SelfDecode™

Vasculitis

Disease Report

REPORT CATEGORY

HEART & BLOOD VESSELS

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

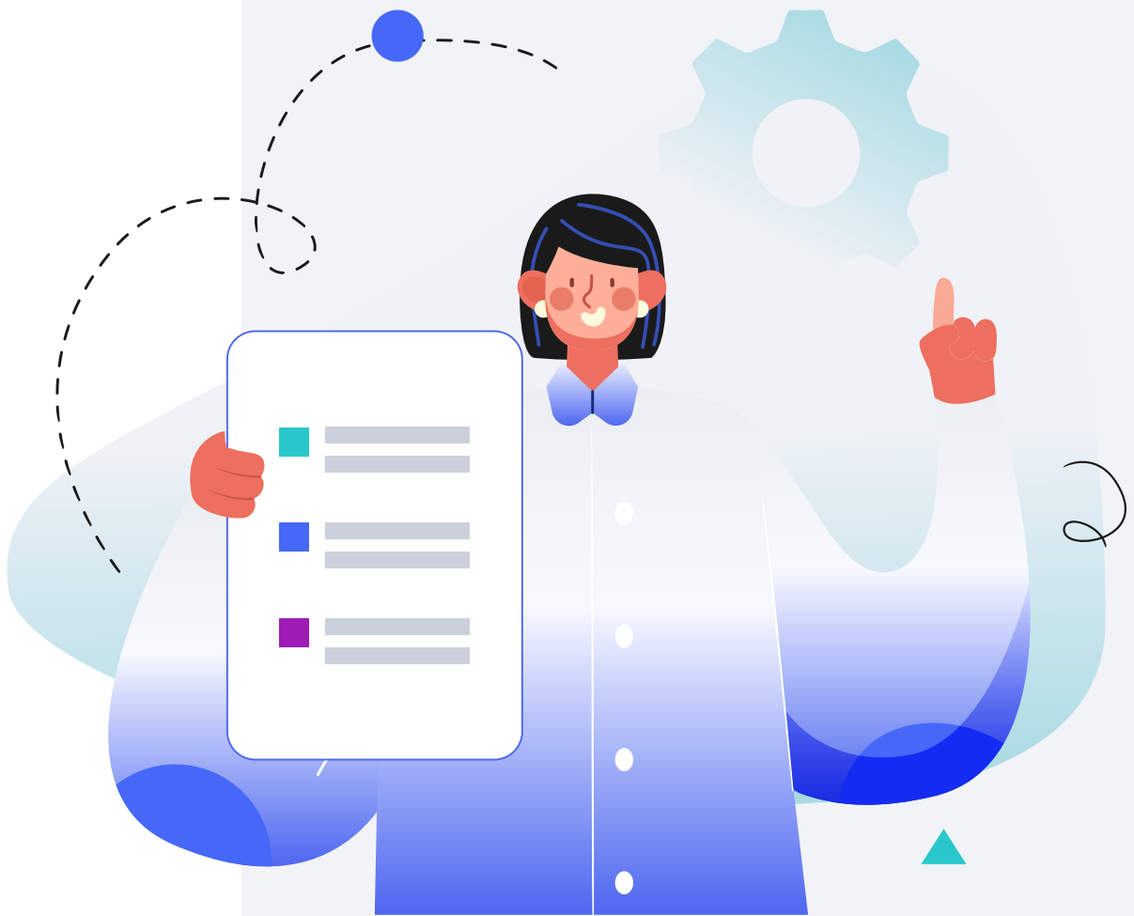
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

