

Squamous Cell Carcinoma

Disease Report

REPORT CATEGORIES —



SKIN & BEAUTY



CANCER

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

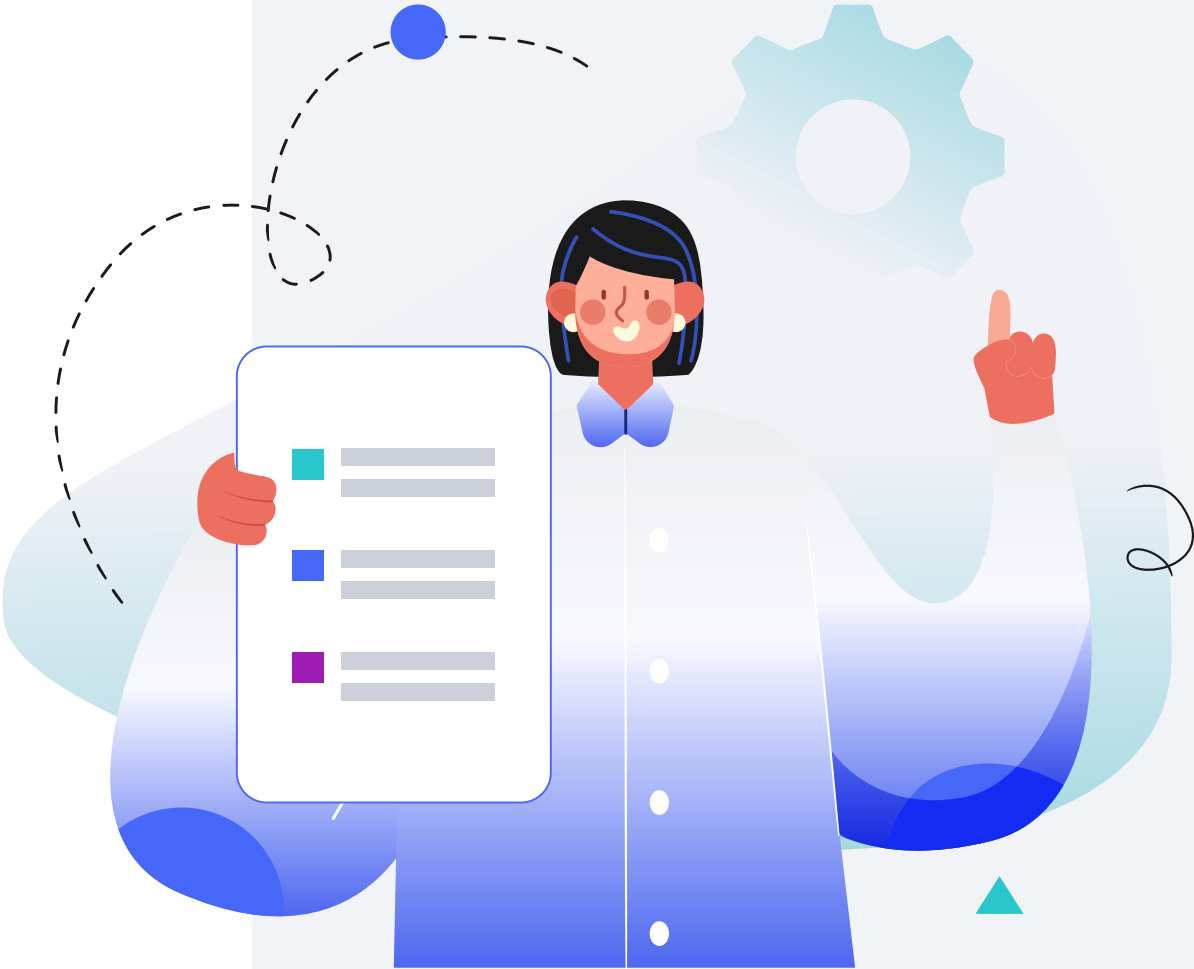
Male

HEIGHT

5ft 5" 165cm

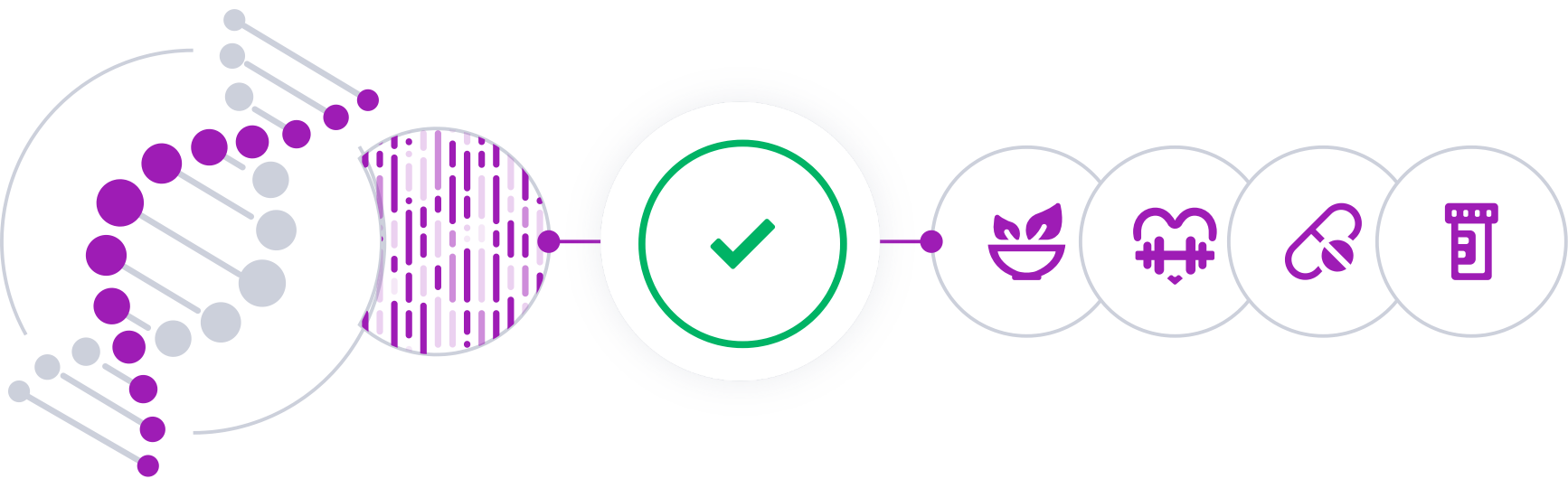
WEIGHT

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.

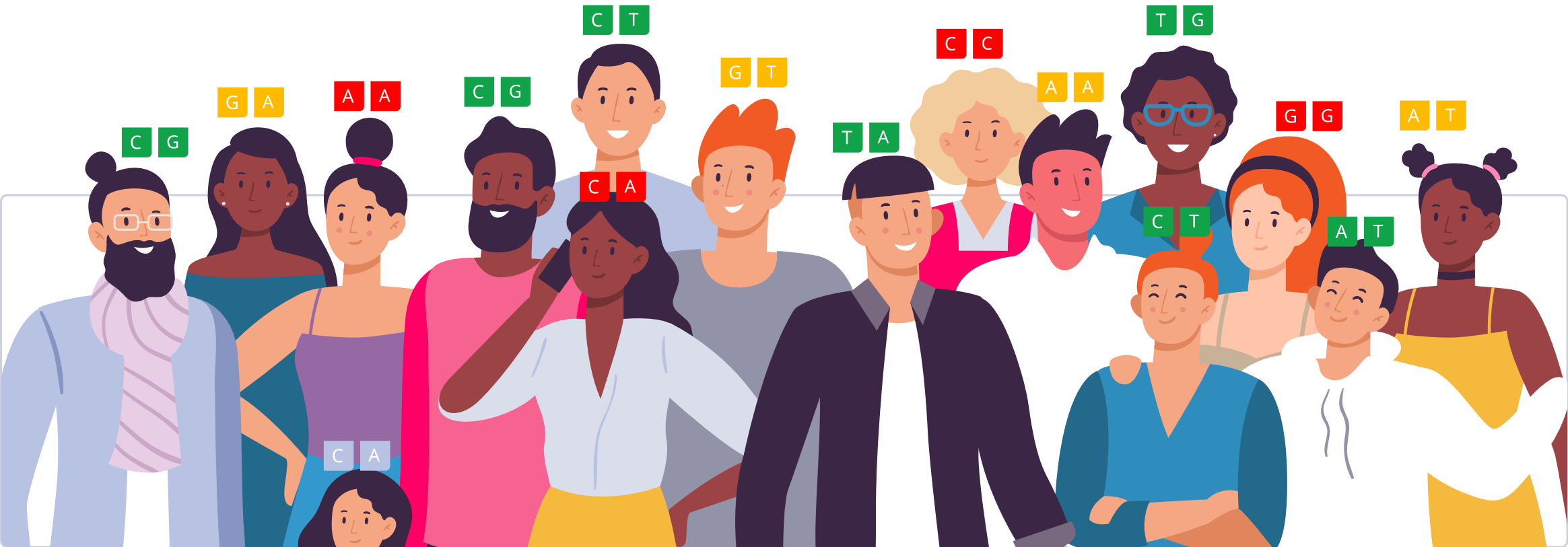


Similarly, our Trait Reports look at how your DNA influences your traits.



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

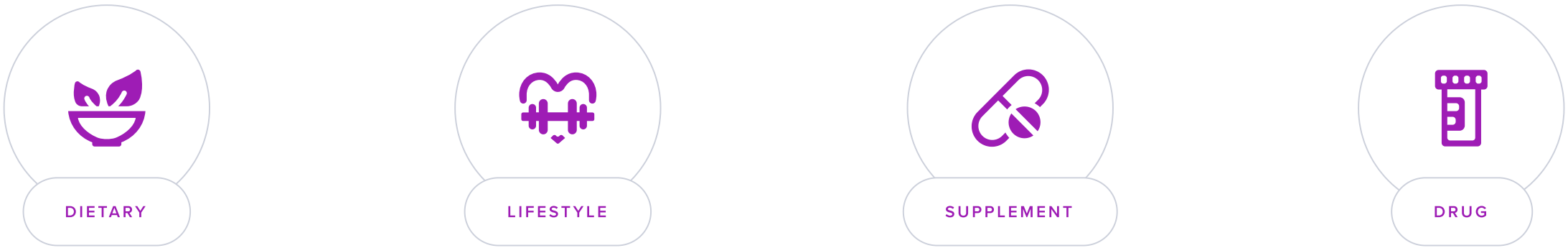
You have 2 risk alleles

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

Squamous cell carcinoma is a common form of skin cancer that develops in the squamous cells that compose the middle and outer layers of the skin. This type of carcinoma can occur on all parts of the body, including the mucous membranes and genitals, but is most commonly found on areas that are regularly exposed to the sun, such as the rim of the ear, face, lips, and hands.

Although generally not as aggressive as melanoma, squamous cell carcinoma can be dangerous if neglected and may spread to other parts of the body, creating a life-threatening condition if not treated promptly.

Symptoms and Treatment

Symptoms of squamous cell carcinoma include persistent, scaly red patches with irregular borders, open sores that may crust or bleed, an elevated growth with a central depression, or warts; these might itch or be painless. Unlike benign skin blemishes, these lesions often do not heal without treatment.

Squamous cell carcinoma is usually caused by cumulative ultraviolet (UV) exposure over time; thus, protecting the skin from the sun and avoiding tanning beds are critical preventative measures. Treatments include surgical excision, freezing (cryotherapy), laser therapy, or topical medications, depending on the tumor's size, depth, and location.



MORE LIKELY

More likely to have squamous cell carcinoma based on 8,836 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
SLC45A2	rs16891982	GG
CPVL	rs117744081	AA
LPP	rs60946162	TT
BACH2	rs72928038	GG
TYR	rs1126809	AG
TRPS1	rs7834300	GG
HAL	rs3213737	GG
BNC2	rs10810657	AT
FOXP1	rs9853632	TC
CTLA4	rs231729	TA
ADO	rs16917546	TC
IRF4	rs12203592	CC
MC1R	rs1805007	CC
ASIP	rs6059655	GG
ASIP	rs4911466	TT
CNBD2	rs75653149	CC
AHR	rs62444531	AA
OCA2	rs1800407	CC
HLA-DQA2	rs4455710	CC
CHMP4B	rs74645632	TT
MROH8	rs73094911	TT
CHMP4B	rs403598	GG
AP3M2	rs12542910	TT
NCR3	rs61447909	GG

GENE	SNP	GENOTYPE
ENTR1	rs34302850	AA
CTSS	rs41271951	AA
FLACC1	rs7582362	GG
WEE1	rs7939541	TT

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	Topical Retinoids	2	Turmeric
3	Avoid Arsenic Exposure	4	Green Tea Extract250 mg
5	Curcumin500 mg	6	Avoid Radiation Exposure
7	Avoid Asbestos	8	Avoid Secondhand Smoke
9	Avoid Excess Sunlight Exposure	10	Support Groups
11	Grape Seed Extract100 mg	12	Green Tea400 mg
13	Selenium Supplements50 mcg		

1



Topical Retinoids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a pea-sized amount of topical retinoid to clean, dry skin once every evening before moisturizing. Start with applications 2-3 times a week, gradually increasing to nightly use as your skin tolerates it.

Description

Retinoids are a class of vitamin A derivatives used topically for their ability to address various skin concerns, including acne, fine lines, and hyperpigmentation. They work by promoting cell turnover and collagen synthesis.

Retinoids are compounds related to [vitamin A](#). They include [\[R\]](#):

- Vitamin A (retinol)
- Natural vitamin A derivatives (retinoic acid, retinaldehyde, retinyl esters)
- Synthetic derivatives (tretinoin, isotretinoin, etretinate, tazarotene)

Retinoids control the growth of the skin and blood vessels. People apply topical retinoids to improve skin conditions such as [\[R\]](#):

- **Wrinkles**
- Acne
- Psoriasis
- Eczema
- Skin cancers

Please note: Topical synthetic retinoids are prescription drugs and should only be used if prescribed by a doctor. They can have significant side effects. Natural retinoids are much safer and available in different OTC cosmetic products.

How it helps

Retinoids are derivatives of vitamin A and have been found to help prevent and treat squamous cell carcinoma by promoting cell turnover and reducing abnormal cell growth.

2



Turmeric

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the *Curcuma longa* plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, a compound with strong anti-inflammatory and antioxidant properties. Curcumin has been shown to interfere with several important molecular pathways involved in cancer development, growth, and spread. It can help in preventing the formation and spread of squamous cell carcinoma cells by inducing apoptosis (programmed cell death) and reducing inflammation.

3



Avoid Arsenic Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use a water filter certified to remove arsenic if you rely on well water, opt for arsenic-tested rice or rice products, and avoid using contaminated pesticides or herbicides in gardening or farming. Test your home for arsenic if you live in an area known for high levels of arsenic in soil or water. Limit consumption of foods known to accumulate arsenic such as rice and rice-based products, especially if you are pregnant, nursing, or preparing meals for young children.

Description

Avoiding arsenic exposure is essential for preventing potential health risks associated with arsenic contamination in drinking water and foods. Chronic exposure to arsenic has been linked to various health issues, including cancer and cardiovascular problems.

