



## Understanding Your Genetic Test Result

**Single Site—No Mutation Detected**

COLARIS®

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.

## Your Genetic Test Result

### THE GENETIC TEST YOU RECEIVED

#### Single Site Lynch Syndrome Testing:

Mutation specific analysis for individuals with a known Lynch syndrome mutation in the family.

### YOUR TEST RESULT

No Mutation Detected

## Overview of Your Test Result

Mutations analyzed by this test are known to cause Lynch syndrome – also known as hereditary nonpolyposis colorectal cancer (HNPCC) – a syndrome that involves various cancers, primarily colon/rectal (colorectal) and endometrial (uterine).

- One or more of your blood relatives had previously tested for Lynch syndrome and a mutation was identified in a gene that causes Lynch syndrome.
- You were tested for this specific mutation and no mutation was detected.
- You did not inherit the mutation that runs in your family.
- You do not have Lynch syndrome.\*

\*If you have a history of cancer on both your mother's and father's side of the family, you should talk to your healthcare provider about whether any additional genetic testing is appropriate.

## Your Cancer Risks

Everyone has some chance of developing cancer. While your Single Site COLARIS test result indicates that you do not have Lynch syndrome, you still have the general population risk to develop any type of cancer, including colorectal. Your cancer risk may still be above average, due to other genetic, environmental, or lifestyle risk factors that may be present in your family. Talk to your healthcare provider about your specific risk profile.

Cancer Risks for the General Population by Age 70	General Population
Colorectal cancer	2%
Endometrial (uterine) cancer	1.5%
Ovarian cancer	<1%
Stomach cancer	<1%

## Managing Your Risks\*

American Cancer Society guidelines recommend individuals at average risk undergo the following beginning at age 50:

- Yearly fecal occult blood testing (FOBT) or fecal immunohistochemical test (FIT), *OR*
- Flexible sigmoidoscopy every 5 years, *OR*
- Yearly FOBT or FIT plus flexible sigmoidoscopy every 5 years, *OR*
- Double contrast barium enema (DCBE) every 5 years, *OR*
- Colonoscopy every 10 years

There are no general population screening guidelines for endometrial, ovarian, stomach, or other Lynch syndrome-related cancers. Talk to your healthcare provider about the cancer screening options available to you.

\*For reference and supporting data on risk factors and medical management, visit [www.MyriadPro.com/references](http://www.MyriadPro.com/references)

## It's a Family Affair

- Lynch syndrome mutations can be passed on in a family.
- You had this genetic test because someone in your family had an identified Lynch syndrome mutation.
  - ◆ You did not inherit the mutation that runs in your family.
  - ◆ Since you did not inherit the mutation, you cannot pass it on to your children and they do not need to be tested for the mutation.
- There may be other relatives in your family still at risk to have inherited the mutation who may want to consider Single Site COLARIS testing.
  - ◆ Your healthcare provider can assist you in determining which of your relatives should consider genetic testing.

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 you or 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.MyriadPro.com/COLARISFamilyletters](http://www.MyriadPro.com/COLARISFamilyletters).
  - ◆ A healthcare provider who can offer genetic testing to relatives in any state can be found at [www.MyriadTests.com/findadoctor](http://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).

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- Create a plan for medical management.

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- Consider sharing your genetic test result with your relatives.

## Notes/Questions

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[MySupport360.com](http://MySupport360.com)



MYRIAD®

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THIS INFORMATION IS PROVIDED TO HELP ANSWER SOME OF YOUR QUESTIONS WITH RESPECT TO CANCER RISKS, HEREDITARY CANCER RISKS, AND PRE-DISPOSITIONAL CANCER TESTING. IT IS GENERAL IN NATURE AND IS NOT INTENDED TO PROVIDE A DEFINITIVE ANALYSIS OF YOUR SPECIFIC RISK FACTORS FOR CANCER OR YOUR HEREDITARY CANCER RISKS. YOU SHOULD NOT RELY ON THE INFORMATION PROVIDED HEREIN; BUT RATHER, YOU SHOULD CONSULT WITH YOUR DOCTOR OR A QUALIFIED HEALTHCARE PROFESSIONAL TO REVIEW THIS INFORMATION ALONG WITH YOUR INDIVIDUAL HEALTH CONDITIONS AND RISK FACTORS.

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