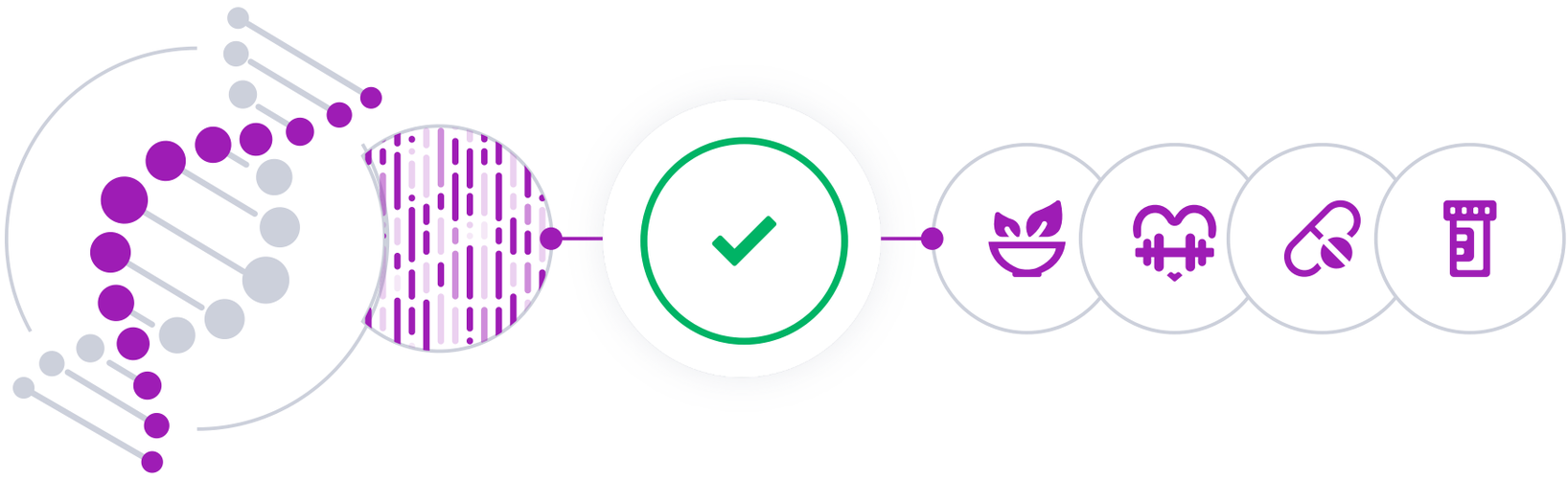


DISCLAIMER

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

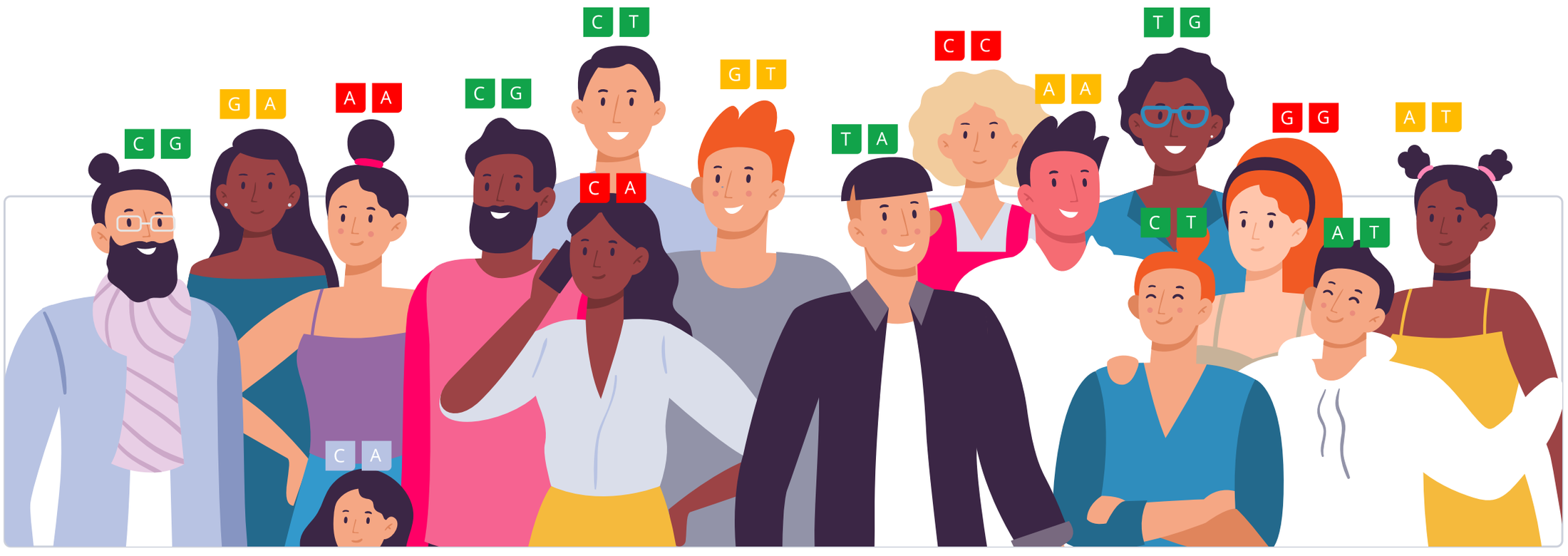
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

