yudoyu®
Where YOU begin.

DNA Test Results

Name

Callie Lions

DOB	ID
01171980	YU99995

REPORT DATE

9 March 2023

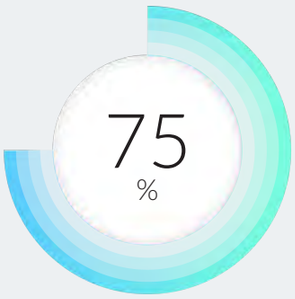
EXPLORE ▶

CATEGORY ONE

Collagen Breakdown

Average
67%

Similarity
33%

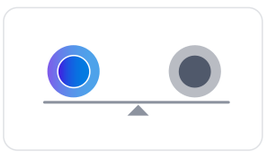


Why do we experience skin sagging?

Collagen makes up 75% of the skins dry weight.
Your genetic predisposition plays a big role in determining both the speed of collagen production and breakdown. When you are younger, your body makes more collagen than it loses, but after about the age of 40, collagen loss can accelerate, leading to a decline in the health and appearance of your skin. This process is precipitated by a protein called MMP1 or Collagenase.

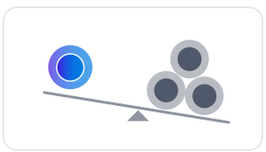
The SkinDNA® Genetic Test can help identify if the production of collagen is in balance, or if the breakdown of collagen is more rapid which can result in the appearance of premature sagging of the skin.

Collagen Balance



In youthful skin, the production and degradation of collagen is in balance.

Collagen Imbalance



Genetic abnormalitiescan lead to an increased rate of collagen breakdown.

DID YOU KNOW?

Most people understand that prevention is better than the cure. Skin care is the only field where most people **do not** use an anti-aging regime or even take any action until they can see the signs.

Technicals

Collagen Breakdown
◂ **Impaired**

Collagen Protection
◂ **Normal**

The enzyme responsible for Collagen Breakdown (known as MMP's) is heightened. As such you may prone to skin laxity and looseness. Other ageing effects may include: Hollowed cheeks, drooping eyelids, as well as a slowdown tissue re-modelling. The Glutathione Antioxidant (labelled as "Collagen Protection") is functioning optimally. Overall you are still in the optimal range. You may want to consider collagen boosting modalities as a future after you have targeted the higher risk categories

YOU ARE

Lower Risk

What this means for you:

Genetically, your body is working at a near optimum. You are producing close to normal levels of collagen to counteract the breakdown process.

Internal Signs

→ These signs generally occour **BEFORE the age of 30**

- **SLOWDOWN IN TISSUE REMODELLING**
  Tissue remodelling is important in maintaining and building a healthy collagen structure to help keep skin firm and plump
- **COLLAGEN PRODUCTION ISSUES**
  Increased collagen breakdown as well as less collagen production

