

# Understanding Your VUS Cardiomyopathy Genetic Test Result

INFORMATION FOR PATIENTS WITH A **VARIANT OF UNKNOWN SIGNIFICANCE**

Result	<b>VUS</b>	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	<b>NO CHANGE</b>	This testing does not change your cardiovascular diagnosis. If you have been diagnosed with dilated cardiomyopathy or another inherited cardiomyopathy, that remains the same.
Further Testing	<b>FOR FAMILY MEMBERS</b>	Testing your family members that have cardiomyopathy may help explain this VUS. Talk with your doctor or genetic counselor about which family members may be helpful to test.
	<b>FOR YOU</b>	More genetic testing may be right for you. Please talk about this with your doctor or genetic counselor.
Management Options	<b>PATIENTS WITH CARDIOMYOPATHY</b>	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	<b>PATIENTS WITH A FAMILY HISTORY OF CARDIOMYOPATHY, BUT NO SYMPTOMS THEMSELVES</b>	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	<b>DISCUSS</b>	Please share this with family members so they can talk with their doctors and learn more.
Reach Out	<b>RESOURCES</b>	<ul style="list-style-type: none"> <li>• Ambry's Cardiology Site for Families <a href="https://patients.ambrygen.com/cardiology">patients.ambrygen.com/cardiology</a></li> <li>• National Society of Genetic Counselors <a href="https://nsgc.org">nsgc.org</a></li> <li>• Hypertrophic Cardiomyopathy Association <a href="https://4hcm.org">4hcm.org</a></li> <li>• Children's Cardiomyopathy Foundation <a href="https://childrenscardiomyopathy.org">childrenscardiomyopathy.org</a></li> <li>• Genetic Information Nondiscrimination Act (GINA) <a href="https://ginahelp.org">ginahelp.org</a></li> </ul>

## 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.

