

Performance Report for: <https://pathiostherapeutics.com/>

Report generated: Tue, Mar 12, 2024 9:43 PM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	100%	96%	727ms	28ms	0.01

Top Issues

Med	Use explicit width and height on image elements <small>CLS</small>	2 images found
Low	Serve static assets with an efficient cache policy	Potential savings of 55.7KB
Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 74ms
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 2.04MB
Low	Avoid long main-thread tasks <small>TBT</small>	4 long tasks found

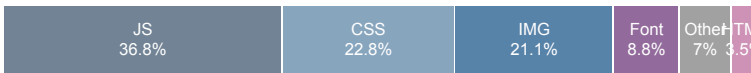
Page Details



Total Page Size - 2.02MB



Total Page Requests - 57



Legend: HTML JS CSS IMG Video Font Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

About GTmetrix

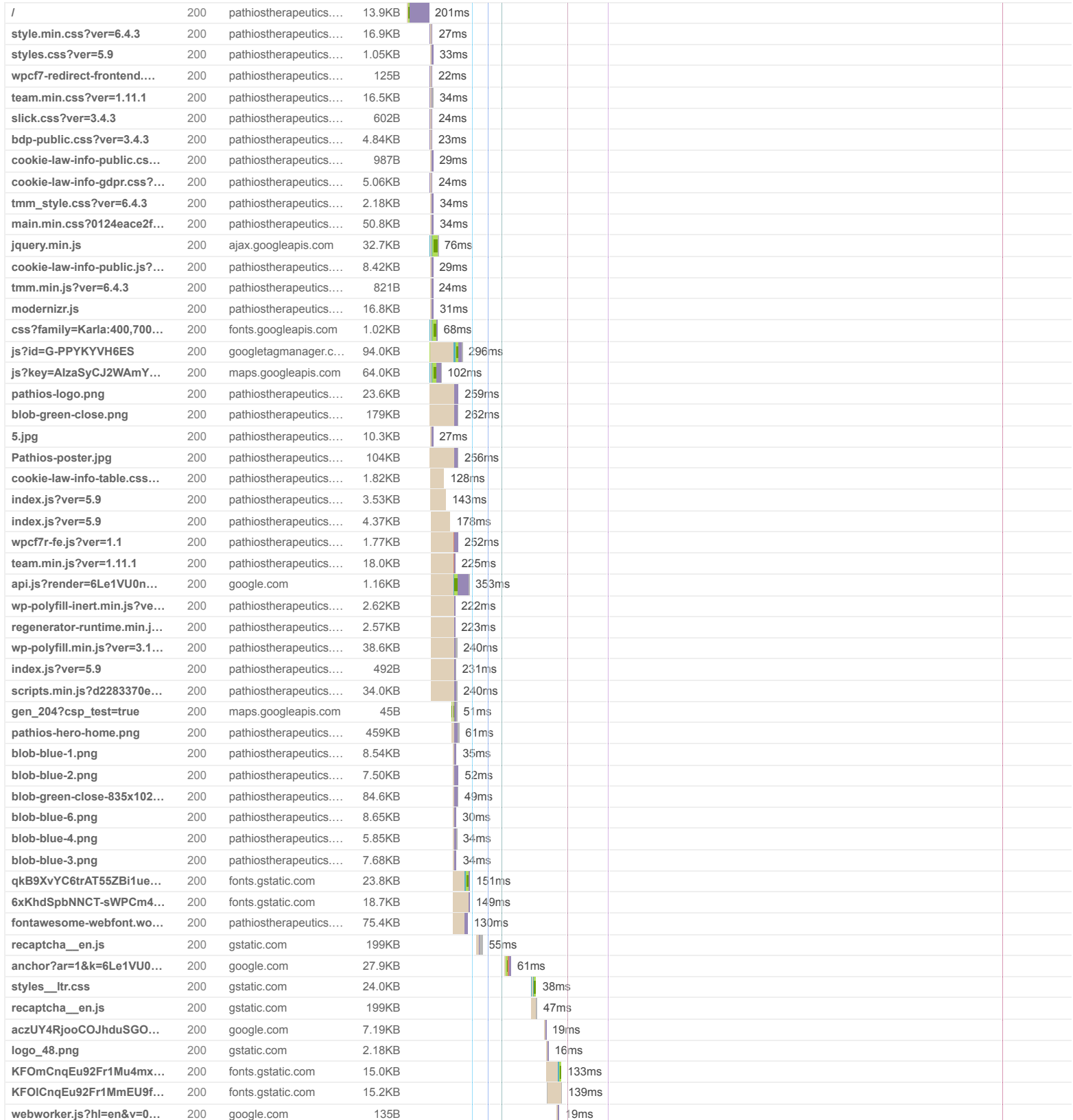


GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Home - Pathios Therapeutics



