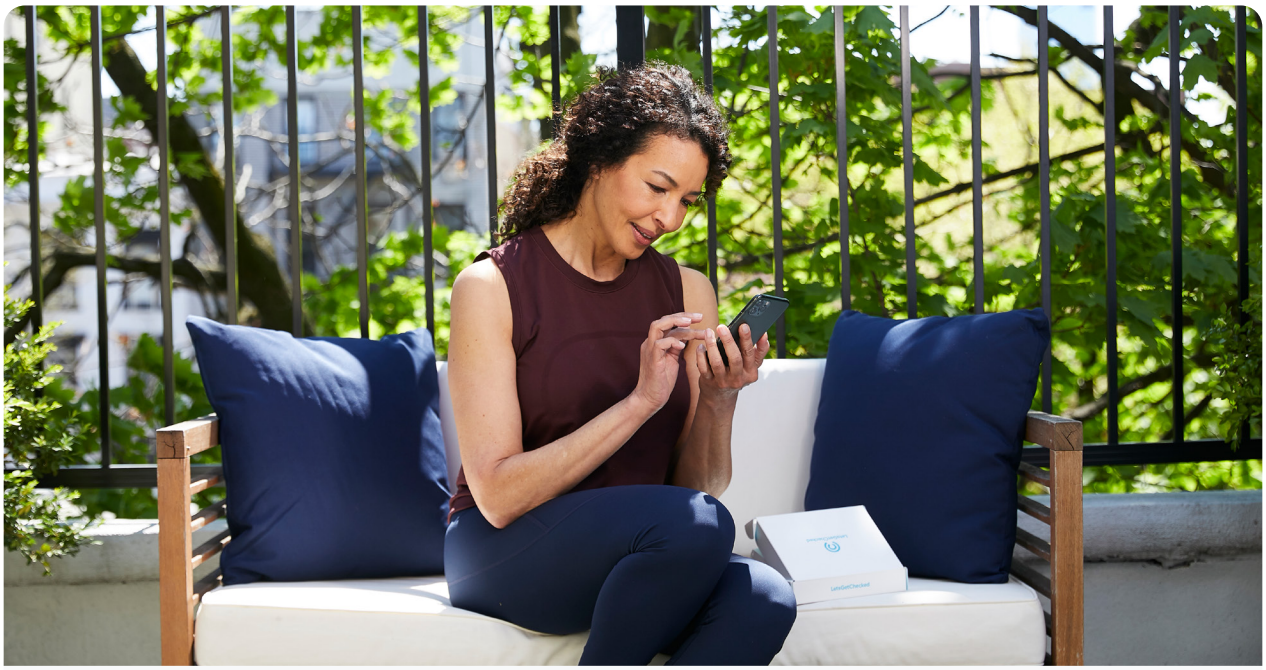
It's good to know.™

Franklin County Cooperative Health Improvement Program | LetsGetChecked

myGeneticScreen — Get ahead of your health



Your genes are what make you who you are. In fact, they may be able to reveal information about your health. Learn more about how variants (or changes) in your genes may increase your risk for certain diseases, and how you can test for them at no additional cost to you.

Order a myGeneticScreen test here: letsgetchecked.link/fc

What is myGeneticScreen?

The myGeneticScreen test can help identify three inherited conditions, all from an easy saliva sample collected from home. Depending on your results, you'll learn if you have an increased risk of developing certain cancers and heart disease. With your lab result report, you and your provider can be more empowered to take action and make informed decisions about your healthcare.

What will this test tell you?

The myGeneticScreen test looks for:

- **Hereditary breast and ovarian cancer syndrome** (Increases the risk of breast, ovarian, and other cancers)
- **Lynch syndrome** (Increases the risk of colon, endometrial, and other cancers)
- **Familial hypercholesterolemia** (Impacts unhealthy cholesterol levels and may increase the risk of heart disease)

Who is this test for?

This test is for people who do not have a significant personal or family history of these three conditions. If you do, this test may miss a disease-causing variant. So, you should work with your healthcare provider to receive more appropriate testing*.

Why do we screen for these conditions?

The myGeneticScreen test looks for hereditary conditions where early detection can be an

important step in the treatment process according to the Centers for Disease Control and Prevention (CDC), who have classified them as Tier 1 conditions. There are also effective interventions that can help prevent these diseases or reduce the severity of them[1].

How common are these conditions?
While these inherited conditions are rare (less than 2% of people will test positive!)[2], up to 90% of at-risk people are not identified before genetic testing[3]. This is why testing is important for you and your provider to better understand your risk and take action.

Hereditary breast and ovarian cancer syndrome (HBOC)

This inherited condition occurs when there are certain changes in the BRCA1 & BRCA2 genes. HBOC can increase your risk of developing breast cancer in addition to other cancers in both men and women. It affects ~1 in 400 people[4].

Lynch syndrome

This inherited condition increases your risk of many cancers, including colorectal and endometrial cancer (cancer that starts in the lining of the uterus). It affects ~1 in 279 people[5]. If you have Lynch syndrome, you may have up to an 80% lifetime risk of colorectal cancer[6]. If you are a woman, you may have up to a 60% lifetime risk of endometrial cancer[6].

Familial hypercholesterolemia

This can increase your risk of developing conditions such as heart disease at a younger age[7]. It affects ~1 in 250 people[8]. The good news is that when it is diagnosed, your cholesterol levels can be managed with medication.

After testing

Once you receive your results, you can speak with a genetic counselor who can help clarify what they mean for you.

If one of these variants is found, you should speak with your provider and a genetic counselor for guidance. This result does not mean you have been diagnosed with cancer or cardiovascular disease, or that you will ever develop them. However, your risk is higher than average. So, there may be actions you can explore with your provider to manage this risk. Results are completely private, but you may also want to let your family members know. They can also test for these hereditary conditions with LetsGetChecked using myGeneticScreen.

If you do not have a detected variant, it is still possible that you will develop cancer or high cholesterol. That is why it is important to keep up with your regular screenings.

Your privacy is our priority
Your results will be kept private and secure in line with applicable laws. Rest assured, your employer and health plan will not receive your screening results. You'll have an opportunity to privately discuss your results with a LetsGetChecked genetic counselor. Visit **letsgetchecked.link/privacy-policy** to learn about our privacy policy.

Not sure if this is for you?
Scan this code to read our FAQs and articles on the myGeneticScreen Knowledge Hub.

*The myGeneticScreen test is for people who do not have a significant personal or family history of these three conditions ("average risk"). People with a significant personal or family history of one of these conditions ("high risk") should work with their healthcare provider to obtain more appropriate testing. In high-risk individuals, this test may miss a disease-causing genetic variant. If you have ever received a stem cell, liver, or bone marrow transplant, this test is not suitable. For patients undergoing chemotherapy, please wait at least 4 months to test. Please wait at least 6 weeks after a blood transfusion before testing. To learn more, visit the myGeneticScreen Knowledge Hub FAQs: **https://letsgetchecked.link/mgs-hub**.

1. National Academy of Medicine. A Proposed Approach for Implementing Genomics-Based Screening Programs for Healthy Adults. Online nam.edu
2. National Library of Medicine. Implementing genomic screening in diverse populations. Online: pubmed.ncbi.nlm.nih.gov
3. Nature Medicine. