SelfDecode™

Thyroid Cancer

Disease Report

REPORT CATEGORIES

THYROID

CANCER

Sample Client

Report date: 15 January 2026

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Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

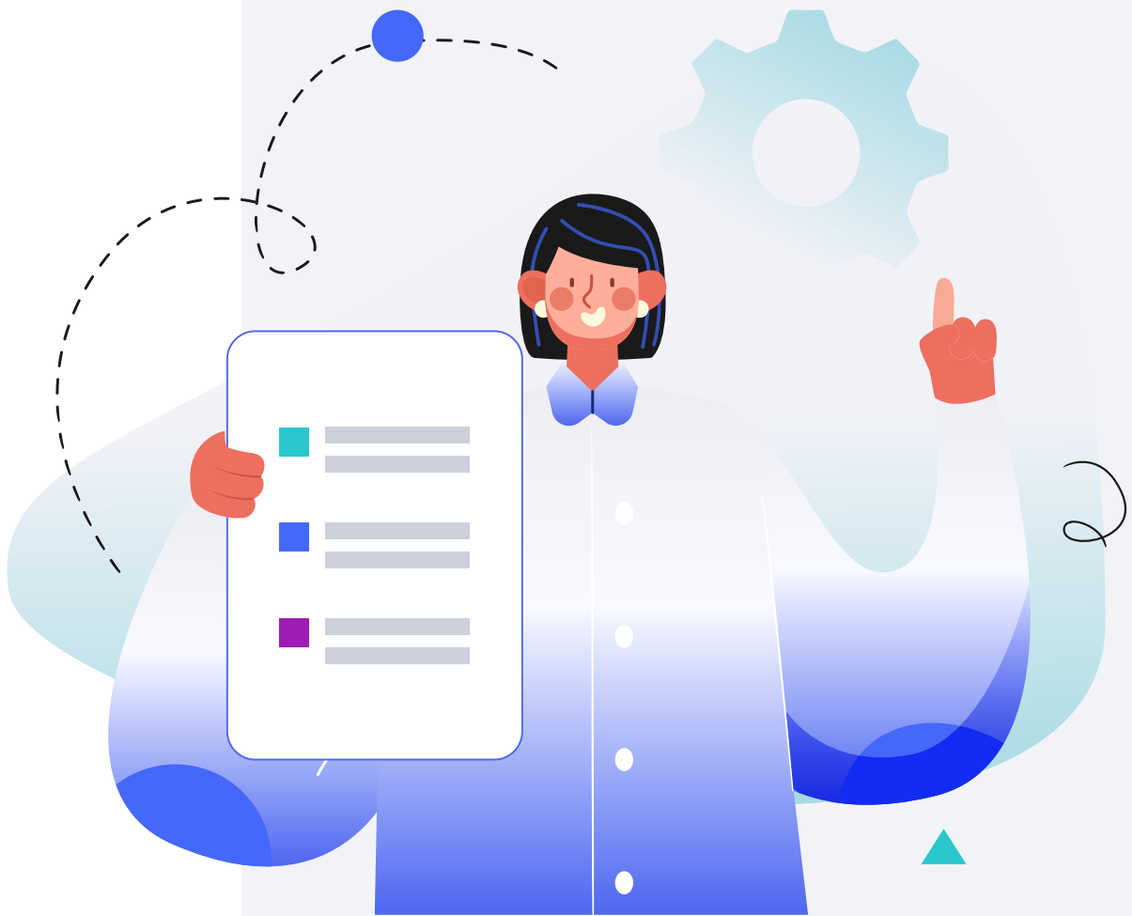
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