Visible Signs

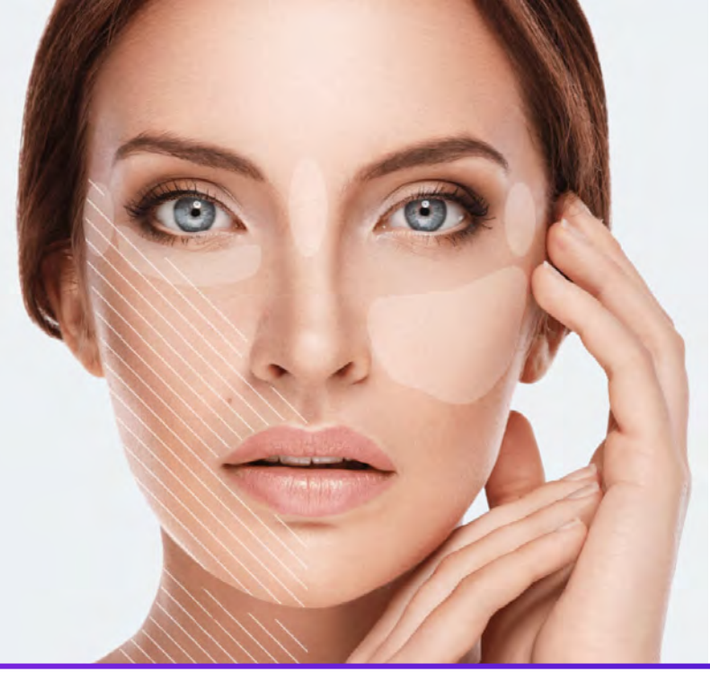
SLOWER HEALING
- Slower Healing

SKIN LAXITY & SAGGING
- Hollowing under eyes
- Loss of volume

PROMINENT NASOLABIAL FOLDS
- Deeper smile lines

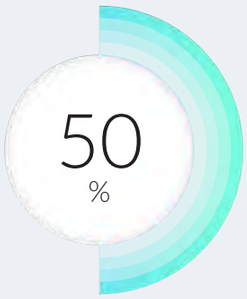
CATEGORY TWO

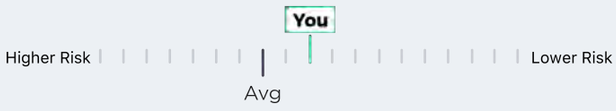
Wrinkling / Glycation



Average
40%

Similarity
29%





What is Glycation?

How your body processes sugar is determined in part by your genes. Glycation occurs when excess bodily glucose molecules link to the skin's Collagen and Elastin fibers. This cross-linking can form chemical bridges between these proteins. Glycated collagen fibers can become rigid, less elastic and have reduced regenerative ability which can lead to damage such as laxity, cracking and thinning skin.

Variations in the these genes can alter the functioning of normal glucose and energy metabolism. In addition, by consuming higher amounts of sugar intake with your lilfestyle can override your genetic risk and can in turn create skin glycation issues

DID YOU KNOW?

Skin ages from the inside out. Biological effects that are not seen by the human eye must occur before the visible signs become apparent. A small change such as watching your sugar intake can be mean the difference between wrinkles and flawless skin.

Technicals

Wrinkle Factor

You have a less than optimal gene process that can reduce the ability to efficiently breakdown glucose. Excess glucose molecules stick to collagen and elastin resulting in cross-linked fibers - binding them together. This ultimately leads to the formation of wrinkles, thinning skin, free radicals, and structural skin damage.

You are

Medium Risk

What this means for you:

Genetically, your body has a reduced ability to efficiently break down glucose. Excess glucose has been linked to a number of age related traits, amongst them – wrinkles.

Internal Signs

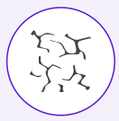
→ These signs generally occour **BEFORE the age of 30**

- **STIFFENED COLLAGEN FIBERS**
  Leading to decreased elasticity. This is similar to rusty springs in a mattress, overtime it doesn't quite bounce back as much
- **WEAK DERMAL EPIDERMAL JUNCTION**
  Support structures within the skin begin to weaken loosing their ability to support the dermis. Overtime, areas begin to collapse inwards Eg, Wrinkles

Visible Signs

HEAVY WRINKLES & FOLDS
- Upper lip and chin lines
- Vertical lines across cheeks
- Fine Lines

