Ambry Genetics®

Understanding Your VUS Cardiomyopathy Genetic Test Result

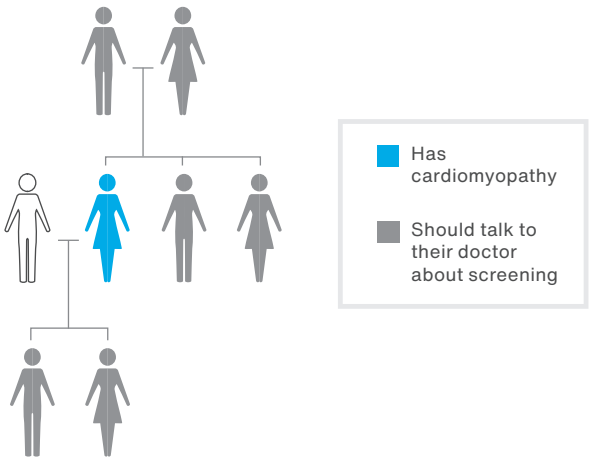
INFORMATION FOR PATIENTS WITH A VARIANT OF UNKNOWN SIGNIFICANCE

Result	VUS	Your testing shows that you have a variant of unknown significance (VUS) in a gene that causes an inherited cardiomyopathy, like hypertrophic or dilated cardiomyopathy. A VUS is a gene change, but we do not know if it causes cardiomyopathy or not.
Diagnosis	NO CHANGE	This testing does not change your cardiovascular diagnosis. If you have been diagnosed with dilated cardiomyopathy or another inherited cardiomyopathy, 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 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, 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 National Society of Genetic Counselors nsgc.org Hypertrophic Cardiomyopathy Association 4hcm.org Children's Cardiomyopathy Foundation childrenscardiomyopathy.org Genetic Information Nondiscrimination Act (GINA) ginahelp.org

Cardiomyopathy in the Family

Even though your genetic testing result was a VUS, some cardiomyopathies can still run in families. All close family members of someone with an inherited cardiomyopathy (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.



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