

Urethra Inflammation

DNA Health Report

REPORT CATEGORIES —



INFLAMMATION &
AUTOIMMUNITY



URINARY TRACT
HEALTH

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

Non-specific urethritis (NSU) refers to an inflammation of the urethra, which is the tube that carries urine out of the body from the bladder, that isn't caused by the usual bacterial organisms responsible for sexually transmitted infections, such as gonorrhea or chlamydia. Instead, this condition can be attributed to a variety of different causes, including irritation of the urethra from chemicals in lubricants or soaps, physical damage or injury to the urethra, or secondary to other diseases.

Individuals experiencing NSU commonly report symptoms such as a burning sensation during urination, a need to urinate more frequently than usual, or discharge from the urethra.

Diagnosis and Treatment

Diagnosis of non-specific urethritis involves examining the patient's symptoms and ruling out specific bacterial infections through standard STI tests, as the symptoms can closely mimic those caused by sexually transmitted diseases. Treatment usually consists of antibiotics to cover a wide range of potential bacterial causes, and patients are advised to abstain from sexual activity until the infection is resolved to prevent the spread of possible undetected infections.

It's important to treat NSU promptly to avoid complications, including spread of infection to the reproductive organs, which could result in long-term problems with fertility or chronic pain.



MORE LIKELY

More likely to have non-specific urethritis based on 26,897 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.

DOSAGE		DOSAGE	
1	Avoid Bladder Irritants	2	Good Feminine Hygiene
3	Cranberry	4	Avoid Douching
5	Uva Ursi400 mg	6	Zinc15 mg
7	Topical Tea Tree Oil	8	Probiotic Yogurt
9	Safer Sex Practices	10	D-Mannose2 g

1

Avoid Bladder Irritants

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Eliminate or significantly reduce consumption of caffeine, alcohol, spicy foods, acidic fruits, artificial sweeteners, and carbonated drinks from your diet. Monitor your symptoms for improvement over a period of 4-6 weeks to identify specific irritants.

Description

Avoiding bladder irritants such as caffeine, alcohol, and spicy/acidic foods can help reduce the risk of urinary discomfort and promote bladder health, especially for individuals prone to urinary issues.

Some foods and drinks may irritate the bladder. These include [R](#), [R](#), [R](#):

- Carbonated drinks
- Tomato products
- Acidic fruits (oranges, grapefruits, lemons, limes)
- Alcohol
- Chocolate
- Caffeinated drinks

How it helps

Avoiding bladder irritants such as caffeine and spicy foods can help minimize inflammation and discomfort in the urethra. By reducing exposure to these irritants, individuals may experience less frequent flare-ups and improved overall bladder health.

2

Good Feminine Hygiene

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Wash your genital area once a day with warm water and mild, unscented soap. Wear cotton underwear and change it daily or more often if it gets damp. Avoid using scented products like douches, sprays, or powders in the genital area.

Description

Good feminine hygiene practices, including regular cleansing and maintaining a balanced vaginal pH, can help prevent infections and discomfort while promoting overall intimate health for women.

How it helps

Good feminine hygiene helps to maintain a balanced vaginal environment, reducing the risk of bacterial overgrowth and infections, which are key contributors to urethra inflammation. Regular cleansing practices also minimize irritation, promoting overall urinary tract health.

3



Cranberry

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Consume one to two 8-ounce servings of unsweetened cranberry juice daily, or take 500 mg of cranberry supplements twice daily. Continue this practice consistently for at least several weeks to potentially observe benefits.

Description

Cranberries are known for their high antioxidant content and potential to promote urinary tract health by preventing bacterial adhesion. Consuming cranberries or cranberry products may help reduce the risk of urinary tract infections and provide antioxidant benefits.

Cranberries are fruits rich in vitamins, minerals, and antioxidants. They are available in different forms, including [\[R\]](#):

- Dried fruits
- Juice
- Powder
- Pills

How it helps

Cranberry helps manage urethra inflammation by preventing harmful bacteria from adhering to the urinary tract, thereby reducing the risk of infection and promoting overall urinary health.

4



Avoid Douching

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Stop using any douching products, whether vaginal or rectal, immediately and do not start this practice. Instead, maintain natural balance and cleanliness through regular bathing with water and mild soap if necessary, avoiding inserting any substances or products into the body.