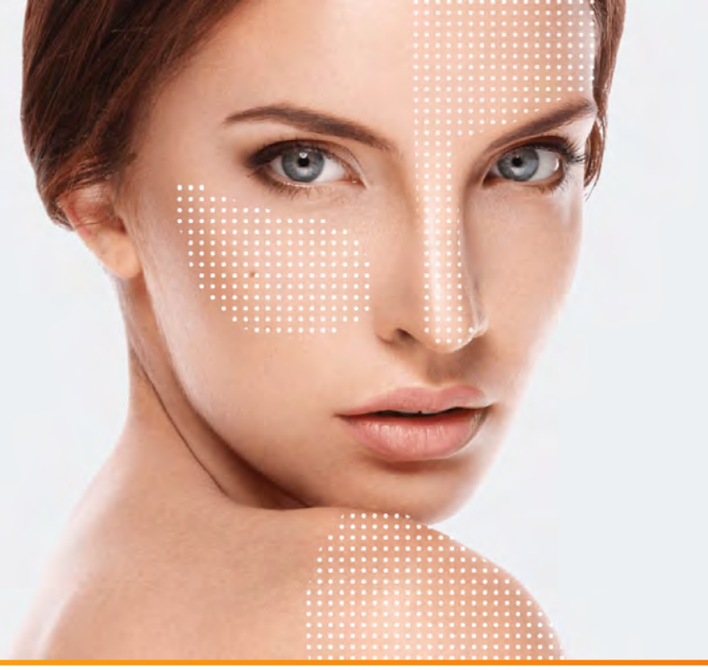
AGING EYES
- Dryness and lines



UNEVEN SKIN TEXTURE
- Rough surface area
- Leathery looking skin
- Crepey skin

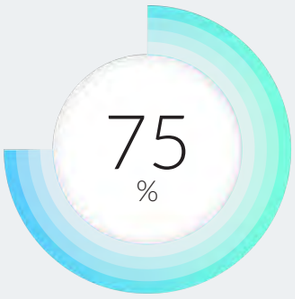
CATEGORY THREE

Sun Damage & Pigmentation



Average
71%

Similarity
1%



What is Photo-protection?

The sun's UV rays are one of the most significant causes of premature skin aging.
Symptoms of sun damage can include; texture changes, pigment changes, skin cancers, and take years to surface often when the damage is too late. Your body is equipped with natural responses (photo-protection) that help to break down UV rays once they have entered the skin.

The SkinDNA® Genetic Test can help to identify genetic predispositions that play an important role in determining how well your skin can naturally cope under the strains of the sun.

YOU ARE

Medium Risk

What this means for you:

Genetically, you may have a higher probability to experience irregular pigmentation & burning. Your results indicate that there may be vulnerabilities in the production of melanin and other processors that aim to protect your skin from the sun. Explore the gene data below to find out more about this result.

Technicals

Melanin Production 1 — **Normal**

Melanin Production 2 — **Impaired**

We test 2 locations within this gene (M1 & M2). Your results indicate that your body is moderately able to produce melanin (pigment). It is likely that your skin provides the volume of melanin needed to protect you for short intervals of sunlight exposure. It is likely that your body has the ability to tan however longer exposure may cause sensitivity, freckling & pigmentation with minimal sun burning symptoms.

Photo Defense 1 — **Normal**

Photo Defense 2 — **Normal**

We test 2 locations within this gene (M1 & M2). Your results indicate that genetically your body is near optimal to optimal in breaking down free radicals produced from UVB rays once they have entered the skin. These rays are often referred to as the "Burning" Rays and are responsible not only sunburns but also pigmentation responses.

UV Repair — **Impaired**

Your result suggests that this gene process is functioning less than optimally with its ability to repair DNA damage caused by exposure from UVA rays. These rays are often referred to as the "Aging" Rays

UV Radical — **Deficient**

Your genetic outcome suggests that you have minimal DNA repairing ability. After UVA exposure, this gene is crucial for maintaining the overall health and integrity of skin by repairing any DNA damage the exposure might have caused

Internal Signs

→ These signs generally occour **BEFORE the age of 30**

- **CELLULAR STRUCTURE DAMAGE**
  Sun damage created by UV Free Radicals including DNA damage from UVA rays
- **IRREGULAR CELLULAR FUNCTIONS**
  Hyper Pigmentation:
  more pigmentation such as brown spots
  Hypo Pigmentation:
  lack of pigmentation such as white spots

