

Vaginal Atrophy

DNA Health Report

REPORT CATEGORY —



SEXUAL HEALTH

Sample Client

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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.

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

Vaginal atrophy, also known as atrophic vaginitis, is a condition characterized by the thinning, drying, and inflammation of the vaginal walls due to a decrease in estrogen levels. It most commonly occurs after menopause, but may also develop during breastfeeding or at any other time when the body's estrogen production declines.

The diminished estrogen levels negatively affect the vaginal tissue, leading to decreased lubrication and elasticity, which can result in discomfort and issues with sexual health.

Symptoms and Complications

Symptoms of vaginal atrophy include vaginal dryness, itching, irritation, and discomfort during intercourse, often accompanied by a feeling of tightness. These symptoms can contribute to a decrease in sexual interest and activity, which may negatively impact intimacy and quality of life.

Furthermore, vaginal atrophy can increase the risk of vaginal infections due to changes in the balance of normal bacteria, and can cause urinary symptoms like urgency, incontinence, and increased urinary tract infections.



TYPICAL LIKELIHOOD

Typical likelihood of vaginal atrophy based on 225,029 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	Genistein	30 mg	2	Sea Buckthorn	
3	Avoid Douching		4	Topical Hyaluronic Acid	
5	Kegel Exercises	5 seconds	6	Dietary Omega-3 Fatty Acids	
7	Good Feminine Hygiene		8	Soy	
9	Sea Buckthorn Oil	1000 mg			

1



Genistein

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a genistein supplement daily, with a usual dosage range between 30 mg to 100 mg. It is best taken with food to enhance absorption. Continue this regimen daily for at least six months to evaluate its benefits fully.

TYPICAL STARTING DOSE
30 mg

Description

Genistein is an isoflavone found in soy products that may offer potential health benefits, including antioxidant and anti-inflammatory properties. It has been studied for its potential role in hormone regulation and the reduction of certain cancer risks.

How it helps

In a non-placebo-controlled trial of 62 postmenopausal women, applying genistein intravaginally (97 µg/day), 15 days/month for 3 months improved genital symptoms such as vaginal atrophy [R].

Genistein may helping by mimicking the effects of estrogen in the body.

2



Sea Buckthorn

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500mg of sea buckthorn oil capsules twice daily with meals for at least 3 months to see beneficial effects on skin hydration and elasticity.

Description

Sea buckthorn is a deciduous shrub native to Europe and Asia, and its fruits are rich in vitamins, particularly vitamin C, and antioxidants. It is used for its potential health benefits, including immune support and skin health.

How it helps

In a placebo-controlled trial of 116 postmenopausal women, supplementation with sea buckthorn oil (3 g/day) improved the integrity of the vaginal mucosa. Similarly, a gel with sea buckthorn oil, aloe vera, 18β-glycyrrhetic acid, hyaluronic acid, and glycogen improved vaginal atrophy in a placebo-controlled trial of 60 postmenopausal women [R, R].

3



Avoid Douching

IMPACT

0 / 5

EVIDENCE

0 / 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

Douching can disrupt the natural balance of bacteria and pH levels in the vagina, worsening symptoms of vaginal atrophy. Avoiding this practice can help maintain the health of vaginal tissues and prevent further irritation or dryness.

4

Topical Hyaluronic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a few drops of hyaluronic acid serum directly to your clean, damp skin twice a day, in the morning and before bedtime. Gently massage it into your face and neck until fully absorbed. Follow up with your regular moisturizer to seal in the hydration.

Description

Hyaluronic acid is a naturally occurring substance in the skin that is used topically to enhance skin hydration, reduce fine lines, and improve overall skin texture. It can be derived from various sources, including microbial fermentation.

Hyaluronic acid is a compound naturally found in the body. It helps the skin, eyes, connective tissues, and joints retain water [\[R\]](#), [\[R\]](#).

By doing so, hyaluronic acid can help keep the [\[R\]](#):

- Joints moving smoothly
- Skin and eyes moist
- Skin flexible

Hyaluronic acid is popular as a topical serum. It is also available as an injection, supplement, and eye drop.

How it helps

Hyaluronic acid is known for its hydrating properties. When applied topically, it can help alleviate symptoms of vaginal atrophy by enhancing moisture retention in the vaginal tissues, promoting tissue repair, and providing relief from dryness and discomfort.

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 can improve symptoms of vaginal atrophy by increasing vaginal tone and elasticity, and potentially enhancing blood flow and lubrication.

6



Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids are beneficial for reducing inflammation throughout the body, including the vaginal tissues. Their anti-inflammatory properties can aid in alleviating symptoms of vaginal atrophy by improving tissue elasticity and moisture levels, making them helpful for women experiencing discomfort due to vaginal dryness and thinning.

7



Good Feminine Hygiene

IMPACT

0 / 5

EVIDENCE

0 / 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

Maintaining good feminine hygiene involves gently cleaning the vaginal area with mild, unscented soaps, which can prevent infections and irritation that may exacerbate vaginal atrophy symptoms.

8



Soy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate soy-based products such as tofu, soy milk, and edamame into your daily diet. Aim for at least one serving per day, equivalent to about a cup of soy milk, a half-cup of cooked soybeans, or a 3-ounce piece of tofu.

Description

Soy is a legume native to East Asia, and its health benefits include being a source of plant-based protein, fiber, and various vitamins and minerals. It is known for its potential to support heart health, reduce cholesterol levels, and provide essential nutrients in vegetarian and vegan diets.

Soy is a common food in many cuisines around the world, especially Asian cuisines [\[R\]](#).

It's a great source of [\[R\]](#), [\[R\]](#):

- Plant-based protein
- Fiber
- Omega-3 fats
- Antioxidants (isoflavones)

Soy-based foods include [\[R\]](#):

- Soy beverages
- Tofu
- Tempeh
- Edamame
- Miso
- Natto

Soy protein and soy isoflavones are also available as supplements.

How it helps

Soy contains isoflavones, a type of phytoestrogen that mimics estrogen in the body. Vaginal atrophy often occurs due to decreased estrogen levels during menopause. Consuming soy may help alleviate symptoms of vaginal atrophy by providing these estrogen-like compounds.

9



Sea Buckthorn Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500 mg of sea buckthorn oil capsules twice daily with meals for up to 8 weeks. Ensure to check the label for pure sea buckthorn oil without added ingredients.

TYPICAL STARTING DOSE
1000 mg

Description

Sea buckthorn oil is derived from the sea buckthorn plant, a thorny shrub native to Europe and Asia. It is rich in vitamins, caretenoids, antioxidants, and fatty acids, and has been used in traditional medicines for centuries for heart and skin health.

[Sea buckthorn](#) (*Hippophae rhamnoides*) is a berry-filled bush from Europe and Central Asia. It is rich in vitamins, antioxidants, and fatty acids [\[R\]](#), [\[R\]](#), [\[R\]](#).

People have long used sea buckthorn in traditional medicine to prevent aging, promote heart health, and clear the skin.

How it helps

Sea buckthorn oil, taken orally, can improve the symptoms of vaginal atrophy. It contains omega-7 fatty acids that help maintain the tissues' moisture and elasticity. Clinical studies indicate that sea buckthorn oil supplements can effectively reduce symptoms like dryness, itching, and burning in postmenopausal women dealing with vaginal atrophy.

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.

