

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)



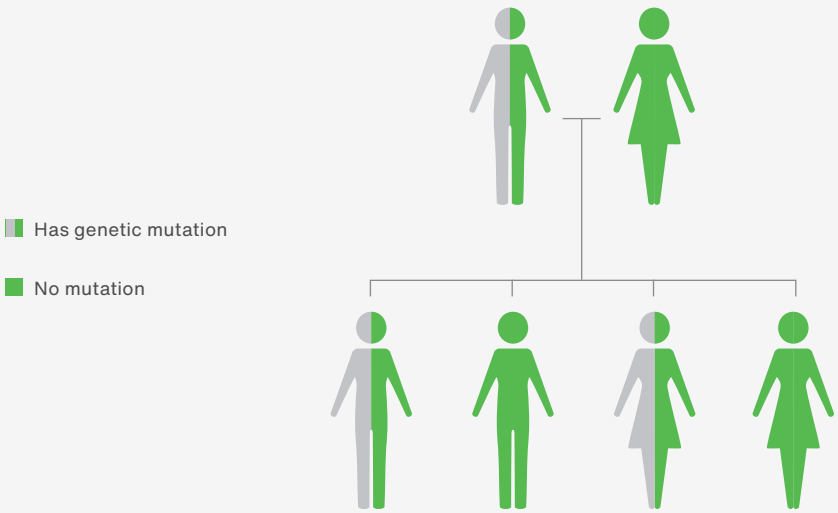
Your doctor can also identify and discuss other personalized medical management options that might be appropriate based on your genetic test results.

LIFESTRANDS OFFERS NO-COST TESTING TO CLOSE RELATIVES.

This is available for the specific genetic mutation identified in the first family member tested 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.



- Men and women have the same chance of inheriting a mutation, but their chance of developing cancer may be different.

For all blood relatives of patients who undergo full single gene sequencing or multigene panel testing with Ambry Genetics through LifeStrands, and are found to have a pathogenic or likely pathogenic variant. No-cost testing of blood relatives must be completed within 90 days of the original report date. (Excludes secondary findings and SNP array tests)

Possible Genetic Test Results

POSITIVE

A mutation was found in at least one of your genes tested

Detection of a cancer-related gene mutation could explain that your cancer diagnosis is hereditary or be a warning that you are at increased risk compared to others.

Based on your results, genetic testing for certain family members may be recommended.

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.

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.

It is possible to have a combination of positive and VUS results, since multiple genes are tested.

Resources For You

American Cancer Society

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

CancerCare

[cancercare.org](https://www.cancercare.org)

American Society of Clinical
Oncology

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

National Cancer Institute

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

National Health Service
(NHS)

[nhs.uk](https://www.nhs.uk)

LifeStrands Genomics

[lifestrandsgx.com](https://www.lifestrandsgx.com)

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 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](https://www.hhs.gov) to learn more.

4 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.

STILL HAVE QUESTIONS?

Talk to your healthcare provider or contact LifeStrands at: enquiry@lifestrandsqx.com

References

1. Anon, Family Cancer Syndromes. American Cancer Society. Available at: <https://www.cancer.org/cancer/cancer-causes/genetics/family-cancer-syndromes.html> [Accessed March 22, 2022]
2. (n.d.). Review of Cancer Genetics. Retrieved March 29, 2022, from https://www.cooperhealth.org/sites/default/files/pdfs/Review_of_Cancer_Genetics.pdf.

Lifestrands Genomics and Ambry Genetics Corporation are strategic collaboration partners for the commercialization of Ambry's products in this region.



Contact our representatives to order the test:
LifeStrands Genomics Pte Ltd

The Galen 61 Science Park Road, #03-13/14, Singapore 117525
E: enquiry@lifestrandsgx.com | www.lifestrandsgx.com

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