

BRCA1 and BRCA2
PATIENT GUIDE

A GUIDE TO GENETIC TESTING
FOR HEREDITARY BREAST AND
OVARIAN CANCER (HBOC)

BRCA1 and BRCA2
PATIENT GUIDE



Ambry Genetics[®]
A Konica Minolta Company

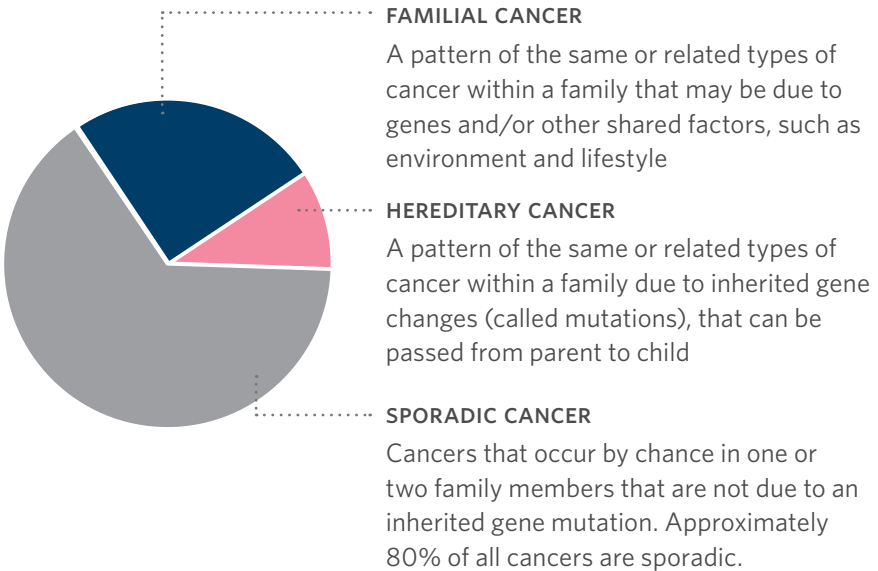
Understanding The Basics

People with HBOC may have an increased risk for cancers including:

- breast
- ovarian
- pancreatic
- other

BRCA1/2 are the most **common causes** of hereditary **breast** and **ovarian** cancer

CANCER FALLS INTO 1 OF 3 CATEGORIES





An estimated
1/400 - 1/800
Americans has HBOC

Up to 50% of hereditary breast cancer
can be explained by mutations in

BRCA1
and
BRCA2

ABOUT HEREDITARY CANCER

Many people have a family history of cancer, but only **5-10% of cancer is hereditary.**

People who have these gene mutations **are born with them** - they do not develop over time.

Learning if you have an **inherited mutation** can help you know more about your cancer risks.

People with a higher chance of developing cancer may need screening, like mammograms, that start at **younger ages, and occur more often.**

Should You Have Genetic Testing?

IF YOU ANSWER “YES” TO ANY OF THE QUESTIONS BELOW, hereditary cancer genetic testing may be something for you and/or your family members to consider.

1

Have you/your family members* been diagnosed with early onset breast cancer (≤ 45 years old) or triple negative (ER-/PR-/HER2/neu-) breast cancer ≤ 60 years old?

2

Have you/your family members* been diagnosed with more than one cancer, such as two separate breast cancers, or breast and ovarian cancer?

3

Have you/your family members* been diagnosed with cancers/tumors that you have been told are usually rare, such as male breast or ovarian cancer?

4

Have multiple people on the same side of your family had breast, ovarian, and/or other cancers?

5

Are you of Ashkenazi Jewish ancestry?

6

Have any of your family members* been found to have a cancer gene mutation?

Your healthcare provider may identify other reasons why you could consider genetic testing.

