



Understanding Your Genetic Test Result

One *MYH* Mutation Detected



This workbook is designed to help you understand the results of your genetic test and is best reviewed with your healthcare provider. Please verify that your test result matches the following information by looking at the patient copy of your test result or contacting the healthcare provider who ordered your test. If your test result does not match, please disregard this brochure, and contact your healthcare provider.

Overview of *MYH*-Associated Polyposis

Mutations in BOTH copies of the *MYH* gene cause an adenomatous polyposis syndrome called *MYH*-associated polyposis (MAP). MAP is associated with the development of multiple adenomas (pre-cancerous polyps) in the colon and rectum, most often more than 10 adenomas over a lifetime. This syndrome also leads to an increased risk of colon/rectal (colorectal) cancer and possibly other types of cancer.

Your Genetic Test Result

THE GENETIC TEST YOU RECEIVED

- Gene-Specific *MYH* Analysis:**
Full sequence and large rearrangement analysis of the *MYH* gene.*
- Single Site *MYH* Analysis:**
Mutation-specific analysis for individuals with known *MYH* gene mutations in the family.†

YOUR TEST RESULT:

One *MYH* Mutation Detected

**MYH* Analysis may be done alone or as part of COLARIS^{PLUS} or COLARIS *AP*^{PLUS} testing.

†Patients who are positive for one *MYH* mutation on Single Site *MYH* Analysis automatically receive full *MYH* Analysis at no extra charge.

Overview of Your Test Result

- A mutation or alteration was detected in only ONE of your *MYH* genes. You are an *MYH* mutation carrier.
- Mutations in BOTH copies of the *MYH* genes are necessary for a diagnosis of *MYH*-associated polyposis (MAP).
- The chance that you have MAP is significantly reduced but not completely ruled out.
- You and your healthcare provider may want to consider additional testing based upon your personal and family history.

Notes/Questions

Your Cancer Risks

- The risk of cancer and adenomas (polyps) in single *MYH* mutation carriers is unclear but it appears that any increase in risk is small and is associated with later age of onset (usually after age 50).
- Your cancer risks should be estimated based on your personal and family history of cancer and colon adenomas (polyps).
- Your healthcare provider can assist you in understanding these risks.
- The possibility remains that your cancer risks could be increased due to:
 - ◆ Other non-hereditary factors (for example: environment).
 - ◆ Another hereditary cancer syndrome.
 - ◆ A mutation in the *MYH* gene that current technology cannot detect.

Managing Your Risks

- Your test result has given you some helpful information but it is still best to manage your cancer risks based on your personal and family history.
- You and your healthcare provider can develop the most appropriate plan for your medical management.
- Your healthcare provider can help you determine whether any further genetic testing should be offered to you or to a family member.

It's a Family Affair

- This result reduces the chance that you have MAP.
- In some cases, genetic testing should be offered to another relative who has been diagnosed with cancer or multiple adenomas (polyps) in order to provide more information about hereditary risk in the family. Talk to your healthcare provider about this option.
- Your biological children will have a 50% chance to be *MYH* mutation carriers. In the rare case that your reproductive partner carries an *MYH* mutation, your children may inherit two *MYH* mutations and have MAP. Your partner can be tested to determine if he/she also carries an *MYH* mutation.

Myriad has resources available to help you with your genetic test result.

- **Contact Myriad's Medical Services Department at 800-469-7423 for:**
 - ◆ Answers to questions about your test result.
 - ◆ Information about additional genetic testing for your relatives.
- **Or, visit Myriad's website for:**
 - ◆ A sample letter that can be sent to relatives who may need genetic testing can be found at www.MyriadTests.com/letterCOAP50neMYH.
 - ◆ A healthcare provider who can offer genetic testing to relatives in any state can be found at www.MyriadTests.com/findadoctor.

If you need a copy of your genetic test result, please contact the healthcare provider who ordered your test.

Next Steps

Please work with your healthcare provider to determine the most appropriate next steps for you.

- Obtain a copy of your test result.
- Schedule consultations with appropriate healthcare providers (list below).

- Create a plan for medical management.

- Ask your provider whether additional testing makes sense for you or your family.
- Consider sharing your genetic test result with your relatives.
- Re-contact your healthcare provider on a regular basis for new information.

Notes/Questions



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Myriad Genetic Laboratories, Inc.
320 Wakara Way
Salt Lake City, UT 84108
800-469-7423

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