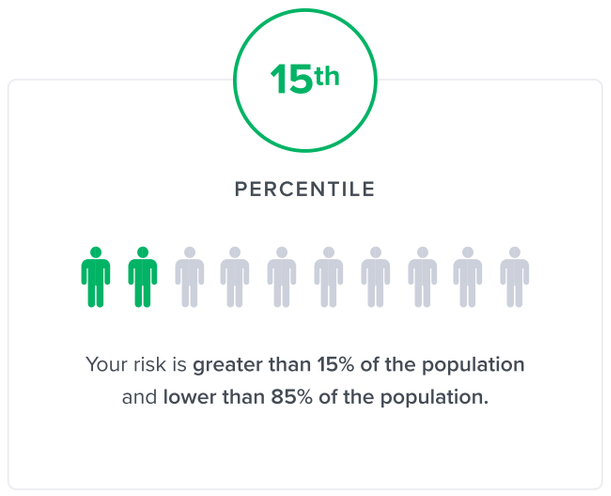
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

Vasculitis refers to a group of disorders that are characterized by the inflammation of the blood vessels, including the veins, arteries, and capillaries. This inflammation can cause the walls of blood vessels to thicken, reducing the width of the passageway through the vessel.

As a consequence, blood flow is restricted, potentially leading to organ and tissue damage due to insufficient oxygen and nutrient delivery. Symptoms of vasculitis can vary widely depending on the organs affected but may include fever, fatigue, weight loss, muscle and joint pain, and localized symptoms where blood flow is compromised.

Causes and Management

The exact cause of vasculitis is often unknown, but it can result from an autoimmune response where the body's immune system mistakenly attacks the blood vessels. Alternatively, it may follow an infection or another disease. The condition can be acute or chronic and range from mild to life-threatening, depending on the severity and the extent of vessel involvement.

Treatment for vasculitis often involves suppressing the immune system with medications such as corticosteroids and cytotoxic drugs to reduce inflammation. Close monitoring and management of symptoms is essential to prevent complications. In some cases, vasculitis may resolve on its own.

TYPICAL LIKELIHOOD

Typical likelihood of vasculitis based on 252,730 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TSLP	rs1837253	CC
PTK2B	rs73223431	CC
IL23R	rs11209039	AA
CCR3	rs2087726	AA
PCGF3	rs4690319	GG
ETS2	rs2242944	AG
PLG	rs4252120	TC
/	rs9540128	TT
CFL2	rs76457959	TC
RPS9	rs34629529	GA
BCL2L11	rs72836352	CC
CTLA4	rs62184865	GG
P4HA2	rs128738	GG
IL12B	rs7725339	GG
PPP2R2B	rs142314071	CC
GADL1	rs74712413	GG
PLCG2	rs12596533	AA
IGFBP4	rs76139923	CC
CAV3	rs115155040	TT
CACNA2D3	rs12492780	AA
OSBP2	rs136301	CC
CCKAR	rs113569359	GG
APCDD1	rs176237	GG