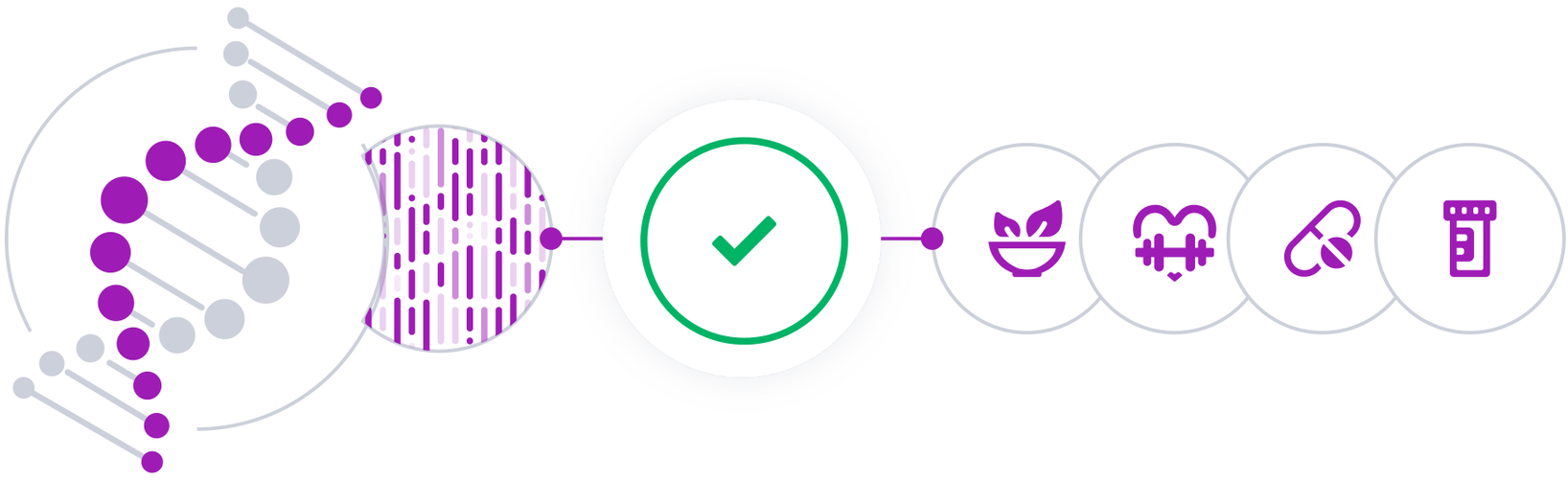


DISCLAIMER

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

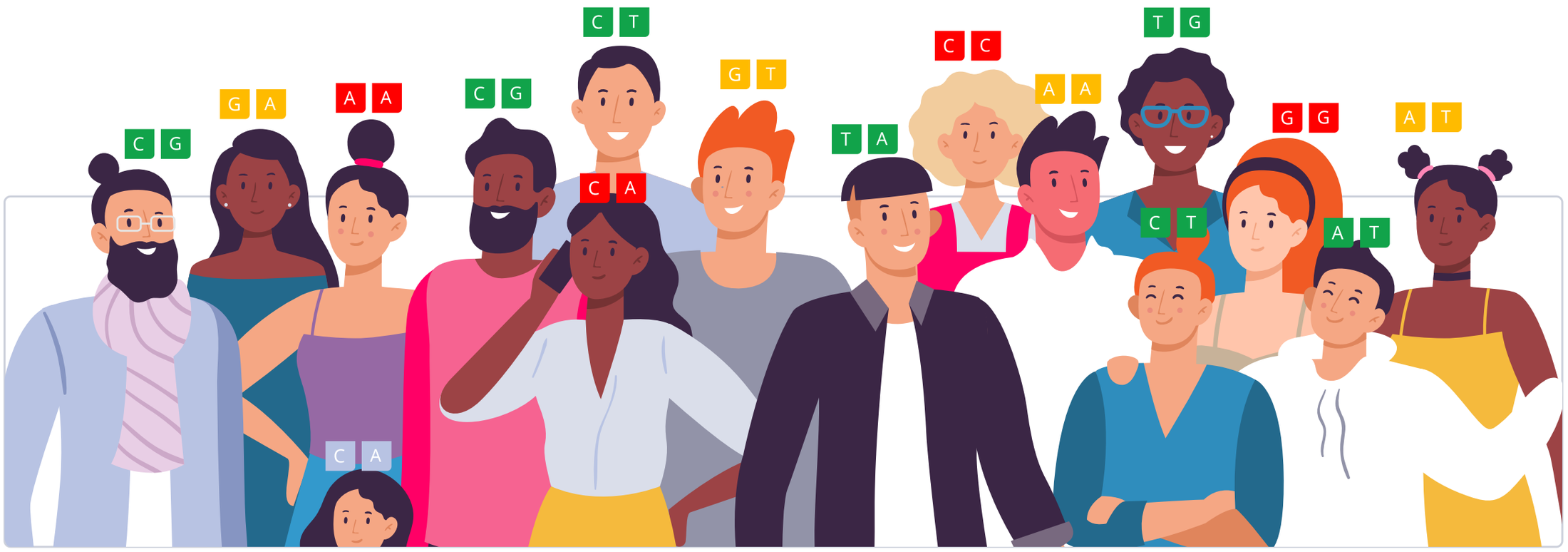
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

