

Urinary Retention

DNA Health Report

REPORT CATEGORY —



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

Urinary retention is a medical condition characterized by the inability to completely empty the bladder. Sufferers may experience discomfort and the urge to urinate without the ability to do so, leading to a range of symptoms from slight difficulty and discomfort to acute pain and distress.

This condition can be acute, occurring suddenly and with severe symptoms, or chronic, where the incomplete emptying of the bladder persists over a long period with more mild, yet persistent symptoms.

Causes and Management

The causes of urinary retention are varied and can include obstructions in the urinary tract, nerve problems affecting bladder control, medications, or an infection or inflammation of the prostate in men. It can affect individuals of all ages, albeit it is more common in older men due to the prevalence of prostate-related issues.

Timely intervention is critical to address the underlying cause and to prevent complications such as bladder damage or chronic kidney disease, which may result from prolonged retention.



TYPICAL LIKELIHOOD

Typical likelihood of urinary retention based on 1,674 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	Transcutaneous Electrical Nerve Stimulation (TENS)	30 minutes	2 Shock Wave Therapy
3	Pumpkin Seed Oil		4 Saw Palmetto
			320 mg
5	Kegel Exercises	5 seconds	6 Pumpkin
7	Stress Management Therapy	1 hour	8 Physical Therapy
			30 minutes
9	Stinging Nettle Root Extract	250 mg	10 Corn Silk Tea
11	Pumpkin Seeds		

1



Transcutaneous Electrical Nerve Stimulation (TENS)

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Apply TENS unit electrode pads around the area in pain; begin with the device set to a low setting and gradually increase intensity to a comfortable level. Use the device for 15-30 minutes per session for pain relief, and it can be used multiple times a day as needed.

TYPICAL STARTING DOSE

30 minutes

Description

TENS is a therapy that uses low-level electrical currents to relieve pain by stimulating the nerves. It's commonly used as a non-invasive method to manage various types of pain, such as musculoskeletal pain or chronic pain conditions.

How it helps

TENS may improve idiopathic nonobstructive urinary retention in both adults and children. However, the evidence is limited [\[R\]](#).

2



Shock Wave Therapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Schedule and attend sessions for extracorporeal shock wave therapy (ESWT) with a qualified healthcare provider. Typically, treatments may involve 1 to 3 sessions a week over a span of 3 to 4 weeks, depending on the condition being treated and the severity of symptoms.

Description

Extracorporeal shockwave therapy is a medical treatment that uses shockwaves to stimulate healing and reduce pain in various musculoskeletal conditions. It is often used for conditions such as plantar fasciitis and tendinitis.

In extracorporeal shockwave therapy, sound waves are emitted and passed through parts of the body. Doctors use it to help reduce pain and stimulate tissue recovery in people [\[R\]](#), [\[R\]](#).

How it helps

In a [placebo-controlled trial of 15 patients with underactive bladder](#), receiving extracorporeal shock wave therapy for 12 weeks **improved bladder emptying and was well tolerated** [\[R\]](#).

3



Pumpkin Seed Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 to 2 tablespoons of pumpkin seed oil daily, either directly or by adding it to salad dressings, smoothies, or yogurt. It's best consumed with meals to increase absorption.

Description

Pumpkin seed oil is a plant extract obtained from the seeds of the pumpkin (Cucurbita pepo). Traditionally, it has been used for its potential health benefits, including supporting prostate and urinary health. Its beneficial compounds include phytosterols, antioxidants, and essential fatty acids. It also nutrients like vitamin E and K, zinc, and magnesium.

Pumpkin seed oil is a good source of healthy fats and antioxidants [\[R\]](#), [\[R\]](#).

It is used to support hair and prostate health [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Pumpkin seed oil has been studied for its potential to relieve symptoms of urinary disorders, including urinary retention. It is believed to work by reducing inflammation in the bladder and improving the function of the bladder and urethra, which can help ease the flow of urine.

4



Saw Palmetto

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a saw palmetto supplement of 160 mg twice daily or 320 mg once a day. This dosage is typically taken in capsule form. Continue this regimen for at least two to six months to assess its effectiveness for conditions like benign prostatic hyperplasia.

TYPICAL STARTING DOSE

320 mg

Description

Saw palmetto is a plant extract derived from the berries of the saw palmetto palm (*Serenoa repens*). It has traditionally been used by Native Americans for various medicinal purposes. Today, it is primarily used as a dietary supplement for prostate health.

[Saw palmetto](#) (*Serenoa repens*) is a small palm plant native to the US [\[R\]](#), [\[R\]](#).

People use it to help with [\[R\]](#):

- Urinary problems
- Pain
- Hair loss

How it helps

Saw palmetto is known to help reduce symptoms of benign prostatic hyperplasia (BPH), a common cause of urinary retention in men. It works by inhibiting an enzyme that converts testosterone to dihydrotestosterone, reducing prostate size and improving urine flow.

5



Kegel Exercises

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Perform Kegel exercises by tightening your pelvic floor muscles (as if you are trying to stop urinating mid-flow) for 5 seconds, then relax for 5 seconds. Repeat this process 10 times in a row, at least 3 times a day (morning, afternoon, and night).

TYPICAL STARTING DOSE

5 seconds

Description

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them.

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them [\[R\]](#).

The exercises involve flexing and holding the pelvic floor muscles in the same manner one would try to hold in urine. To start, tighten for three seconds, then relax for three seconds. Build up to doing 10-15 repetitions, three times per day [\[R\]](#).

