Ambry Genetics®

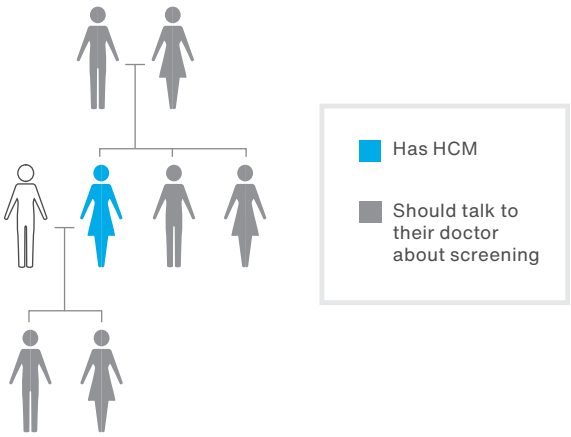
# Understanding Your VUS Hypertrophic Cardiomyopathy (HCM) Genetic Test Result

## 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 HCM. A VUS is a gene change, but we do not know if it causes HCM or not. |
| Diagnosis | NO CHANGE | This testing does not change your cardiovascular diagnosis. If you have been diagnosed with HCM, that remains the same. |
| Family Members | POSSIBLE TESTING | 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 HCM SYMPTOMS | 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 HCM, BUT NO SYMPTOMS THEMSELVES | 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 | Ambry's Cardiology Site for Families patients.ambrygen.com/cardiology<br>National Society of Genetic Counselors nsgc.org<br>Hypertrophic Cardiomyopathy Association 4hcm.org<br>Genetic Information Nondiscrimination Act (GINA) ginahelp.org |

## HCM in the Family

Even though your genetic testing result was a VUS, HCM usually runs in families. 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.



MKT-SPEC-FLYR-20019-EN v1 | 08.31.22

7 Argonaut, Aliso Viejo, CA 92656 USA Toll Free +1 866.262.7943 Fax +1 949.900.5501 ambrygen.com