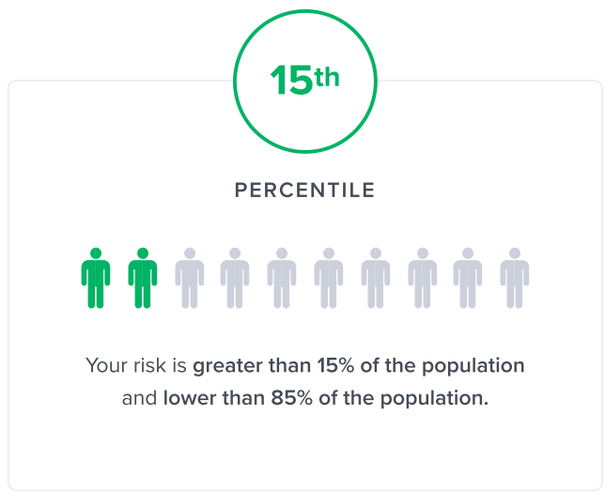
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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

Thyroid cancer is a type of cancer that forms in the thyroid gland, which is located at the base of the throat near the trachea. While thyroid cancer is relatively rare compared to other cancers, its incidence has been increasing. It typically has a good prognosis, especially when detected early [R].

Types of thyroid cancer include:

- Papillary thyroid carcinoma: the most common type, accounting for about 80% of cases. It generally grows slowly and often spreads to nearby lymph nodes but is usually treatable.
- Follicular thyroid carcinoma: represents about 10-15% of thyroid cancers. It tends to grow more slowly than papillary carcinoma and can spread to other parts of the body, such as the lungs or bones.
- Medullary thyroid carcinoma (MTC): arises from C cells in the thyroid that produce calcitonin. It accounts for about 4% of thyroid cancers and can be hereditary.
- Anaplastic thyroid carcinoma: A rare, aggressive form that grows rapidly and is more difficult to treat. It accounts for a small percentage of cases and typically affects older adults.
- Thyroid lymphoma: A rare type that starts in the lymphatic tissue within the thyroid gland. It is generally treated differently from other types of thyroid cancer.

Most thyroid cancers don't cause any signs or symptoms early in the disease. As thyroid cancer grows, it may cause [R]:

- A lump that can be felt through the skin on the neck
- A feeling that close-fitting shirt collars are becoming too tight
- Voice changes, including increasing hoarseness
- Difficulty swallowing
- Swollen lymph nodes in the neck
- Pain in the neck and throat

Risk Factors and Treatment

Several factors can increase the risk of developing thyroid cancer [R]:

- Female sex: thyroid cancer occurs more often in women than in men. Experts think it may be related to the hormone estrogen.
- Family history: a family history of thyroid cancer or genetic conditions like multiple endocrine neoplasia (MEN) syndromes.
- Radiation exposure: previous radiation treatments to the head, neck, or chest, particularly during childhood.
- Gender and age: Women are more likely to develop thyroid cancer, and it most commonly occurs in people between the ages of 30 and 60.
- Genetic factors: Certain genetic mutations can increase risk, such as those associated with hereditary thyroid cancer syndromes.

