SelfDecode™

# Sensitivity to Airborne Mold

## Biohacker Report

REPORT CATEGORY

DETOX

## Sample Client

Report date: 15 January 2026

Powered by omicsedge

# Table of Contents



## Personal information

NAME

**Sample Client**

SEX AT BIRTH

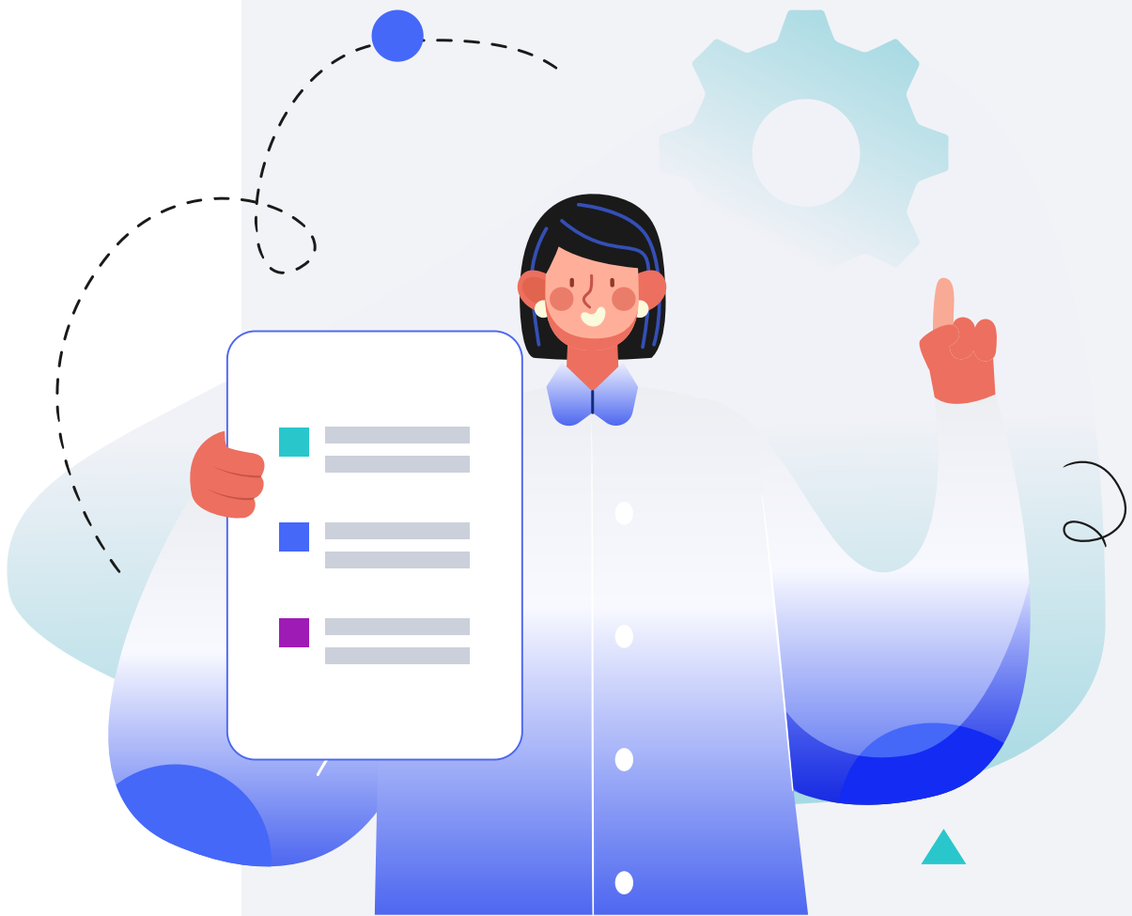
**Male**

HEIGHT

**5ft 5"** 165cm

WEIGHT