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
1	Aerobic Exercise (Cardio)	1 hour
2	Maintain Optimal Vitamin D Levels	1000 iu
3	Avoid Exposure To Organic Solvents	
4	Topical Capsaicin	
5	Vitamin D and Calcium	
6	Sleep for 7+ Hours	
7	Dietary Vitamin C	
8	Turmeric	
9	Stress Management Therapy	1 hour
10	Exercise At Least One Hour a Day	1 hour
11	Omega-3 (Fish Oil)	2000 mg
12	Low-Intensity Exercise	1 hour

1

Aerobic Exercise (Cardio)

IMPACT 2 / 5

EVIDENCE 1 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Ergometer exercise combined with heparin may improve myocardial ischemia in people with Kawasaki disease [R].

A program combining aerobic and resistance training may improve visceral fat, physical activity levels, and functionality in children with Takayasu arteritis [R].

Aerobic exercise may help by improving cardiovascular health and reducing inflammation.

2

Maintain Optimal Vitamin D Levels

IMPACT 1 / 5

EVIDENCE 1 / 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

Patients with small and medium vessel vasculitis often have lower levels of vitamin D compared to healthy individuals. This deficiency does not appear to correlate directly with increased disease activity, but it is more prevalent among patients suffering from vasculitis. Similar findings were noted in another study, where vitamin D deficiency and insufficiency were common in patients with vasculitis, although the deficiency did not directly correlate with disease activity [R, R].

Vitamin D is also implicated in the regulation of vascular and endothelial functions, which could indirectly benefit conditions like vasculitis. This includes the modulation of endothelial cell function and inflammatory processes within the vasculature [R].

Although the direct effects of vitamin D on disease activity in vasculitis are unclear, its widespread effects on immune regulation and endothelial function suggest potential therapeutic benefits. However, more research, especially prospective and intervention studies, is needed to clarify its role [R].

3

Avoid Exposure To Organic Solvents

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Ensure to work in well-ventilated areas and wear protective gear when handling products like paints, varnishes, and adhesives. When possible, choose solvent-free or water-based products to minimize exposure. Regularly check labels for any solvents listed and strive to limit their use in both personal and professional settings.

Description

Avoiding exposure to organic solvents, commonly found in paints, adhesives, and cleaning products, can protect against the potential health risks associated with inhalation or skin contact, such as respiratory issues and skin irritation.

Organic solvents are used in various industries and workplaces for tasks like cleaning, painting, and manufacturing.

However, their use can be hazardous to workers' health. Exposure to these solvents can lead to problems such as breathing difficulties, skin irritation, and reduced fertility [R].

How it helps

Organic solvents can trigger inflammation in the body and might potentially worsen vasculitis symptoms by promoting an immune response that targets the blood vessels.

4 Topical Capsaicin

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Apply a capsaicin cream or gel to the affected area 3 to 4 times daily. Make sure the skin is clean and intact before application. Avoid contact with eyes, mouth, and other sensitive areas. Use consistently for several weeks to see improvement.

Description

Capsaicin is a compound found in chili peppers and is used topically in creams and patches for its potential to alleviate pain related to conditions like arthritis, neuropathy, and muscle soreness.

Capsaicin is the compound that makes chili peppers spicy [R].

People use topical capsaicin to relieve pain and oral capsaicin to aid weight loss [R, R].

In the short term, capsaicin causes pain. However, **if you're exposed to a lot of capsaicin over a long period of time, it can reduce your pain sensitivity** [R, R].

***Please note**: Capsaicin may irritate the skin. Consult your doctor if the irritation is severe or lasts longer than 4 weeks. If capsaicin gets in your eyes, flush them with water immediately and consult your doctor* [R, R, R].

How it helps

Capsaicin helps by depleting substance P, a compound that conveys the pain sensation from the peripheral to the central nervous system. It might relieve pain associated with vasculitis.

