

Understanding Your VUS Cardiovascular Genetic Test Result

INFORMATION FOR PATIENTS WITH A VARIANT OF UNKNOWN SIGNIFICANCE

Result	VUS	Your test result shows you have a variant of unknown significance (VUS), a change in a gene that can cause an inherited cardiovascular disorder. In this case, we do not know if it is the source or not.
Diagnosis	NO CHANGE	This test result does not change your cardiovascular diagnosis. If you were diagnosed with cardiomyopathy, arrhythmia, or another, that remains the same.
Possible Testing	FOR FAMILY MEMBERS	Your report will indicate if testing family members may help us learn more about your specific VUS. Please speak with your healthcare provider to determine if they might also benefit from a test to evaluate their personal risk of developing a disease.
Management Options	PATIENTS WITH ARRHYTHMIA OR CARDIOMYOPATHY	Treatment options include medications, surgery, pacemakers, implantable cardioverter defibrillators (ICDs), or avoiding certain athletic activities. Talk to your doctor about which may be right for you.
Screening Options	PATIENTS WITH A FAMILY HISTORY OF CARDIOMYOPATHY OR ARRHYTHMIA, BUT NO PERSONAL SIGNS	Options for screening and early detection include physical exams, echocardiograms, electrocardiograms (EKGs), or cardiac MRI. Talk to your doctor about whether these options are right for you.
Next Steps	DISCUSS	Please share this with family members so they can talk to their doctors and learn more.
Reach Out	RESOURCES	<ul style="list-style-type: none"> • Ambry's Cardiology Site for Families ambrygen.com/patients/cardiology • National Society of Genetic Counselors nsgc.org • Hypertrophic Cardiomyopathy Association 4hcm.org • Sudden Arrhythmia Death Syndromes (SADS) Foundation sads.org • Children's Cardiomyopathy Foundation childrenscardiomyopathy.org • Genetic Information Nondiscrimination Act (GINA) ginahelp.org

Cardiomyopathy or Arrhythmia in the Family

Even though your genetic testing result was a VUS, some cardiomyopathies and arrhythmias can still run in families. All close family members of someone with an inherited cardiomyopathy or arrhythmia (like parents, brothers, sisters, children) should talk with their doctor about screening.

Please speak to 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.