Kegel exercises may help with bladder control problems and sexual health [\[R\]](#), [\[R\]](#).

How it helps

Kegel exercises strengthen the pelvic floor muscles, which helps improve bladder control and can assist in resolving urinary retention.

6



Pumpkin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate pumpkin into your diet by adding it to meals a few times a week. This can be in the form of roasted pumpkin as a side dish, pumpkin puree in soups and sauces, or adding pumpkin seeds to salads, yogurts, or as a snack on their own.

Description

Pumpkin is a nutritious orange squash rich in nutrients such as vitamin K, C, E, and B6, and minerals like potassium, iron, manganese, magnesium. Eating pumpkin may provide benefits for eye health.

Pumpkin is a good source of vitamin K, C, E, and B6, and minerals like potassium, iron, manganese, magnesium. A ½ cup serving provides 20 mcg of vitamin K or 17%DV.

How it helps

Similar to pumpkin seeds, pumpkin itself may aid in relieving symptoms of urinary retention. It can help improve bladder function and reduce bladder pressure. Eating pumpkin or consuming pumpkin-based products might help reduce the symptoms associated with urinary retention.

7



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 techniques can reduce anxiety and muscle tension, potentially easing symptoms of urinary retention.

8



Physical Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend physical therapy sessions 2-3 times per week for a duration of 4-6 weeks, depending on your specific condition and the advice of your healthcare provider. Each session typically lasts about 30-60 minutes, where a licensed therapist will guide you through targeted exercises, stretches, and possibly other treatments like electrical stimulation or ultrasound therapy.

TYPICAL STARTING DOSE

30 minutes

Description

Physical therapy is a therapeutic practice focused on optimizing physical function and mobility through specialized exercises, manual techniques, and therapeutic modalities. It helps individuals recover from injuries, manage chronic conditions, and improve overall physical well-being by enhancing strength, flexibility, and pain management.

Physical therapy (physiotherapy) helps people regain or maintain their ability to move [\[R\]](#).

Physical therapy can involve [\[R\]](#):

- Joint or muscle exercises
- Corrective movements
- Massage
- Education and advice

People mainly use physical therapy to help with [\[R\]](#), [\[R\]](#):

- Pain and injury
- Stroke recovery
- Chronic health conditions
- Headaches

Mirror therapy uses a mirror placed between the arms or legs. The image of a moving arm or leg gives the illusion of normal movement in the affected one. This therapy stimulates different brain regions and aims to improve mobility [\[R\]](#).

Constraint-induced movement therapy is another type of physical therapy. It consists of restraining the healthy leg or arm to increase the use of the affected one [\[R\]](#).

How it helps

Certain physical maneuvers, such as double voiding and manual bladder compression, can help stimulate bladder emptying and reduce urinary retention.

9



Stinging Nettle Root Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a capsule of stinging nettle root extract, usually available in dosages ranging from 250 to 500 mg, once daily with water. It's best consumed with a meal to enhance absorption and minimize potential stomach discomfort. Continue this routine daily for relief of symptoms, commonly for conditions such as benign prostatic hyperplasia, but always consult with a healthcare provider for duration specific to your condition.

TYPICAL STARTING DOSE

250 mg

Description

Stinging nettle root extract is derived from the root of the stinging nettle plant (*Urtica dioica*), and is native to Europe and Asia. Traditionally, it has been used in herbal medicine, and is known for its potential as a natural remedy for conditions like benign prostatic hyperplasia (BPH) and urinary tract issues. Stinging nettle root extract contains several bioactive compounds, including sterols and lignans.

How it helps

Stinging nettle root extract can help reduce symptoms of BPH, which can lead to urinary retention. It works by reducing inflammation and possibly affecting the production of hormones that contribute to prostate enlargement.

10



Corn Silk Tea

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Brew 1-2 teaspoons of dried corn silk in one cup of boiling water for 10-15 minutes. Strain and drink this tea 2 to 3 times a day.

Description

Corn silk tea is made from the silky threads found inside corn husks and is believed to have diuretic properties that can help promote healthy urinary function. It is sometimes used as a natural remedy for bladder and kidney health.

How it helps

Corn silk tea has been traditionally used for various urinary issues due to its diuretic properties, which can help promote urine production and flow. This may assist in relieving symptoms of urinary retention by reducing bladder pressure.

11



Pumpkin Seeds

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a handful of pumpkin seeds (about 28 grams) into your diet daily. You can add them to your breakfast cereal, sprinkle them over a salad, blend them into smoothie bowls, or simply eat them as a snack. This practice can be continued indefinitely as part of a healthy dietary pattern.

Description

Pumpkin seeds, also known as pepitas, are the edible seeds of the pumpkin.They are rich in protein, antioxidants, iron, zinc, magnesium, manganese, and phosphorus. The compounds in pumpkin seeds may benefit heart health and immune function.

Pumpkin seeds are rich in arginine, protein, antioxidants, iron, zinc, magnesium, manganese, and phosphorus. Pumpkin seeds contain 54.18 mg of arginine per gram.

How it helps

Pumpkin seeds contain compounds that may help with urinary health. They have been used in traditional medicine to treat urinary disorders. Clinical studies have shown that consuming pumpkin seed oil can help reduce symptoms of urinary retention by improving urinary flow and decreasing the need for nighttime urination.