Treatment options depend on the type and stage of thyroid cancer, as well as the patient's overall health. They may include [R]:

- Surgery: it can involve thyroidectomy (removal of part or all of the thyroid gland or lymph node dissection (removal of nearby lymph nodes if cancer has spread).
- Radioactive iodine therapy: used after surgery, particularly for papillary and follicular thyroid cancers, to destroy remaining thyroid tissue or cancer cells.
- Thyroid hormone replacement: after surgery, patients will need to take synthetic thyroid hormone to replace the hormones normally produced by the thyroid gland.
- External beam radiation therapy: may be used for anaplastic thyroid cancer or other cases where radioactive iodine is not effective.
- Targeted therapy: newer treatments that target specific genetic mutations in cancer cells, used in cases that do not respond well to traditional treatments.
- Chemotherapy: rarely used but may be considered for anaplastic thyroid carcinoma or other advanced forms.

The prognosis for thyroid cancer is generally good, particularly for papillary and follicular types, which have high survival rates. Anaplastic thyroid carcinoma has a poorer prognosis due to its aggressive nature. The overall

TYPICAL LIKELIHOOD

Typical likelihood of thyroid cancer based on 542,633 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
IGFBP5	rs16857609	TT
MECOM	rs139566210	TT
TRMO	rs7030280	CC
TRMO	rs1588635	AA
TRMO	rs12002967	CC
TERT	rs7734992	CC
NRG1	rs2466074	CC
CTSO	rs555678255	AC
ARRDC4	rs77166399	TT
EPB41L4A	rs73227498	AA
NRG1	rs3802160	AG
PCNX2	rs12129938	AA
TGFB2	rs6697759	TT
LRRC34	rs6793295	TT
CHST3	rs72806259	TG
/	rs11693806	CG
RALGAPA1	rs368187	CG
NRG1	rs2466076	TG
MAF	rs17767904	AG
SMAD3	rs2289261	CG
TERT	rs10069690	CT
NKX2-1	rs116909374	CC
S100P	rs11947482	CC
HMGA2	rs9971770	GG
CNEP1R1	rs117401978	GG
SPINK2	rs114692817	CC
HTATIP2	rs74518511	CC
LARP7	rs76032629	GG
GSTO1	rs7902587	CC
AAGAB	rs56062135	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

outlook depends on the type of thyroid cancer, its stage at diagnosis, and how well it responds to treatment.

Please note: This report is not diagnostic and can't be used to make any medical decisions. Most cancers are uncommon and have a strong environmental component. Even if your genetic predisposition is high, you will most likely not develop the disease. This report doesn't test for hereditary cancer syndromes or 'cancer genes'. These are usually caused by rare mutations that can't be analyzed by our test. If you're concerned about your risk of hereditary cancer, consider getting a specialized test at a reference laboratory.

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
1	Avoid Pesticide Exposure	
2	Limit Manganese Exposure	
3	Avoid Perchlorate	
4	Tea	
5	Iodine	150 mcg
6	Dietary Selenium	
7	Avoid Asbestos	
8	Maintain Optimal Vitamin D Levels	1000 iu
9	Stress Management Therapy	1 hour
10	Avoid Cadmium Exposure	
11	Yoga	30 minutes
12	Avoid Radiation Exposure	
13	Support Groups	
14	Pomegranate	
15	Selenium Supplements	50 mcg

1

Avoid Pesticide Exposure

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Purchase organic produce when possible, wash fruits and vegetables thoroughly under running water, and peel them if not organic. Use natural pest control methods instead of chemical pesticides at home and garden. Limit the use of non-organic lawn and garden chemicals.

Description

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. Reducing pesticide exposure involves choosing organic or pesticide-free foods and using natural pest control methods to limit contact with potentially harmful chemical residues. It supports overall health by reducing the risk of pesticide-related health issues.

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. They are widely used in agriculture to improve crop yields. Common groups of pesticides include:

- Organophosphates (glyphosate, parathion, malathion, chlorpyrifos, diazinon, phosmet)
- Neonicotinoids (imidacloprid, acetamiprid, thiacloprid, clothianidin)
- Pyrethroids (permethrin, alpha-cypermethrin)

Chronic exposure to pesticides has been linked to:

- Fertility problems [R]
- Cognitive problems [R]
- Alzheimer's and Parkinson's disease [R, R]
- Thyroid problems [R]
- Obesity [R]
- DNA damage and cancer [R, R, R]

How it helps

A meta-analysis of 15 studies found a significant association between pesticide exposure and thyroid cancer (OR=1.48). Subgroup analysis highlighted higher risks with herbicide exposure (OR=3.00) and agricultural pesticide exposure (OR=1.86). Results were robust, suggesting the need for further research with controls for confounders and biological samples [R].