pathios-favicon.png	200	pathiotherapeutics....	4.20KB				7ms	
POST reload?k=6Le1VU0...	200	google.com	10.2KB				57ms	
common.js	200	maps.googleapis.com	55.4KB					24ms
util.js	200	maps.googleapis.com	55.5KB					22ms

57 Requests	2.02MB (4.84MB Uncompressed)	Fully Loaded 5.4s (Onload 1.5s)
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Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p>581ms</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>1.8s</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p>723ms</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>28ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p>727ms</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0.01</p>

Browser Timings

Redirect	0ms	Connect	19ms	Backend	180ms
TTFB	199ms	First Paint	582ms	DOM Int.	802ms
DOM Loaded	853ms	Onload	1.5s	Fully Loaded	5.4s

IMPACT AUDIT

Low **Reduce JavaScript execution time** TBT 487ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
https://www.gstatic.com/recaptcha/releases/07g0mpPGukTo20VqKa8GbTSw/recaptcha_en.js	357ms	327ms	8ms
https://pathiotherapeutics.com/	221ms	13ms	7ms
Unattributable	201ms	12ms	0ms
https://ajax.googleapis.com/ajax/libs/jquery/1.11.1/jquery.min.js	79ms	51ms	1ms
https://www.googletagmanager.com/gtag/js?id=G-PPYKYVH6ES	66ms	61ms	4ms

Low **Avoid an excessive DOM size** TBT 321 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		321
Maximum DOM Depth	Cookie <code><th class="cookieinfo-column-1"></code>	16
Maximum Child Elements	body.home <code><body class="home page-template page-template-template-home page-template-template-home..." data-spy="scroll" data-target="#side-nav"></code>	28

Low **Properly size images** Potential savings of 97.7KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://pathiotherapeutics.com/wp-content/uploads/2023/04/Pathios-poster.jpg	105KB	97.7KB

Low **Ensure text remains visible during webfont load** FCP LCP 1 font found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
https://pathiotherapeutics.com/wp-content/themes/pathios/assets/vendor/font-awesome-4.7.0/fonts/fontawesome-webfont.woff2?v=4.7.0	27ms

Low **Reduce unused CSS** FCP LCP Potential savings of 81.6KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://pathiotherapeutics.com/wp-content/themes/pathios/assets/css/main.min.css?0124eace2fbfd279370773a6cf5e6e0a	51.1KB	47.8KB
https://pathiotherapeutics.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	17.1KB	17.1KB
https://pathiotherapeutics.com/wp-content/plugins/awsm-team-pro/css/team.min.css?ver=1.11.1	16.7KB	16.7KB

Low **Serve images in next-gen formats** Potential savings of 609KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://pathiotherapeutics.com/wp-content/uploads/2019/07/pathios-hero-home.png	459KB	386KB
https://pathiotherapeutics.com/wp-content/uploads/2019/07/blob-green-close.png	180KB	145KB
https://pathiotherapeutics.com/wp-content/uploads/2019/07/blob-green-close-835x1024.png	84.9KB	66.6KB
https://pathiotherapeutics.com/wp-content/uploads/2023/04/Pathios-poster.jpg	105KB	10.9KB

Low **Reduce initial server response time** FCP LCP Root document took 180ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
https://pathiotherapeutics.com/	180ms

Low **Defer offscreen images** Potential savings of 188KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://pathiotherapeutics.com/wp-content/uploads/2019/07/blob-green-close.png	180KB	180KB
https://pathiotherapeutics.com/wp-content/uploads/2019/08/blob-blue-3.png	7.87KB	7.87KB

Low **Minify JavaScript** FCP LCP Potential savings of 11.6KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://pathiotherapeutics.com/wp-content/themes/pathios/assets/vendor/modernizr/modernizr.js	17.0KB	11.6KB

Low **Avoid chaining critical requests** FCP LCP 28 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **576ms**