**137lb** 62kg

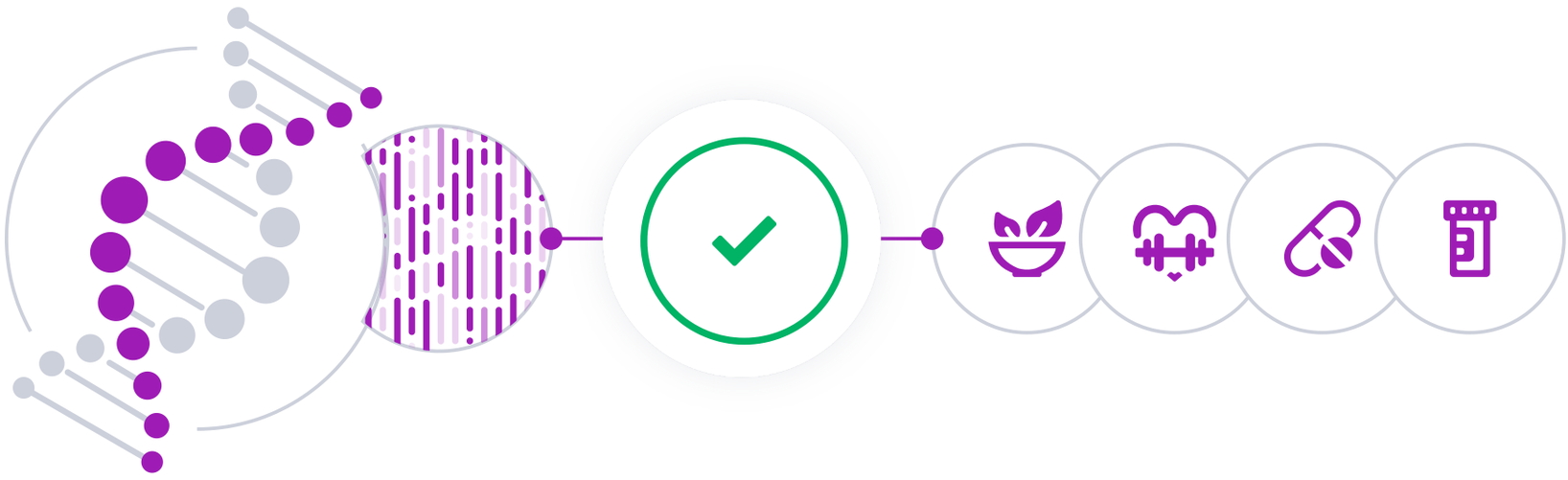


DISCLAIMER

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

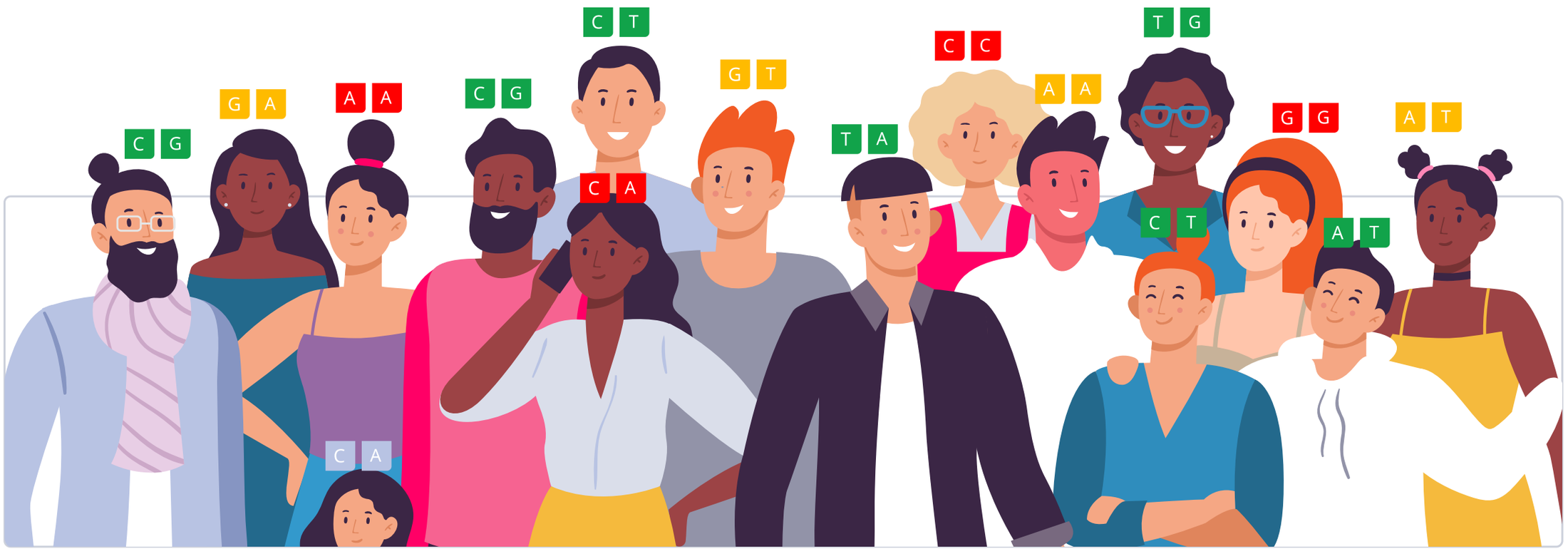
**Our Wellness Reports analyze how your DNA influences your health.**
**We then use this analysis to give you personalized risk estimates and recommendations.**