2 Limit Manganese Exposure

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

Avoid consuming water with high levels of manganese by using filters certified to remove it, especially if your water comes from a well. Limit the intake of dietary supplements containing manganese unless prescribed, and use personal protective equipment if you work in industries with manganese exposure, such as welding or mining.

Description

Limiting excessive manganese exposure, whether through water, food, or environmental sources, helps prevent potential neurological and cognitive health issues. Maintaining a balanced manganese intake supports long-term well-being.

Manganese (Mn) is an essential trace mineral, which means we need it in very small amounts. It helps support metabolism, antioxidant protection, immunity, and more [R, R, R, R].

People are more likely to have excess manganese than to be deficient. The safe upper limit for manganese intake is **11 mg** per day [R, R].

Occupational exposure to manganese is a potential concern for miners, welders, battery manufacturers, mechanics, and people dealing with pesticides [R, R, R, R].

Manganese toxicity damages the nerves. In some cases, it can result in *manganism*, which has symptoms similar to Parkinson's disease [R].

How it helps

A meta-analysis of 19 studies associated high manganese levels in tissues with an increased risk of thyroid cancer [R].

3 Avoid Perchlorate

IMPACT 2 / 5

EVIDENCE 2 / 5

How to implement

To avoid perchlorate, check water quality reports for your area to ensure your drinking water does not contain high levels of perchlorate. Also, limit consumption of foods known to have higher perchlorate levels, such as leafy green vegetables, dairy products, and fruits, or opt for organic versions of these foods as organic farming standards restrict certain chemicals.

Description

Perchlorate is a chemical that can interfere with the thyroid gland's ability to produce thyroid hormone. This can lead to a variety of health problems, including hypothyroidism, developmental delays, and cancer. Avoiding perchlorate can help to protect your health.

How it helps

High urinary perchlorate levels have been associated with an over 2-fold higher risk of thyroid cancer [R].

4

Tea

IMPACT 1 / 5

EVIDENCE 2 / 5

How to implement

Drink 1-3 cups of tea daily, choosing from green, black, or herbal varieties according to preference. It's beneficial to consume tea throughout the day, either hot or cold, for ongoing hydration and health benefits.

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 polyphenols 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 many active compounds. These include antioxidants like EGCG and amino acids like L-theanine. Active components of tea help support [R, R, R, R, R, R]:

- Heart health
- Cognition
- Immunity
- Relaxation

How it helps

An umbrella review of 64 studies identified thyroid cancer among those whose **risk is reduced by tea intake** [R].

However, a meta-analysis of 14 studies found **no effects of tea on thyroid cancer** [R].

5

Iodine

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a 150 mcg iodine supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

150 mcg

Description

Iodine is an essential mineral necessary for thyroid function and overall metabolic health. Ensuring adequate iodine intake through diet or supplementation can help prevent thyroid disorders and promote overall well-being.

Adults should be getting **150 micrograms** of iodine per day. People who are deficient can take iodine as a supplement. However, most people in the US and other developed countries don't need to take extra iodine.

Please note: *Iodine supplementation can be harmful and may make hypothyroidism (underactive thyroid) worse. Supplement only if deficient and instructed by your doctor.*

How it helps

People with certain gene variants may have an increased risk of thyroid cancer if their iodine intake is low [R].

PERSONALIZED TO YOUR GENES

People with your *FOXE1* gene variant may have an increased risk of thyroid cancer if their iodine intake is low [R].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
TRMO	**rs965513**	AA	

6

Dietary Selenium

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate selenium-rich foods into your daily diet, such as Brazil nuts, seafood, and organ meats. Eating 1-2 Brazil nuts a day can meet the daily selenium requirement for most adults.