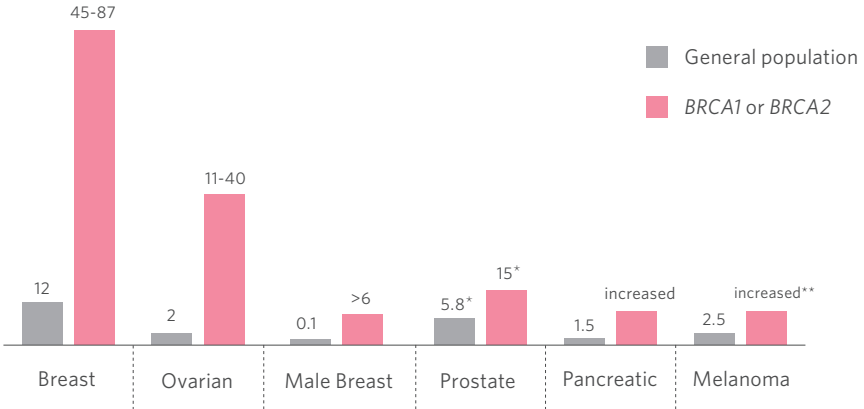
*“Family members” refers to blood relatives, such as brothers/sisters/parents/grandparents/aunts/uncles/cousins

Understanding Disease Better Through Quality Testing

YOUR GENES CARRY A STORY THAT IS UNIQUE TO YOU AND MAKES YOU WHO YOU ARE. GENETIC TESTING CAN HELP YOU BETTER UNDERSTAND YOUR RISKS FOR CANCER.

Hereditary breast and ovarian cancer is associated with an increased risk for multiple cancers, including breast, ovarian, and others. Genetic testing can help determine if you and your family members may be at an increased risk for these cancers, so that you know how to best manage your health. The graph below highlights some of the cancer risks for a person with a *BRCA1* or *BRCA2* mutation compared to someone in the general population who does not have this condition.

Hereditary Breast and Ovarian Cancer Lifetime Risks (%)



* Risk to 60-69 years old and up to 65 years old, respectively

** Risk for *BRCA2* only

VISIT OUR WEBSITE

See more information on which genes are included in hereditary breast and ovarian cancer testing: ambrygen.com/patient/cancer

How Genetic Testing Can Impact You and Your Family

FOR YOU:



Your test results may help your healthcare provider fine-tune your cancer screening plan, including the type, timing (age) of your initial screening, and its frequency.

Examples of cancer screening include mammogram, breast MRI, colonoscopy, prostate exam, dermatology (skin) exam, or other screenings indicated for your specific cancer risk.



Based on your results, your healthcare provider may review possible cancer prevention options with you, such as preventive, or prophylactic, surgery that can reduce the risk for certain cancers.

Examples include prophylactic mastectomy (removing one or both breasts before a cancer occurs) or prophylactic oophorectomy (removing the ovaries and Fallopian tubes before a cancer occurs)





Your doctor can also identify and discuss other personalized medical management options that might be appropriate based on your genetic test results.

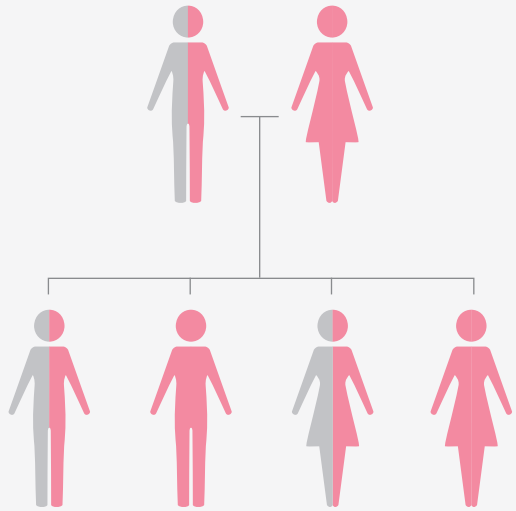
AMBRY GENETICS OFFERS NO-COST TESTING TO CLOSE RELATIVES

This is available for the specific genetic mutation identified in the first family member tested at Ambry within 90 days of the original report date.

FOR YOUR FAMILY MEMBERS:

If you test positive for a genetic mutation, your close family members (like your parents, brothers, sisters and children) have a 50/50 random chance of also having the same mutation.

-  Has genetic mutation
-  No mutation



- Men and women have the same chance of inheriting a mutation, but their chance of developing cancer may be different.

