

ProstateNext®

PATIENT  
GUIDE

# ProstateNext®

## Patient Guide

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A Guide To Genetic Testing  
For Hereditary Prostate Cancer



Ambry Genetics®

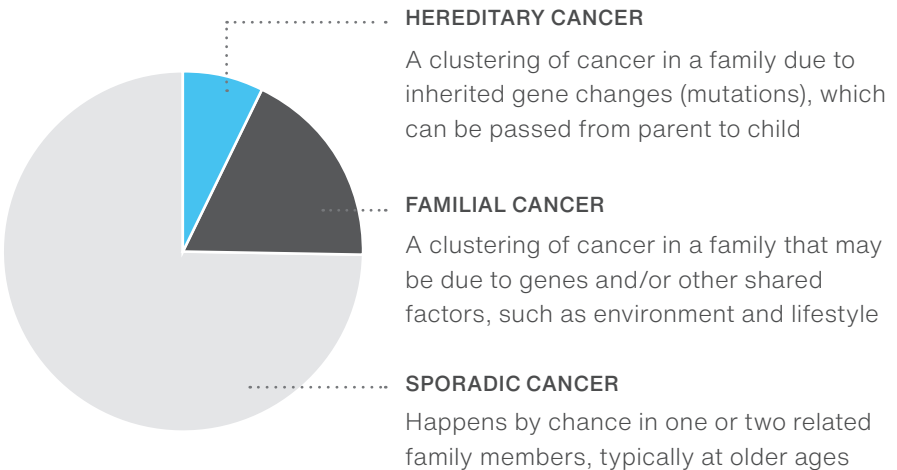
# Understanding The Basics

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Prostate cancer is the **most common** cancer in men<sup>1</sup>

## CANCER FALLS INTO 1 OF 3 CATEGORIES



Prostate cancer occurs in  
**about 1 in 8**  
men in their lifetime<sup>2</sup>



About half of the men  
diagnosed with  
**prostate cancer** are



## ABOUT HEREDITARY CANCER

Hereditary prostate cancer makes up for **about 5%** of all prostate cancer cases.<sup>3</sup>

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 prostate exams, that start at **younger ages, and occur more often.**

# Should You Have Genetic Testing?

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

1

Have you/your family members\* been diagnosed with prostate cancer at a young age (<50 years old)?

2

Have you/your family members\* been diagnosed with metastatic prostate cancer at any age?

3

Have you/your family members\* been diagnosed with more than one cancer, such as prostate and male breast cancer?

4

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

5

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

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*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*



# 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.

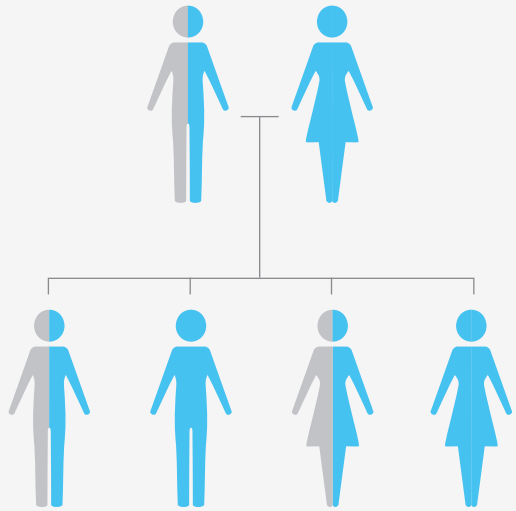
## AMBRY GENETICS OFFERS NO-COST TESTING TO CLOSE RELATIVES

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

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## **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.

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## **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.

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## **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.



# Resources For You

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Ambry Genetics' Patient  
Education Website

[ambrygen.com/patient](https://ambrygen.com/patient)

Prostate Cancer Foundation

[pcf.org](https://pcf.org)

American Cancer Society

[cancer.org](https://cancer.org)

Prostate Cancer Support

[ustoo.org](https://ustoo.org)

American Society of Clinical  
Oncology

[cancer.net](https://cancer.net)

Prostate Conditions  
Education Council

[prostateconditions.org](https://prostateconditions.org)

Genetic Information  
Nondiscrimination Act

[ginahelp.org](https://ginahelp.org)

Zero

[zerocancer.org](https://zerocancer.org)

National Cancer Institute

[cancer.gov](https://cancer.gov)



## FIND A GENETIC COUNSELOR

National Society of Genetic  
Counselors

[nsgc.org](https://nsgc.org)

Canadian Association of  
Genetic Counsellors

[cagc-accg.ca](https://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](http://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](http://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](mailto:billing@ambrygen.com) with any questions. Visit [ambrygen.com/patientbilling](https://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](https://ambrygen.com)



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#### References

1. Anon, Cancer Stat Facts: Prostate Cancer. SEER. Available at: <https://seer.cancer.gov/statfacts/html/prost.html> [Accessed April 11, 2022].
2. Anon, Key Statistics for Prostate Cancer. American Cancer Society. Available at: <https://www.cancer.org/cancer/prostate-cancer/about/key-statistics.html> [Accessed April 11, 2022].
3. Anon, Prostate Cancer: Risk Factors and Prevention. Cancer.net. <https://www.cancer.net/cancer-types/prostate-cancer/risk-factors-and-prevention> [Accessed April 11, 2022].