

Understanding Your VUS Cardiovascular Genetic Test Result

INFORMATION FOR PATIENTS WITH A VARIANT OF UNKNOWN SIGNIFICANCE

Result	VUS	Your testing shows that you have a variant of unknown significance (VUS) in a gene that causes an inherited cardiovascular disorder. A VUS is a gene change, but we do not know if it causes your cardiovascular condition or not.
Diagnosis	NO CHANGE	This testing does not change your cardiovascular diagnosis. If you have been diagnosed with a cardiomyopathy, arrhythmia, or another cardiovascular disorder, that remains the same.
Further Testing	FOR FAMILY MEMBERS	Testing your family members that have this condition may help explain this VUS. Talk with your doctor or genetic counselor about which family members may be helpful to test.
	FOR YOU	More genetic testing may be right for you. Please talk about this with your doctor or genetic counselor.
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 with their doctors and learn more.
Reach Out	RESOURCES	<ul style="list-style-type: none"> • Ambry's Cardiology Site for Families patients.ambrygen.com/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 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.