**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.

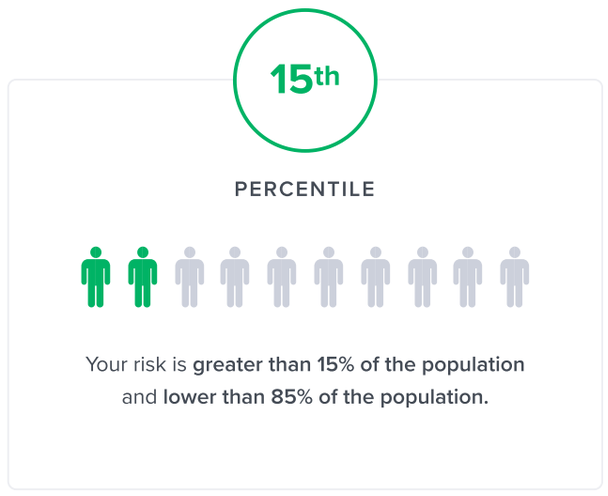
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:


**In total, we analyze up to 83 million genetic variants.**




**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, afew 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

Molds are tiny fungi that live all around us: in the soil and air, on food crops, and even on our skin. They can grow inside houses or other buildings and can cause health problems in some people [R].

Headaches, fatigue, allergies or other unexplained symptoms are sometimes associated with the amount of time spent in a specific building or room. Some researchers call this “Sick Building Syndrome” and attribute it to mold exposure [R, R].

Inhaled mold may cause a range of **respiratory symptoms**, including [R, R, R, R, R]:

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

In addition to that, some research has linked mold exposure to [R, R, R]:

- Reduced quality of life
- Headaches
- Fatigue
- Allergies
- Throat irritation

# About Mold Sensitivity

In people with mold sensitivity, the immune system overreacts to inhaled mold. A reaction can cause unpleasant symptoms such as **coughing and itchy eyes** [R].

**People with asthma are more prone to mold sensitivity**. In some of them, mold exposure can disrupt breathing and trigger asthma attacks [R].

Other risk factors for mold sensitivity include [R]:

- Having a family history of allergies
- Occupational exposure to mold (e.g., in farming, baking, millwork, winemaking)
- Living in a house with high humidity (>50%) or poor ventilation
- Working or living in a building exposed to excess moisture

Genetics may also influence sensitivity to airborne mold. Involved genes may play a role in [R, R, R, R]:

- Immune response to mold (*ITGB3*)
- Breakdown of fungal cells (*CHIT1*)
- Inflammation (*GSDMB*)
- Skin barrier function (*CLDN1*)

In individuals with asthma, variants in some of these genes may be linked to higher mold sensitivity and worse asthma symptoms [R, R, R]:.

