

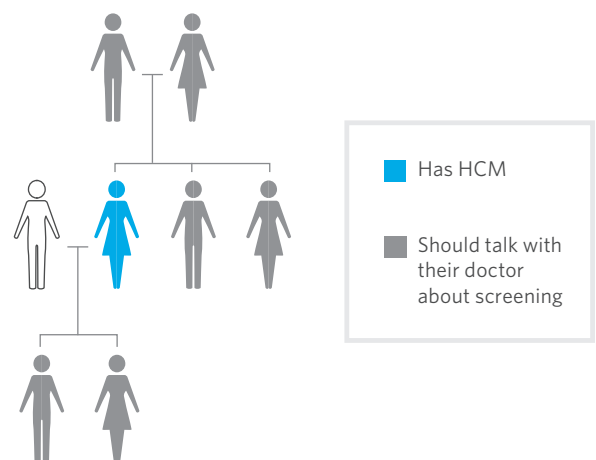
# Understanding Your Negative Hypertrophic Cardiomyopathy (HCM) Genetic Test Result

## INFORMATION FOR PATIENTS

Result	<b>NEGATIVE</b>	Your testing did not find any disease-causing gene changes. Only 50-60% of patients with HCM have a mutation in one of the genes in this test. You may have a mutation in a gene that was not included in this test. If someone in your family has a specific mutation in one of these genes, it is likely that you are not at increased risk for HCM.
Diagnosis	<b>NO CHANGE</b>	This testing does not change your cardiovascular diagnosis. If you have been diagnosed with HCM, that remains the same.
Further Testing	<b>DISCUSS</b>	More genetic testing may be right for you. Please talk about this with your doctor or genetic counselor.
Management Options	<b>FOR PATIENTS WITH HCM SYMPTOMS</b>	Treatment options may include: medications, surgery, pacemakers, or implantable cardioverter defibrillators (ICDs) or avoiding athletic activities. Talk to your doctor about which options may be right for you.
Screening Options	<b>PATIENTS WITH A FAMILY HISTORY OF HCM, BUT NO PERSONAL SYMPTOMS</b>	Options for screening and early detection include: physical exams, echocardiograms, electrocardiograms (EKGs), or cardiac MRI. Talk to your doctor about which, if any, options may be right for you.
Next Steps	<b>DISCUSS</b>	Please share this with family members so they can talk with their doctors and learn more.
Reach Out	<b>RESOURCES</b>	<ul style="list-style-type: none"> <li>Ambry's Cardiology Site for Families <a href="https://patients.ambrygen.com/cardiology">patients.ambrygen.com/cardiology</a></li> <li>National Society of Genetic Counselors <a href="https://nsgc.org">nsgc.org</a></li> <li>Hypertrophic Cardiomyopathy Association <a href="https://4hcm.org">4hcm.org</a></li> <li>Genetic Information Nondiscrimination Act (GINA) <a href="https://ginahelp.org">ginahelp.org</a></li> </ul>

## HCM in the Family

Even though your genetic testing was negative, HCM usually runs in the family. All close family members of someone with HCM (like parents, brothers, sisters, children) should talk with their doctor about screening.



Please talk with your doctor or genetic counselor about this. The field of genetics is continuously changing, so updates related to your result, medical recommendations, and/or potential treatments may be available over time. This information is not meant to replace a discussion with a healthcare provider, and should not be considered or taken as medical advice.