Possible Genetic Test Results

POSITIVE

A mutation was found in at least one of your genes tested

Detection of a cancer-related gene mutation is not a guarantee that you will develop cancer, but a warning that you are at increased risk compared to others.

Based on your results, genetic testing for certain family members may be recommended.

NEGATIVE

No genetic mutations were found in any of your genes tested

While your genetic test results were negative, personal and family history may also be a strong indicator of cancer risk(s) and may inform your medical management.

Talk to your healthcare provider to find out if genetic testing should be considered for your family members.

VARIANT OF UNKNOWN SIGNIFICANCE (VUS)

At least one genetic change was found, but it is unclear if this change causes an increased risk for cancer

While your genetic test results were inconclusive and do not change your medical management, personal and family history may also be a strong indicator of cancer risk(s) and may inform your care.

Talk to your healthcare provider to find out if genetic testing should be considered for your family members.

It is possible to have a combination of positive and VUS results, since multiple genes are tested.

Resources For You

Ambry Patient Education
Website

ambrygen.com/patient

National Cancer Institute

cancer.gov

American Cancer Society

cancer.org

Sharsheret

sharsheret.org

American Society of Clinical
Oncology

cancer.net

Susan G. Komen

komen.org

Breastcancer.org

breastcancer.org

Young Survival Coalition

youngsurvival.org

Genetic Information
Nondiscrimination Act

ginahelp.org



FIND A GENETIC COUNSELOR

National Society of Genetic
Counselors

nsgc.org

Canadian Association of
Genetic Counsellors

cagc-accg.ca

Frequently Asked Questions

1 HOW IS GENETIC TESTING PERFORMED AND HOW LONG DOES IT TAKE?

Genetic testing requires a blood or saliva sample, which is collected using a special kit that is shipped overnight to Ambry Genetics by your healthcare provider. The testing, which looks for mutations that cause an increased risk for cancer, takes less than three weeks to complete, and results are sent to your healthcare provider.

2 WHAT WILL HAPPEN WHEN MY RESULTS ARE READY?

Your healthcare provider will receive your results; they will not be sent directly to you. Every healthcare provider may have a different method and time frame for reviewing your results with you, so it is important to discuss this process with them when your test is performed. Your healthcare provider will discuss recommended next steps based on your test results.

3 WILL MY GENETIC TEST RESULTS AFFECT MY INSURANCE COVERAGE?

In the U.S., the Genetic Information Nondiscrimination Act (2008) prohibits discrimination by health insurance companies and employers, based on genetic information. Depending on where you live in the world, you may have different (or fewer) laws in this area. Visit ginahelp.org to learn more.

4 HOW WILL MY TEST RESULTS BE PROTECTED?

We are required by law to maintain the confidentiality of your protected health information in accordance with the Health Insurance Portability and Accountability Act (HIPAA). Visit HHS.gov to learn more.

5 SHOULD I TELL MY FAMILY MEMBERS ABOUT MY GENETIC TEST RESULTS?

It is important to share your results with your family members, because they may provide additional information about their own cancer risks and management options. If you feel unsure about how to approach the subject, your healthcare provider may be able to offer some advice.

6 WILL GENETIC TESTING BE COVERED BY MY INSURANCE?

Many insurance plans cover genetic testing, and Ambry Genetics is contracted with the majority of U.S. health plans. Your out-of-pocket cost may vary based on your individual plan. A team of dedicated specialists is available to help you get access to the genetic testing you need, and provide further details about our payment options. Please call or email our Billing department at +1.949.900.5795 or billing@ambrygen.com with any questions. Visit ambrygen.com/patientbilling for more information.

7 WHAT IS AN EXPLANATION OF BENEFITS (EOB)?

Your insurance company sends you an EOB to explain any services paid on your behalf. You can contact us directly to speak with a Billing specialist with any questions or concerns about Ambry Genetics genetic testing that appears on your EOB. It is important to remember that insurance companies can take several weeks or even a couple of months to process claims.

STILL HAVE QUESTIONS?

Talk to your healthcare provider or visit our website: ambrygen.com

Elevating the Standard of Care™

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