Visible Signs

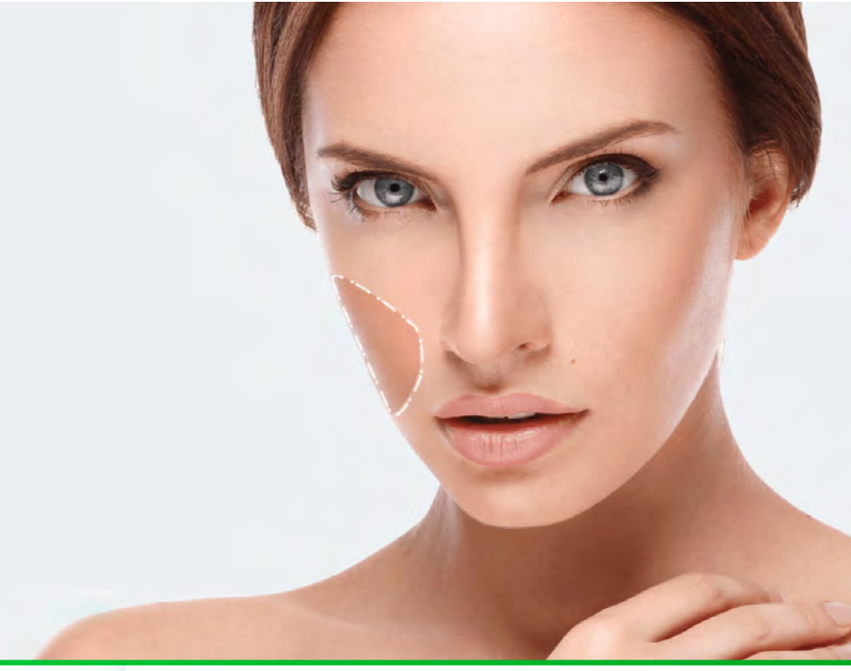
PIGMENTATION SPOTS
- Blemishes and Freckles
- Brown Spots

REDNESS
- Broken capillaries
- Sun Sensitivity Eg Sunburns
- Patches of redness, mainly on the neck and chest

DEEP FURROWS
- Upper face deep lines
  Eg. Frown, expression lines

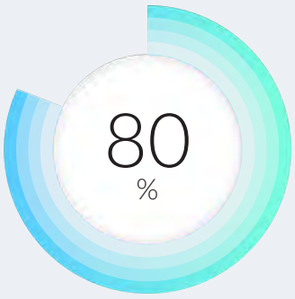
CATEGORY FOUR

Free Radical Damage



Average
62%

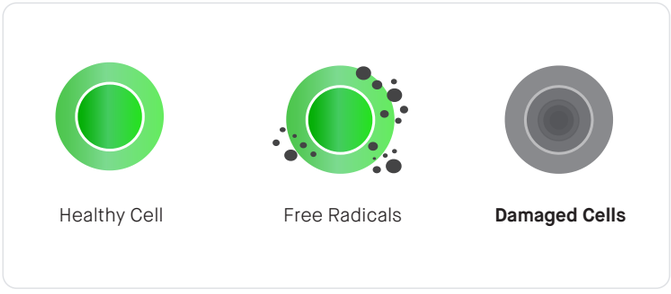
Similarity
4%



What are Free Radicals?

Free radicals damage virtually any molecule in our body.
It's a chain reaction that can wreck havoc in every layer of the skin. This sort of cellular destruction in any one of the skin's layers can lead to a dull, lifeless, aged complexion.

Our bodies have been built with a natural defense, Antioxidants. There are 2 main types of Antioxidants produced by your body which stop the damage of Free Radicals. SkinDNA test 2 main types of Antioxidants produced by your body as well as other genetic markers responsible for protecting your skin against Free Radicals.



Technicals

Antioxidant Power
Impaired

Antioxidant Power
Normal

Superoxide Dismutase and Glutathione Antioxidant are arguably the body's most crucial antioxidants. The higher the levels the less prone we are to the destructive effects of free radicals.
Your genes outcomes show that you have optimal functioning ability to produce Glutathione Antioxidant and a less than optimal ability to produce Superoxide Dismutase. The benefits of having at least optimal Glutathione can still help in aiding to efficiently breakdown free radicals and prevent unnecessary damage to skin cells. Increasing your antioxidant intake can help provide added support.