INITIAL NAVIGATION

https://pathiotherapeutics.com/	14.5KB, 199ms
https://pathiotherapeutics.com/wp-content/plugins/blog-designer-pack/assets/css/bdp-public.css?ver=3.4.3	5.13KB, 21ms
https://pathiotherapeutics.com/wp-content/plugins/awsm-team-pro/css/team.min.css?ver=1.11.1	16.7KB, 33ms

- https://pathiotherapeutics.com/wp-content/plugins/team-members-pro/inc/js/tmm_min.js?ver=6.4.3 1.05KB, 21ms
- https://pathiotherapeutics.com/wp-includes/js/dist/vendor/wp-polyfill_min.js?ver=3.15.0 38.8KB, 43ms
- <https://pathiotherapeutics.com/wp-content/plugins/wpcf7-redirect/build/css/wpcf7-redirect-frontend.min.css?ver=1.1> 288B, 21ms
- https://pathiotherapeutics.com/wp-includes/js/dist/vendor/regenerator-runtime_min.js?ver=0.14.0 2.73KB, 26ms
- <https://www.google.com/recaptcha/api.js?render=6Le1VU0nAAAAAFwqMYRVEvKE8YLSlluRNxnJF6o4&ver=3.0> 1.16KB, 158ms
- <https://pathiotherapeutics.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.9> 1.30KB, 32ms
- <https://ajax.googleapis.com/ajax/libs/jquery/1.11.1/jquery.min.js> 33.3KB, 75ms
- <https://pathiotherapeutics.com/wp-content/plugins/wpcf7-redirect/build/js/wpcf7r-fe.js?ver=1.1> 1.99KB, 57ms
- <https://pathiotherapeutics.com/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-table.css?ver=3.2.0> 2.08KB, 6ms
- <https://maps.googleapis.com/maps/api/js?key=AlzaSyCJ2WAmY5shD8WM2PhvYx0vIUvVrmF9CUU> 64.4KB, 99ms
- https://pathiotherapeutics.com/wp-includes/js/dist/vendor/wp-polyfill-inert_min.js?ver=3.1.2 2.86KB, 26ms
- <https://pathiotherapeutics.com/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3> 17.1KB, 25ms
- <https://pathiotherapeutics.com/wp-content/plugins/blog-designer-pack/assets/css/slick.css?ver=3.4.3> 807B, 23ms
- <https://pathiotherapeutics.com/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.9> 688B, 34ms
- <https://pathiotherapeutics.com/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-public.css?ver=3.2.0> 1.19KB, 27ms
- <https://pathiotherapeutics.com/wp-content/plugins/cookie-law-info/legacy/public/js/cookie-law-info-public.js?ver=3.2.0> 8.68KB, 27ms
- https://pathiotherapeutics.com/wp-content/plugins/team-members-pro/inc/css/tmm_style.css?ver=6.4.3 2.35KB, 33ms
- https://pathiotherapeutics.com/wp-content/themes/pathios/assets/js/scripts_min.js?d2283370e3ce3d2c39acfd91f3e42f76 34.2KB, 39ms
- <https://pathiotherapeutics.com/wp-content/themes/pathios/assets/vendor/modernizr/modernizr.js> 17.0KB, 29ms
- <https://pathiotherapeutics.com/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-gdpr.css?ver=3.2.0> 5.24KB, 22ms
- <https://pathiotherapeutics.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.9> 4.56KB, 5ms
- https://pathiotherapeutics.com/wp-content/plugins/aws-sm-team-pro/js/team_min.js?ver=1.11.1 18.2KB, 30ms
- <https://pathiotherapeutics.com/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.9> 3.77KB, 5ms
- <https://pathiotherapeutics.com/wp-content/themes/pathios/assets/css/main.min.css?0124eace2fbfd279370773a6cf5e6e0a> 51.1KB, 33ms
- <https://pathiotherapeutics.com/wp-content/themes/pathios/assets/vendor/font-awesome-4.7.0/fonts/fontawesome-webfont.woff2?v=4.7.0> 75.7KB, 27ms
- <https://fonts.googleapis.com/css?family=Karla:400,700%7CPrata&display=swap> 1.02KB, 65ms
- <https://fonts.gstatic.com/s/prata/v20/6xKhdSpbNNCT-sWPCm4.woff2> 19.3KB, 46ms
- <https://fonts.gstatic.com/s/karla/v31/qkB9XvYC6trAT55ZBi1ueQVIjQTD-JrIH2G7nytkHRyQ8p4wUje6bg.woff2> 23.9KB, 48ms

