LIKELIHOOD

Typical likelihood of sarcoidosis based on 270 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ZNF439	rs76054429	TT
PRRG4	rs143440435	TT
/	rs78439249	GG
HLA-DMA	rs9276935	TT
HLA-DQA2	rs3101944	CC
HLA-DRB1	rs28589559	GG
ZNF578	rs73575927	CT
TNR	rs732292	AA
HLA-DRB1	rs9271346	TC
/	rs9269233	CA
HLA-DQA2	rs3129888	AG
ATP6V1G2	rs3131376	GA
HLA-DRB5	rs7451330	CT
IGFBP3	rs7791656	TC
SORBS1	rs185608970	CC
SLC9A9	rs146666669	GG
EPAS1	rs73926243	AA
CHD6	rs6124391	GG
GABRP	rs4868030	GG

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	Stress Management Therapy	1 hour
3	Dietary Omega-3 Fatty Acids		4	Avoid Exposure to Molds	
5	Curcumin	500 mg	6	Exercise At Least One Hour a Day	1 hour
7	Support Groups		8	Maintain Optimal Vitamin D Levels	1000 iu

1



Aerobic Exercise (Cardio)

IMPACT3 / 5

EVIDENCE3 / 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 people with sarcoidosis and other lung diseases, aerobic exercise may improve exercise capacity, breathing difficulties, and quality of life [\[R, R\]](#).

Aerobic exercise may help by improving cardiovascular health.

2



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 reduce symptoms of sarcoidosis by lowering inflammation levels in the body. Stress hormones like cortisol can exacerbate inflammation, so managing stress can potentially keep symptoms in check.

3



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, found in fish and flaxseed, have anti-inflammatory properties. They can help reduce inflammation associated with sarcoidosis, potentially easing symptoms.

4



Avoid Exposure to Molds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Keep indoor humidity levels below 50% by using dehumidifiers or air conditioners, ensure proper ventilation in areas like bathrooms and kitchens, fix leaks promptly, and clean up any water damage within 24-48 hours to prevent mold growth. Regularly check and clean places where mold tends to accumulate, such as shower curtains, window sills, and refrigerator drip pans.

Description

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health. Inhaled mold may cause a range of respiratory symptoms, like infections, asthma, and coughing.

[Molds](#) are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. Some of them are beneficial while others can wreak havoc on our health [\[R\]](#).

Inhaled mold may cause a range of respiratory symptoms, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Respiratory infections
- Reduced lung function
- Caugh
- Asthma worsening

Mycotoxins are the most dangerous aspect of **foodborne mold**. Exposure to higher amounts of these toxins can damage the organs and promote cancer growth [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Molds can aggravate respiratory problems for people with sarcoidosis. By avoiding environments with high mold exposure, individuals with sarcoidosis may experience fewer respiratory symptoms and better overall lung health.

5



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE

500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, the active ingredient in turmeric, has anti-inflammatory and antioxidant properties which can help reduce inflammation in the body, including the granulomas seen in sarcoidosis.

6



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 overall fitness and lung function, which is beneficial for managing sarcoidosis. It also helps reduce fatigue, which is a common symptom of the condition.

7



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 practical advice from others who have sarcoidosis. This can help improve mental well-being and provide coping strategies for managing the condition.

8



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 helps regulate the immune system. Studies have shown that people with sarcoidosis often have low levels of Vitamin D.

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.

✓	ESR	1 mm/hr	✓ 0 6 15 100	9 Nov 2025
✓	Vitamin D, 25-Hydroxy, Total	58.59 ng/mL	✓ 10 20 30 75 150	9 Nov 2025
!	hs-CRP	1.6 mg/L	! 0 0.5 3 100 500	9 Nov 2025
✓	Calcium	9.2 mg/dL	✓ 6.5 8.5 8.8 9.8 10.5 13	9 Nov 2025