Pollution Defense
Normal

Quinones are highly active molecules that stem from Pollutants such as UV radiation, car exhaust fumes, carbon and cigarette smoke. Once absorbed into the skin if not efficiently broken down can begin to oxidize and cause damage within the skin's wall. Your genes have optimal ability to efficiently breakdown Quinones.

YOU ARE

Lower Risk

What this means for you:

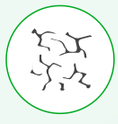
Genetically, you have near optimal ability to produce essential antioxidants. Your results also suggest that you are unlikely to be sensitive to Environmental Pollutants. However, by living an unhealthy lifestyle that includes smoking & stress will ultimately increase your lifetime free of radical production.

Internal Signs

→ These signs generally occour **BEFORE the age of 30**

- **LOW CELLULAR DEFENSE MECHANISMS**
  This is caused by decreased protection against free radicals and leads to accelerated aging
- **CELL APOPTOSIS**
  Increased Mitochondrial Damage (the powerplant of a cell) leading to premature cell death

Visible Signs



TEXTURUAL ISSUES
- Rough texture
- Uneven skin tone
- Dull and lifeless skin
- Tired looking appearance

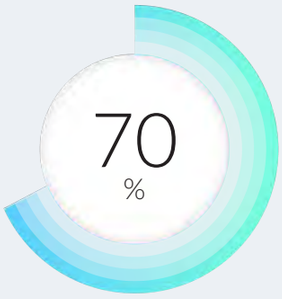
SKIN BARRIER ISSUES
- Excessive dryness
- Excessive oiliness

CATEGORY FIVE

Skin Sensitivity

Average
78%

Similarity
1%



Skin irritations

Inflammation acts as the first line of response for healing and counteracting infection and foreign substances like germs, bacteria, allergens, and toxins.
Sometimes the body can over compensate and release too many infla - matory proteins to take care of an issue that only required fewer - as a result the body begins to overreact to anything and everything! Soon the body begins to think that your favourite perfume is a virus and the skincare product you love is going to cause harm. This type of sensitivity is not good as the trauma caused by a constant over supply of inflamm - tion dramatically ages the skin.

Undergoing skin treatments?

Let your skin professional know about any risks in this category so that they can adjust the treatment protocol to avoid unexpected potential downtime such as extra redness you might not have expected.

Technicals

Inflammation

Excessive inflammation is one of the most common themes in early onset skin aging. While it is a helpful response in the short term, if inflammation continues on-going, it can play a negative role. Often subtle the signs include skin sensitivity, redness and irritation. The gene responsible for the regulation of inflammation is optimal.

Xenobiotic Detox

Your genes have optimal functioning ability to breakdown xenobiotic compounds such as cigarette smoke, exhaust fumes, air pollution and alcohol. These compounds are still bad for you!

Skin Sensitivity 1

Skin Sensitivity 2

We test 2 locations within this gene (M1 & M2).
Your genes have less than optimum ability to breakdown toxic chemical compounds found in everyday pollutions. As a result, there may be times your skin can become overly sensitive to perfumed products, active skincare ingredients and general city pollution. These responses can manifest into redness, rashes and acne.

YOU ARE

Lower Risk

What this means for you:

Genetically, your body is producing normal levels of inflammatory proteins. Your results indicate that you have a normal risk factor to chemical sensitivity issues and skin inflammatory responses. You may still at times experience skin irritations when using a highly active or highly chemical product.

Internal Signs

→ These signs generally occour **BEFORE the age of 30**

- **Overactive Inflammation**
  Production oversupply - that heightens your bodies responsiveness to stressors
- **Irregular Tissue Healing**
  Slow cellular renewal such as renewal after cuts, burns and peeling
- **Decreased Cellular Defence**
  Inability to breakdown chemicals and external toxins

Visible Signs

TEXTURUAL ISSUES

- Dryness
- Itching
- Redness
- Rashes

Heightened sensitivity to:

- Highly active skincare products
- Perfumes and scents
- Additives or detergents

Prolonged Redness After:

- Facial treatments, laser, peels, dermal needling

Environmental Sensitivity

- Airborn particles
- Pollution