Please keep in mind two **important limitations**:

- It's not sure whether these gene variants affect people who don't have asthma
- The number of available gene variants is low, which may affect the accuracy of this report

If you are sensitive to mold, do your best to reduce your exposure to the types of mold that cause your reaction. Consult your doctor about potential treatment options if your symptoms are persistent or severe.

TYPICAL

**Likely typical sensitivity to airborne mold based on 7 genetic variants we looked at**

**Your top variants that most likely impact your genetic predisposition:**

| GENE | SNP | GENOTYPE |
|---|---|---|
| ITGB3 | rs2056131 | GG |
| GSDMB | rs7216389 | CT |
| CHIT1 | rs2486953 | CT |
| CLDN16 | rs9290929 | AG |
| / | rs366631 | AG |
| CYP1A2 | rs762551 | AA |
| SCAMP5 | rs2069526 | TT |
| LMAN1L | rs2069514 | 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.

1. **Avoid Exposure to Molds**
2. **Avoid Exposure to Solvents**
3. **Avoid Mycotoxin**
4. **Avoid Contact With Dust**
5. **Air Purifier**

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# Avoid Exposure to Molds

IMPACT 4 / 5

EVIDENCE 2 / 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 [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

To reduce mold growth and exposure at your home, you can try to [R, R, R]:

- Eliminate sources of dampness, such as pipe leaks
- Use a dehumidifier
- Use an air conditioner with a HEPA filter
- Ventilate your rooms regularly, especially your bathroom
- Ensure proper groundwater drainage

When in doubt about mold growth at your home, consider calling a professional cleaning service. If you believe that mold exposure is causing you health problems, seek medical attention.

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## Avoid Exposure to Solvents

IMPACT 0 / 5

EVIDENCE 0 / 5

### How to implement

Wear protective gloves and masks when using solvent-based products such as paint thinners, degreasers, or nail polish removers. Ensure adequate ventilation by working outdoors or in well-ventilated areas whenever possible. Seek solvent-free or low-VOC (Volatile Organic Compounds) alternatives for household and professional use.

### Description

Avoiding exposure to organic solvents, often found in cleaning products and industrial settings, can reduce the risk of potential health issues such as respiratory problems and skin irritation. Implementing safety measures and proper ventilation helps minimize contact with these chemicals.

### How it helps

Solvents can irritate the respiratory system, exacerbating symptoms in people with mold sensitivity.

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## Avoid Mycotoxin

IMPACT 0 / 5

EVIDENCE 0 / 5

### How to implement

To avoid mycotoxins, store grains and nuts in a dry, cool place, check for mold on foods before eating, and avoid consuming products with visible mold. Prefer buying whole foods over processed ones, and if possible, opt for foods tested for mycotoxin contamination. Discard any food that smells musty or shows signs of spoilage.

### Description

Avoiding mycotoxin exposure, which can occur in contaminated foods, is crucial to prevent potential health risks such as liver damage and cancer. Being cautious about food quality and storage conditions can help minimize the risk of mycotoxin ingestion.

### How it helps

Mycotoxins are produced by molds and can be harmful; avoiding them can help reduce symptoms of mold sensitivity.

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## 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

Dust can harbor mold spores. Minimizing contact with dust can help prevent triggering mold sensitivity.

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## Air Purifier

IMPACT 0 / 5

EVIDENCE 0 / 5

### How to implement

Install an air purifier in your home, ideally in the rooms you spend the most time in, such as your bedroom and living room. Keep the air purifier on for at least 12 hours each day, or continuously if possible, to effectively reduce airborne contaminants. Regularly clean or replace the filters according to the manufacturer's instructions to maintain its efficiency.

### Description

Air purification is the process of cleaning the air around us. Using a high-quality air purifier with a HEPA filter helps remove harmful particles like dust, smoke, and bacteria. Having clean air to breathe can help boost your health by reducing allergies, asthma problems, and even certain infections.

### How it helps

Air purifiers can help remove mold spores from the air, which can reduce mold exposure and alleviate sensitivity symptoms.

# 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.