Genetic Lifehacks
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Genotype Summary Report: Heart

Created for: **RL**

Article: Prothrombin

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
F2	i3002432	A	GG	Increased risk of blood clots (important)
F2	rs3136516	G	--	Slightly increased risk of venous thromboembolism (Caucasian pops)
F2	rs1799963	A	--	Increased risk of blood clots (important)

Article: Aldosterone Synthase

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
CYP11B2	rs1799998	G	AA	Increased risk of high blood pressure, stroke
CYP11B2	rs61757294	G	--	Carrier of aldosterone synthase deficiency mutation (rare)
CYP11B2	rs104894072	G	--	Carrier of aldosterone synthase deficiency mutation (rare)
CYP11B2	rs28931609	A	GG	Carrier of aldosterone synthase deficiency mutation (rare)

Article: Blood Pressure

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
AGTR1	rs5186	C	AC	Increased risk of high blood pressure; Incr. risk of fatty liver, insulin resistance.
AGTR1	rs3772622	C	CC	Increased risk of fatty liver, especially in CVD
AGTR1	rs1492078	T	CC	T/T only: Decreased risk of kidney cancer (good)

Article: Fibrinogen

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
FGA	rs6050	C	CT	Increased risk of stroke, DVT, heart disease
FGA	rs2070022	A	GG	Decreased fibrinogen, lower clot risk
FGB	rs1800787	T	CT	Increased fibrinogen, incr. stroke risk
FGB	rs1800789	A	AG	Increased fibrinogen, incr. stroke risk
FGB	rs1800790	A	AG	Increased fibrinogen, incr. stroke risk
FGG	rs2066865	A	AG	Increased fibrinogen; increased risk for DVT
FGG	rs2066860	T	CC	Slightly increased risk of DVT

Article: PAI1/A2

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
ITGB3	rs5918	C	TT	Increased risk of heart disease.

Article: Factor V

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
F5	rs6025	T	CC	Factor V Leiden; Increase risk of blood clots (important)

Article: Coronary Artery Disease

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
CDKN2B-AS1	rs2383206	G	AG	Increased risk for CAD; 9p21 region
CDKN2B-AS1	rs10757274	G	AG	Increased risk for CAD; 9p21 region
TCF7L2	rs7903146	T	CT	Increased risk of CAD, type 2 diabetes.
ALOX5AP	rs17222842	A	GG	AA: significantly decreased risk of heart attack
ALOX5AP	rs4769874	A	GG	Increased risk of CAD
ACE	rs4343	G	AG	ACE deletion; increased risk of CAD
LRP8	rs5174	T	CC	Increased risk of CAD
LOX1	rs11053646	G	CC	Increased risk of CAD
NOS3	rs891512	A	GG	Increased risk of CAD, blood pressure
NOS3	rs1800779	G	--	Increased risk of CAD
PCSK9	rs11591147	T	GG	Significantly lower risk of heart disease. (good)
PCSK9	rs28362286	A	CC	Significantly lower risk of heart disease. (good)
PCSK9	rs67608943	G	CC	Significantly lower risk of heart disease. (good)
PCSK9	rs72646508	T	CC	Significantly lower risk of heart disease. (good)
PCSK9	rs505151	G	AA	Increased LDL, increased heart disease
PCSK9	i5000370	C	TT	Increased LDL, increased heart disease
PCSK9	rs28942111	A	--	Increased LDL, increased heart disease
LPA	rs3798220	C	TT	Risk of elevated Lp(a), increased risk for heart disease
LPA	rs10455872	G	AG	Risk of elevated Lp(a), increased risk for heart disease
LDLR	rs6511720	T	GG	Lower LDL, decreased CAD risk
LDLRAP1	rs121908324	A	--	Mutation linked to familial hypercholesterolemia
LDLRAP1	rs121908325	T	--	Mutation linked to familial hypercholesterolemia
ABCA1	rs2230806	T	TT	Decreased risk of CAD
MEF2A	rs121918529	T	--	Rare, significantly increased risk of CAD.
APOB	rs144467873	A	--	Pathogenic mutation for hypercholesterolemia
APOB	i4000339	A	GG	Pathogenic mutation for hypercholesterolemia
APOB	rs5742904	T	CC	Pathogenic mutation for hypercholesterolemia
PCSK9	rs28942112	C	--	Increased LDL, increased heart disease
APOB	rs12713559	A	GG	Familial hypercholesterolemia (very rare)
MEF2A	i5003637	T	CC	Rare, significantly increased risk of CAD.

Article: Ferritin

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
FTL	rs104894685	A	--	carrier of a rare mutation related to ferritin
FTL	rs397514540	T	--	carrier of a rare mutation related to ferritin
SLC40A1	rs11568350	A	CC	higher ferritin levels (African American men)
TF	rs1799852	T	CT	lower serum transferrin levels, slightly higher ferritin level
TF	rs3811647	A	AG	higher ferritin
TMPRSS6	rs855791	A	AA	lower ferritin levels (Caucasian men)
SLC17A1	rs17342717	T	CT	higher ferritin
BTBD9	rs9296249	C	CC	higher serum ferritin levels
BTBD9	rs3923809	A	GG	lower serum ferritin levels
VWF	rs1800386	C	--	lower ferritin in premenopausal women, check for VWF deficiency
F5	rs6025	T	CC	increased ferritin levels in women (due to decreased menstrual bleeding)

Article: Aspirin Therapy

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
GUCY1A3	rs7692387	G	--	GG: Decreased risk of heart disease with aspirin
COMT	rs4680	A	AG	AA: decreased risk of heart disease with aspirin in women
IGTB3	rs5918	C	TT	May not benefit from aspirin for heart attack prevention

Article: HDL Cholesterol

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
CETP	rs1800777	A	GG	Lower HDL, Increased sepsis risk
CETP	rs5882	G	GG	Higher HDL, lower risk of heart attack
CETP	rs708272	A	AA	Higher HDL, lower risk of heart attack
CETP	rs3764261	A	AA	High HDL (good)
LIPC	rs4775065	A	--	AA only: lower HDL

Article: Plant Sterols

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
CYP7A1	rs3808607	T	GT	TT: no cholesterol lower benefit from plant sterols
CETP	rs5882	G	GG	G/G: plant sterols shown to lower triglycerides
ABCG8	rs41360247	C	TT	Reduce phytosterol absorption, lower CAD
ABCG8	rs4148217	A	CC	Reduced risk of heart disease
ABCG8	rs4245791	C	CC	Increased cholesterol and sterol absorption, Increased CAD
ABCG8	rs4299376	G	GG	increased risk of heart disease
ABCG8	rs11887534	C	GG	Increased susceptibility to CAD, greatly increased risk of gallstones
ABCG8	rs137854891	G	--	Sitosterolemia (pathogenic)
ABCG8	rs199689137	A	--	Sitosterolemia (pathogenic)
ABCG8	rs119479065	A	--	Sitosterolemia (pathogenic)
ABCG8	rs137852987	A	--	Sitosterolemia (pathogenic)
ABCG5	rs6720173	C	GG	4-fold greater decrease in LDL with plant sterol consumption

Article: Triglyceride Levels

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
APOA5	rs662799	G	AG	Higher triglycerides
APOA5	rs2075291	A	CC	Higher triglycerides, especially in Asian ancestry
APOA5	rs3135506	C	GG	Slightly higher triglycerides
APOA5	rs651821	C	CT	higher triglyceride levels
LPL	rs328	G	CC	Slightly lower triglycerides
LPL	rs320	G	GT	Slightly lower triglycerides
LPL	rs268	G	AA	High triglycerides
GCKR	rs780094	T	CT	Slightly higher triglycerides
APOC2	rs5126	C	--	Really high triglycerides (important)
APOC2	rs120074114	C	--	Really high triglycerides (important)
GPD1	rs199673455	A	--	Really high triglycerides (important)

Article: LDL and Total Cholesterol Levels

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
PCSK9	rs11591147	T	GG	Lower LDL; Decreased risk of heart disease (good)
PCSK9	rs28362286	A	CC	Lower LDL; Decreased risk of heart disease (good)
PCSK9	rs67608943	G	CC	Lower LDL; Decreased risk of heart disease (good)
PCSK9	rs72646508	T	CC	Lower LDL; Decreased risk of heart disease (good)
PCSK9	rs505151	G	AA	Increased LDL
PCSK9	rs28942111	A	--	Familial hypercholesterolemia possible (important)
PCSK9	i5000370	C	TT	Familial hypercholesterolemia possible (important)
PCSK9	rs28942112	C	--	Familial hypercholesterolemia possible (important)
APOB	rs693	A	AG	Higher LDL, total cholesterol
APOB	rs6752026	A	--	Lower LDL
ABCA1	rs2230806	T	TT	Incr. risk heart disease
LDLR	rs6511720	T	GG	Decreased LDL
GPER1	rs11544331	T	--	Increased LDL-C, especially in women
HMGCR	rs3846662	G	AG	Statins may not work well
APOB	rs144467873	A	--	Pathogenic for hypercholesterolemia (important)
APOB	rs5742904	T	CC	Pathogenic for hypercholesterolemia (important)
APOB	rs12713559	A	GG	Pathogenic for hypercholesterolemia (important)
LDLRAP1	rs121908324	A	--	Pathogenic for hypercholesterolemia (important)
LDLRAP1	rs121908325	T	--	Pathogenic for hypercholesterolemia (important)
APOB	i4000339	A	GG	Pathogenic for hypercholesterolemia (important)

Article: CRP

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
CRP	rs1205	T	CC	Lower CRP levels (good)
CRP	rs3091244	G	--	Lower CRP levels (good)
CRP	rs1800947	G	CC	Lower CRP levels (good)
CRP	rs3093058	A	TT	Higher CRP levels
CRP	rs3093059	G	AA	Higher CRP levels

Article: Nitric Oxide Synthase

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
NOS3	rs891512	A	GG	Increased risk of heart disease, increased blood pressure
NOS3	rs1800779	G	--	Increased risk of heart disease.
NOS3	rs4496877	T	GG	Increased risk of high blood pressure (males)
NOS3	rs2070744	C	--	Increased risk of high blood pressure, coronary artery disease

Article: PCSK9 Cholesterol

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
PCSK9	rs11591147	T	GG	Decreased LDL-cholesterol; lower risk of heart disease. (good)
PCSK9	rs28362286	A	CC	Decreased LDL-cholesterol; lower risk of heart disease. (good)
PCSK9	rs67608943	G	CC	Decreased LDL-cholesterol; lower risk of heart disease. (good)
PCSK9	rs72646508	T	CC	Decreased LDL-cholesterol; lower risk of heart disease. (good)
PCSK9	rs505151	G	AA	Increased LDL, increased risk of heart disease
PCSK9	rs28942112	C	--	High LDL (important)
PCSK9	rs28942111	A	--	High LDL (important)
PCSK9	i5000370	C	TT	High LDL (important)

Article: Statins

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
SLCO1B1	rs4149056	C	TT	Reduced breakdown of some drugs. Increased risk of muscle pain from statins

Article: Von Willebrand Factor Deficiency

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
VWF	i3002455	C	--	Von Willebrand factor deficiency possible
VWF	i3002797	T	CC	Von Willebrand factor deficiency possible
VWF	i5004518	G	AA	Von Willebrand factor deficiency possible
VWF	i5049115	A	--	Von Willebrand factor deficiency possible
VWF	i5049338	A	--	Von Willebrand factor deficiency possible
VWF	rs1800386	C	--	Von Willebrand factor deficiency possible
VWF	rs61750591	D	II	Von Willebrand factor deficiency possible
VWF	rs61748477	A	GG	Von Willebrand factor deficiency possible
VWF	rs61750584	G	AA	Von Willebrand factor deficiency possible
VWF	rs61750579	T	--	Von Willebrand factor deficiency possible
VWF	rs121964894	A	--	Von Willebrand factor deficiency possible
VWF	rs62643630	A	--	Von Willebrand factor deficiency possible
VWF	rs267607353	G	--	Von Willebrand factor deficiency possible
VWF	rs41276738	T	CC	Von Willebrand factor deficiency possible
VWF	rs61748478	G	TT	Von Willebrand factor deficiency possible
VWF	rs61748497	C	AA	Von Willebrand factor deficiency possible
VWF	rs61750612	T	GG	Von Willebrand factor deficiency possible
VWF	rs61750630	T	CC	Von Willebrand factor deficiency possible
VWF	rs61754002	T	GG	Von Willebrand factor deficiency possible
VWF	rs61748495	T	CC	Von Willebrand factor deficiency possible
VWF	rs61749372	G	AA	Von Willebrand factor deficiency possible
VWF	rs61749380	A	GG	Von Willebrand factor deficiency possible
VWF	rs61749384	A	GG	Von Willebrand factor deficiency possible
VWF	rs61749392	G	CC	Von Willebrand factor deficiency possible
VWF	rs121964895	T	--	Von Willebrand factor deficiency possible
VWF	rs61748511	G	--	Von Willebrand factor deficiency possible
VWF	i5039483	I	--	Von Willebrand factor deficiency possible
VWF	i5039448	D	--	Von Willebrand factor deficiency possible
VWF	rs62643632	I	--	Von Willebrand factor deficiency possible
VWF	i5049057	A	--	Von Willebrand factor deficiency possible
VWF	i5049076	G	--	Von Willebrand factor deficiency possible
VWF	i5049266	T	--	Von Willebrand factor deficiency possible

Article: Top 10 Genes

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
HFE	rs1800562	A	AG	C282Y mutation, most common cause of hereditary hemochromatosis
HFE	rs1799945	G	CC	H63D mutation, milder buildup of iron, problem when combined with HFE
F5	rs6025	T	CC	factor V Leiden, significantly increased risk of blood clots
LPA	rs3798220	C	TT	risk of elevated Lp(a), significantly increased risk for heart disease
LPA	rs10455872	G	AG	likely elevated Lp(A), increased risk for heart disease
BCHE	rs1799807	C	TT	A-variant, may have delayed recovery from succinylcholine
F2	rs1799963	A	--	Prothrombin variant, increased risk of DVT
PCSK9	rs505151	G	AA	increased LDL, increased risk of coronary artery disease
PCSK9	rs28942112	C	--	increased LDL, increased risk of coronary artery disease
PCSK9	i5000370	C	TT	increased LDL, increased risk of coronary artery disease
AGXT	rs34116584	T	CC	Increased risk of hyperoxaluria, especially if combined with another AGXt mutation
AGXT	rs180177309	D	--	Hyperoxaluria mutation
AGXT	rs80356708	D	--	Hyperoxaluria mutation
SERPINA1	rs28929474	T	CC	Pi*Z mutation, two copies causes alpha-1 antitrypsin deficiency
SERPINA1	rs17580	A	TT	Pi*S mutation, two copies causes alpha-1 antitrypsin deficiency
FEMV	rs61732874	A	--	familial Mediterranean fever mutation
FEMV	rs3743930	G	CC	familial Mediterranean fever mutation
FEMV	rs104895083	C	--	familial Mediterranean fever mutation
FEMV	i4000403	C	GG	familial Mediterranean fever mutation
FEMV	rs104895094	C	--	familial Mediterranean fever mutation
FEMV	i4000407	C	TT	familial Mediterranean fever mutation
FEMV	rs28940580	G	--	familial Mediterranean fever mutation
FEMV	rs28940578	T	CC	familial Mediterranean fever mutation
FEMV	i4000406	C	TT	familial Mediterranean fever mutation
FEMV	rs11466023	A	GG	familial Mediterranean fever mutation
FEMV	i4000410	T	CC	familial Mediterranean fever mutation
FEMV	rs28940579	G	AA	familial Mediterranean fever mutation
MTHFR	rs1801133	A	AG	MTHFR C677T variant, decreased enzyme function

Article: Thrombocytopenia

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
ADAMTS13	rs28647808	G	CC	lower ADAMTS13, increased risk of kidney and cardiovascular complications in diabetes
ADAMTS13	rs685523	T	--	lower ADAMTS13; increased risk of cardiac-related death
ADAMTS13	rs142572218	T	--	carrier of a pathogenic mutation in ADAMTS13, Upshaw-Schulman syndrome
ADAMTS13	rs148312697	C	--	reduced ADAMTS13 (rare)
VWF	rs1063856	C	CT	likely to have increased Von Willebrand factor, slightly increased risk of blood clots
VWF	rs1063857	G	AG	likely to have increased Von Willebrand factor, slightly increased risk of blood clots

Article: Lipoprotein(a)

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
LPA	rs3798220	C	TT	risk of elevated Lp(a), increased risk for heart disease (important)
LPA	rs10455872	G	AG	risk of elevated Lp(a), increased risk for heart disease (important)
LPA	rs6919346	T	CC	decreased Lp(a)
LPA	rs41272114	T	--	decreased Lp(a)

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
LPA	rs143431368	C	--	decreased Lp(a)

Article: Blood Clots

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
F2	rs1799963	A	--	Increased risk of blood clots, increased risk of stroke with PFO
F2	i3002432	A	GG	Increased risk of blood clots, increased risk of stroke with PFO
F5	rs6025	T	CC	factor V Leiden; increased risk of clots, DVT
ITGB3	rs5918	C	TT	PIA1/A2 mutation, increased risk of heart disease,
VWF	rs1063856	C	CT	Likely to have increased Von Willebrand factor, slightly increased risk of blood clots
VWF	rs1063857	G	AG	Likely to have increased Von Willebrand factor, slightly increased risk of blood clots
G6P	rs1613662	G	AG	increased platelet stickiness
F11	rs2036914	C	CT	C/C: increased risk of venous thrombosis, thromboembolism

Article: Alpha 1 Adrenergic Receptors

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
ADRA1A	rs1048101	G	GG	G/G: more likely to faint with vagal syncope; lower peripheral vascular response to cold in men, higher increase in heart rate with stress in women
ADRA1A	rs486179	T	CC	increased risk of heroin addiction
ADRA1A	rs3730287	C	CC	increased risk of memory impairment after heroin use disorder
ADRA1A	rs17426222	T	CC	T/T: increased risk of generalized anxiety disorder

Article: Neuropilins

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
NRP1	rs2228638	T	CC	increased risk of cyanotic congenital heart disease, increased relative risk of tetralogy of Fallot (TOF)
NRP1	rs10080	G	GG	GG: linked to altered neurological response to COVID-19
NRP1	rs2506142	G	--	increased risk for menstrual migraines
NRP2	rs849563	G	TT	increased relative risk of autism spectrum disorder, increased risk of secondary lymphedema
NRP2	rs849530	C	--	increased risk of secondary lymphedema

Article: Hypertrophic Cardiomyopathy

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
MYBPC3	rs397516074	T	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy
MYBPC3	i5046177	T	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy
MYBPC3	rs375882485	A	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy
MYBPC3	i5046172	A	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy
MYBPC3	rs397515963	G	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy
MYBPC3	i5046245	G	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy
MYH7	rs3218713	T	CC	carrier of a rare mutation linked to hypertrophic cardiomyopathy
MYH7	rs3218714	T	GG	carrier of a rare mutation linked to hypertrophic cardiomyopathy
MYH7	rs121913626	A	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy
TNNT2	rs74315380	A	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy
TNNT2	i5006646	A	GG	carrier of a rare mutation linked to hypertrophic cardiomyopathy
TNNT2	rs727503512	A	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy
TNNT2	i5048752	A	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy
TNNT2	rs397516456	A	--	carrier of a rare mutation linked to hypertrophic cardiomyopathy

Article: Blood Pressure, MTHFR

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
MTHFR	rs1801133	A	AG	MTHFR C677T allele, increased relative risk of high blood pressure, especially combined with riboflavin deficiency

Article: ACE

Gene	RS ID	Effect Allele	Your Genotype	Notes About Effect Allele
ACE	rs4343	G	AG	G/G: ACE deletion/deletion – increased blood pressure on a high-fat diet.

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