5 Vitamin D and Calcium

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 600 IU of vitamin D and 1000 mg of calcium daily. For adults over 70 years, the vitamin D intake should be increased to 800 IU daily. These supplements can be taken together or separately, usually with a meal to enhance absorption, and it is advisable to continue this regimen as part of your daily routine indefinitely unless advised otherwise by a healthcare provider.

Description

Vitamin D plus calcium supplements typically combine vitamin D, often sourced from sunlight exposure or dietary sources, with calcium, primarily found in dairy products and leafy greens. This combination is used to promote bone health, reduce the risk of osteoporosis, and support overall musculoskeletal well-being.

How it helps

Vitamin D can help modulate the immune system, which is particularly important in autoimmune conditions like vasculitis. It may also help reduce inflammation.

6

Sleep for 7+ Hours

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

Sleep supports your body and mind [R, R]. More precisely, sleep helps:

- Support brain health [R, R]
- Maintain a healthy weight and appetite [R, R, R]
- Regulate blood pressure [R, R]
- Balance blood sugar [R, R]

Ways to sleep better include [R]:

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that's cool, dark, and quiet

How it helps

Adequate sleep supports the immune system and helps in reducing inflammation, which is crucial for managing vasculitis.

7

Dietary Vitamin C

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate foods rich in Vitamin C into your daily diet, such as oranges, strawberries, red peppers, kale, and broccoli. Aim to consume 5 servings of fruits and vegetables per day to meet the recommended dietary allowance of Vitamin C, which is 90 mg for adult men and 75 mg for adult women.

Description

Vitamin C is an antioxidant that supports the immune system, collagen production, and wound healing. It also enhances iron absorption from plant-based foods and contributes to overall health.

Vitamin C is an essential nutrient. This means that our bodies can't produce it on their own, so we have to get it from food or supplements [R].

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [R, R].

Vitamin C deficiency is called *scurvy.* In the past, many sailors suffered from it [R].

How it helps

Vitamin C is known for its antioxidant properties, which can help reduce inflammation. Including vitamin C-rich foods can support the body's immune response and potentially benefit those with vasculitis.

8

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, which has been shown to have anti-inflammatory properties. In vasculitis, inflammation of the blood vessels causes symptoms. Curcumin's ability to reduce inflammation may help manage some symptoms of vasculitis, although more research is needed to understand its effectiveness.

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 can lower the levels of stress hormones in the body, decreasing inflammatory responses that can worsen vasculitis.

10

Exercise At Least One Hour a Day

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

Exercise can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [R].

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal**.

How it helps

Regular, moderate exercise can improve overall cardiovascular health, potentially reducing inflammation and improving blood flow, which can be beneficial for managing vasculitis symptoms.

11

Omega-3 (Fish Oil)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

2000 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

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 [R, R].

Fatty fish are rich in EPA and DHA. They include [R]:

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, 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 have anti-inflammatory properties, which can help reduce inflammation in vasculitis. Human trials have shown that Omega-3 supplements can help improve inflammation markers in the body.

12

Low-Intensity Exercise

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Incorporate 60 minutes of low-intensity activities, such as walking or gentle yoga, into your daily routine. Aim to do this 5 days a week to achieve the best results.

TYPICAL STARTING DOSE

1 hour

Description

Low-intensity exercise, such as walking or gentle yoga, provides numerous health benefits, including improved cardiovascular health, stress reduction, and enhanced overall fitness without the strain of high-intensity workouts.

How it helps

Low-intensity exercise can help to maintain mobility and improve blood flow without putting too much strain on the body, which is helpful for those dealing with vasculitis.

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.

ESR	1 mm/hr	0 6 15 100	9 Nov 2025
WBC	6.92 x10^3/mm3	2 4 6.5 11 40	9 Nov 2025
Rheumatoid Factor	7.7 IU/mL	0 14	9 Nov 2025
Creatinine	1.08 mg/dL	0.6 0.7 1.1 1.2	9 Nov 2025
hs-CRP	1.6 mg/L	0 0.5 3 100 500	9 Nov 2025