Low **Reduce unused JavaScript** LCP Potential savings of 251KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.gstatic.com/recaptcha/releases/07g0mpPGukTo20VqKa8GbTSw/recaptcha__en.js	199KB	98KB
https://maps.googleapis.com/maps-api-v3/api/js/56/3/util.js	55.6KB	45.6KB
https://www.googletagmanager.com/gtag/js?id=G-PPYKYVH6ES	94.4KB	43.0KB
https://maps.googleapis.com/maps/api/js?key=AlzaSyCJ2WAmY5shD8WM2PhvYx0vIUvVrmF9CUU	64.4KB	37.8KB
https://pathiotherapeutics.com/wp-content/themes/pathios/assets/js/scripts_min.js?d2283370e3ce3d2c39acfd91f3e42f76	34.2KB	27.3KB

N/A **Largest Contentful Paint element** LCP 730 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
body.home > div.home-feature-wrapper > div.page-header-bg
<div class="page-header-bg" style="background-image: url(&quot;https://pathiotherapeutics.com/wp-content/uploads/...&quot;); ">
```

PHASE	% OF LCP	TIMING
TTFB	28%	199ms
Load Delay	31%	223ms
Load Time	8%	57ms
Render Delay	34%	246ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 8.12KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
https://pathiotherapeutics.com/wp-content/themes/pathios/assets/js/scripts.min.js?d2283370e3ce3d2c39acfd91f3e42f76 Line:0 Column:62552	8.06KB
https://pathiotherapeutics.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 Line:0 Column:452	60B
	Object.keys
	@babel/plugin-transform-classes

N/A **Avoid large layout shifts** CLS 2 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
ABOUT USSCIENCEOUR TEAMTHE BOARDINVESTORSNEWSCONTACT US <ul class="nav navbar-nav ">	0.00
Using human genetics to transform cancer immunotherapy <h1 class="">	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 1.1s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Script Evaluation	590ms
Other	263ms
Style & Layout	155ms
Parse HTML & CSS	64ms
Script Parsing & Compilation	42ms
Rendering	13ms
Garbage Collection	12ms

N/A **Reduce the impact of third-party code** TBT Third-party code blocked the main thread for 11ms

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
GOOGLE CDN	458KB	11ms
• https://www.gstatic.com/recaptcha/releases/07g0mpPGukTo20VqKa8GbTSw/recaptcha_en.js	398KB	11ms
• https://ajax.googleapis.com/ajax/libs/jquery/1.11.1/jquery.min.js	33.3KB	0ms
• https://www.gstatic.com/recaptcha/releases/07g0mpPGukTo20VqKa8GbTSw/styles_ltr.css	24.6KB	0ms
GOOGLE MAPS	176KB	0ms
• https://maps.googleapis.com/maps/api/js?key=AlzaSyCJ2WAmY5shD8WM2PhvYx0vIUpVrmF9CUU	64.4KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/56/3/common.js	55.8KB	0ms
• https://maps.googleapis.com/maps-api-v3/api/js/56/3/util.js	55.6KB	0ms
GOOGLE TAG MANAGER	94.4KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-PPYKYVH6ES	94.4KB	0ms
GOOGLE FONTS	75.0KB	0ms
• https://fonts.gstatic.com/s/karla/v31/qkB9XvYC6trAT55ZBi1ueQVIjQTD-JrIH2G7nytkHRyQ8p4wUje6bg.woff2	23.9KB	0ms
• https://fonts.gstatic.com/s/prata/v20/6xKhdSpbNNCT-sWPCm4.woff2	19.3KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCngEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOlCnqEu92Fr1MmEU9fBbc4.woff2	15.3KB	0ms
OTHER GOOGLE APIS/SDKS	47.0KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6Le1VU0nAAAAAFwqMYRVEvKE8YLSIlURNxnJF6o4&co=aHR0cHM6Ly9wYXRoZW9zdGhlcFwZXV0aWNzLmNvbTo0NDM.&hl=en&v=07g0mpPGukTo20VqKa8GbTSw&size=invisible&cb=x9l1turhu7j6d	27.9KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6Le1VU0nAAAAAFwqMYRVEvKE8YLSIlURNxnJF6o4	10.2KB	0ms
• https://www.google.com/js/bg/aczUY4RjooCOJhduSGOgZlptSUq0McxgcoTPQeOupCL.js	7.59KB	0ms

N/A **User Timing marks and measures**

No user timings and/or marks found.