Arsenic is a [heavy metal](#) naturally found in the environment. It is used for mining, fracking, and industrial applications, such as the production of pesticides and wood preservatives, and the use of fossil fuels [\[R\]](#).

The main sources of exposure to arsenic are contaminated [\[R\]](#), [\[R\]](#), [\[R\]](#):

- **Drinking water**
- **Rice** and fish
- Air

Long-term exposure to high amounts of arsenic may be linked to health problems, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Skin disorders
- Heart disease
- High blood pressure
- Stroke
- Diabetes
- Cancer

Please note: *Soaking, washing until clear, and cooking rice with a high (1:6) water-to-rice ratio may help reduce rice’s arsenic content* [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Arsenic exposure has been linked to an increased risk of skin cancers, including squamous cell carcinoma. Reducing or avoiding exposure to arsenic can minimize this risk.

4



Green Tea Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a green tea extract supplement containing 250-500 mg of EGCG (the active compound in green tea) daily, preferably with a meal to enhance absorption. This dosage is typically split into two separate doses, taken in the morning and later in the day. Continue this regimen for at least three months to observe potential health benefits.

TYPICAL STARTING DOSE

250 mg

Description

Green tea extract is a concentrated form of the beneficial compounds found in green tea, such as catechins. It is used in dietary supplements for its potential to enhance metabolism, aid in weight management, and provide antioxidant protection.

[Green tea](#) is made from the same plant as black tea (*Camellia sinensis*). However, the leaves and buds are processed differently [\[R\]](#).

Green tea contains **catechins**. These are antioxidants that help prevent [oxidative stress](#) [\[R\]](#).

EGCG is the main catechin found in green tea. It may help reduce inflammation and support weight loss [\[R\]](#).

How it helps

Green tea extract contains high levels of antioxidants, notably epigallocatechin gallate (EGCG), which has been found to have anti-cancer properties. EGCG can help prevent the spread of squamous cell carcinoma cells by inhibiting enzymes that promote tumor growth and inducing apoptosis, the process of programmed cell death.

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, a compound found in turmeric, has been studied for its potential to prevent and treat various cancers, including squamous cell carcinoma. It helps by reducing inflammation, inhibiting the growth of cancer cells, and promoting cancer cell death. It has antioxidant properties that protect cells from damage by free radicals.

6



Avoid Radiation Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Minimize your exposure to radiation by staying at least six feet away from radiation-emitting devices like X-rays and microwaves whenever possible. Limit your time in areas with high radiation levels and opt for alternatives to X-ray exams when available. Wear protective gear, such as lead aprons, when exposure is unavoidable, and follow safety protocols during medical procedures involving radiation.

Description

Avoiding excessive exposure to radiation, whether from medical procedures or environmental sources, can help protect against the risk of DNA damage and potential cancer development.

How it helps

Exposure to radiation, especially UV radiation from the sun, can increase the risk of skin cancers like squamous cell carcinoma. Avoiding excessive sun exposure and using protective measures can reduce this risk.

7



Avoid Asbestos

IMPACT

0 / 5

EVIDENCE

0 / 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

Asbestos exposure has been associated with an increased risk of several cancers, including skin cancer. Avoiding contact with asbestos can lower the risk of developing squamous cell carcinoma.

8



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

Tobacco smoke contains carcinogens that can increase the risk of developing squamous cell carcinoma, especially in the lungs, throat, and mouth. Avoiding smoking or exposure to secondhand smoke can significantly reduce this risk.

9



Avoid Excess Sunlight Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit direct sun exposure to early morning or late afternoon hours, ideally before 10 a.m. or after 4 p.m., when UV rays are less intense. Wear protective clothing, such as long-sleeved shirts, pants, and wide-brimmed hats, along with sunglasses that block UVA and UVB rays. Apply a broad-spectrum sunscreen with at least SPF 30 to all exposed skin, reapplying every two hours or immediately after swimming or sweating.