Description

Selenium is a trace mineral found in various foods, including nuts, seeds, and seafood. 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. Good sources of selenium include [R]:

- Brazil nuts
- Fish
- Meat
- Eggs
- Rice
- Oatmeal

How it helps

Selenium can play a role in protecting cells from damage and may support thyroid health, which is important for thyroid cancer patients.

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 is a known carcinogen that can lead to the development of cancers, including mesothelioma, which is linked with the lining around organs such as the lungs. While not directly linked to thyroid cancer in every study, avoiding exposure to carcinogens like asbestos could theoretically reduce the risk of developing various types of cancers, including potentially those of the thyroid, by reducing overall carcinogenic load on the body.

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 is believed to have a role in cell growth regulation and immune function. Research indicates that higher levels of Vitamin D may be associated with a better prognosis in thyroid cancer patients.

9

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 reduces cortisol levels, which can help improve immune function and overall health, supporting the body during cancer treatment.

10

Avoid Cadmium Exposure

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

To avoid cadmium exposure, refrain from smoking or exposure to secondhand smoke, reduce consumption of foods high in cadmium like shellfish, liver, kidney meats, and certain leafy vegetables, and use ceramic or glass containers instead of plastic when microwaving food. Limit intake of cadmium-contaminated workplace air by using protective gear if you work in battery manufacturing, welding, or metal refining industries.

Description

Avoiding cadmium exposure is essential to prevent potential health risks associated with this heavy metal, such as kidney damage and increased cancer risk. Reducing exposure to cadmium-containing products and contaminated foods is crucial.

Heavy metals are elements naturally found in the environment. They are also used for agricultural, industrial, and medicinal purposes. Some can even be found in small amounts in your body [R, R].

Long-term exposure to high amounts of heavy metals can be harmful to your health [R, R].

Heavy metals that are most often linked to health problems include [R, R]:

- Lead
- Cadmium
- Arsenic
- Chromium
- Mercury

How it helps

Exposure to cadmium may increase the risk of thyroid cancer more in people with certain gene variants [R].

11

Yoga

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

Yoga combines breathing, stretching, and relaxation techniques. Practicing yoga may help [R, R, R]:

- Reduce stress
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga improves physical and mental well-being by reducing stress, enhancing relaxation, and promoting a sense of calmness, which can be helpful during cancer treatment.

12

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 in the head and neck area, has been directly linked to an increased risk of thyroid cancer. This is because radiation can damage DNA in cells of the thyroid gland, leading to mutations that may result in cancer. Minimizing unnecessary exposure to radiation can help reduce this risk.

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

Support groups provide emotional and social support, which can help reduce stress and improve quality of life for those undergoing cancer treatment.

14

Pomegranate

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate pomegranate into your diet by consuming fresh pomegranate seeds, drinking pure pomegranate juice, or adding pomegranate extract to smoothies or yogurts. Aim for at least one serving per day, which could be about half a cup of seeds or a glass (8 ounces) of juice, to gain its health benefits.

Description

Pomegranate is a fruit native to regions of the Middle East and Mediterranean. It is rich in antioxidants and nutrients such as vitamin C, vitamin K, and dietary fiber. It contains punicalagins, anthocyanins, and ellagic acid, which give it anti-inflammatory effects and potential heart health benefits.

Pomegranates are red fruits that contain seeds covered by edible sweet coats. They are rich in antioxidants [R, R].

Pomegranate may reduce inflammation and support heart health. People use pomegranate seed oil and peel in cosmetics and traditional medicine [R, R].

How it helps

Pomegranate has been studied for its potential anti-cancer properties. Its high levels of antioxidants can help to protect cells from damage and may inhibit the growth of cancer cells, including those in the thyroid.

15

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 has been studied for its potential role in reducing the risk of thyroid cancer recurrence, as it is crucial for thyroid hormone metabolism and protection of the gland through its antioxidant properties.

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.

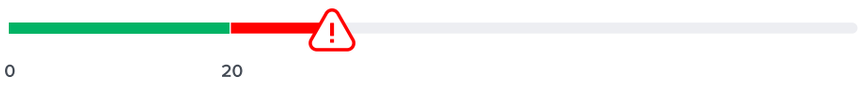
Your lab results

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.

Thyroglobulin Antibodies

49 IU/mL



9 Nov 2025