Description

Douching is washing or cleaning out body cavities with water or other mixtures of fluids. It usually refers to vaginal douching. Experts however, recommend against douching because it can lead to health problems, such as vaginal infections, STD's, and difficulties getting pregnant.

Douching is washing or cleaning out body cavities with water or other mixtures of fluids. It usually refers to vaginal douching.

This practice is common in women. However, **experts recommend against douching** because it can lead to health problems, including [R](#), [R](#), [R](#):

- Difficulty getting pregnant
- Vaginal infections
- Sexually transmitted diseases (STDs).

How it helps

Avoiding douching helps reduce the risk of urethra inflammation by preventing the disruption of the natural microbiome, which can lead to infections and further irritation. This practice minimizes exposure to potentially harmful substances that can provoke or worsen inflammatory responses.

5



Uva Ursi

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a Uva Ursi supplement containing 400 to 800 mg of the extract, standardized to contain 20% arbutin, up to three times a day. It's typically used for short-term relief of urinary tract infections, not exceeding one week of usage at a time.

TYPICAL STARTING DOSE

400 mg

Description

Uva Ursi, often known as bearberry, is a plant whose leaves are used to make medicine. It’s primarily used to treat urinary tract infections because it contains a chemical that could kill bacteria. It’s important for health because it can provide relief for such infections, but as with any medicine, it should be used responsibly.

How it helps

Uva Ursi acts as a natural diuretic and possesses anti-inflammatory properties, which can help alleviate irritation and swelling in the urethra. Additionally, its antimicrobial effects may support the reduction of infection-related inflammation, promoting overall urethral health.

6



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc has antimicrobial properties that can help fight infections. It's essential for immune system function, which may aid the body in managing and reducing the duration of urinary infections such as non-specific urethritis.

7

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 antimicrobial properties that can help fight the bacteria causing non-specific urethritis. When applied topically, it can reduce inflammation and discomfort associated with NSU.

8



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt introduces beneficial bacteria to the gut and potentially the urinary tract, which can help restore a healthy balance of microorganisms and support the body's defense against infections that could cause NSU.

9



Safer Sex Practices

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use latex condoms every time you have vaginal, anal, or oral sex. Reduce the number of sexual partners you have, and get tested regularly for sexually transmitted infections (STIs), ideally every 3 to 6 months if you're sexually active with new or multiple partners.

Description

Safer sex practices refer to using barrier methods like condoms or dental dams during sexual activity to reduce the risk of sexually transmitted infections (STIs) and unintended pregnancies. They are essential for promoting sexual health and preventing the transmission of STIs.

Safer sex practices help reduce the risk of chlamydia and other STDs. They include [R](#), [R](#):

- Using a condom for all types of sex
- Limiting the number of sex partners (ideally to one)
- Discussing past partners, STDs, and drug use
- Avoiding alcohol and drug use
- Avoiding douching after intercourse
- Getting regular screenings

Using a condom helps prevent chlamydia in men and women. A **combination of male and female condoms** may be the safest option [R](#), [R](#).

Women using **birth control pills** may have **3 times higher** risk of chlamydia compared to those using condoms [R](#).

In men who have sex with men, using **pre-exposure prophylaxis (PrEP) for HIV** may be linked to **11 times higher** risk of chlamydia. Reduced condom use may be one of the reasons for this rise [R](#), [R](#), [R](#).

Men who go to sex workers may have a **2.5 times higher** risk of chlamydia [R](#).

How it helps

Practicing safer sex, including the use of condoms, can significantly reduce the risk of sexually transmitted infections (STIs), which are a major cause of non-specific urethritis. STIs, such as chlamydia and gonorrhea, are common triggers for the condition, and using protection can help prevent these infections.

10



D-Mannose

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 2 grams of D-mannose powder dissolved in water, once daily for recurrent urinary tract infections. For active infections, take 1.5 grams twice daily for 3 days, then once daily for the next 10 days.

TYPICAL STARTING DOSE

2 g

Description

D-mannose is a natural sugar often used as a supplement to support urinary tract health. It may help prevent and alleviate urinary tract infections.

[D-mannose](#) is a natural sugar similar to [glucose](#). People take D-mannose as a supplement to help prevent or manage UTIs [\[R, R\]](#).

How it helps

D-Mannose is a type of sugar that may prevent certain bacteria from sticking to the walls of the urinary tract. For non-specific urethritis, which can be caused by bacteria, taking D-Mannose could potentially reduce the adherence of bacteria to the urethra, lessening infection risk and 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.