Description

Avoiding excessive sunlight exposure and practicing sun safety measures, such as wearing sunscreen and protective clothing, helps reduce the risk of skin damage, including sunburn and skin cancer. It supports long-term skin health and minimizes the harmful effects of UV radiation.

[Sunlight](#) or bright light during the day can benefit your body and mind. It may [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Boost your mood
- Boost your performance and energy
- Improve sleep quality

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 [\[R\]](#), [\[R\]](#).

However, **excessive sun exposure may lead to sunburn, skin aging, and skin cancer**, so make sure to find the right balance [\[R\]](#), [\[R\]](#).

How it helps

Ultraviolet (UV) radiation from the sun is a major cause of squamous cell carcinoma. Reducing sun exposure, especially during the peak hours of 10 a.m. to 4 p.m., and using protective measures such as wearing long-sleeved clothing, hats, and applying broad-spectrum sunscreen can help lower the risk of developing this type of skin cancer.

10



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

Support groups provide emotional support, reduce stress, and improve mental health, contributing to a stronger immune system.

11



Grape Seed Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 100-300 mg of grape seed extract daily, preferably with a meal to enhance absorption. This can be done either through a single dose or split into multiple doses throughout the day. Continue this regimen for at least 3 months to observe potential benefits.

TYPICAL STARTING DOSE
100 mg

Description

Grape seed extract is rich in antioxidants called polyphenols, which may help protect against oxidative stress and support cardiovascular health. It's also believed to have potential benefits for skin health and overall well-being.

[Grape seed extract](#) is made from the seeds of wine grapes. It contains antioxidant compounds that may help support [\[R\]](#), [\[R\]](#):

- Blood circulation
- Heart health
- Blood sugar control
- Healthy weight

How it helps

Grape seed extract contains proanthocyanidins, powerful antioxidants that can protect cells from damage and may inhibit the growth of squamous cell carcinoma. Research indicates that grape seed extract can help reduce tumor size and prevent the proliferation of cancer cells.

12



Green Tea

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume 400 mg of green tea extract daily. This can be taken in the form of capsules or tablets available that specify the amount of green tea extract. Ensure the supplement is taken according to the product's specific instructions, usually once a day with water.

TYPICAL STARTING DOSE

400 mg

Description

Tea is a beverage made by steeping the leaves of the *Camellia sinensis* plant in hot water. It comes in various types, including black, green, white, and herbal teas, and is known for its diverse flavors and potential health benefits due to antioxidants and other bioactive compounds.

[Green](#) and black tea are made from the same plant (*Camellia sinensis*). This plant is processed in different ways to make each type of tea [\[R, R\]](#).

Tea contains antioxidants called **flavonoids**, which may help prevent [\[R, R, R, R\]](#):

- Heart disease
- Cancer
- Diabetes

How it helps

Green tea contains compounds called catechins, which have been shown to have anti-cancer properties. Drinking green tea may help reduce the risk of developing squamous cell carcinoma by inhibiting the growth of cancer cells and protecting skin cells from damage caused by UV radiation.

13



Selenium Supplements

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 50 mcg of selenium supplements once daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

50 mcg

Description

Selenium is a trace mineral found in Brazil nuts and many other foods as well as supplements. It is an essential nutrient that plays a crucial role in maintaining the body's antioxidant defenses and supporting thyroid function.

[Selenium](#) supports [\[R\]](#):

- Reproduction
- Thyroid function
- DNA production
- Immune response

Adults should be getting **55 micrograms** of selenium per day. Selenium supplements are available for people who can't meet their needs with a balanced diet [\[R\]](#).

How it helps

Selenium is an essential mineral with antioxidant properties that can help protect cells from damage. Limited evidence suggests that selenium supplementation may have a protective effect against the development of certain types of cancer, including squamous cell carcinoma, by supporting the body's immune system and inhibiting cancer cell growth.

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.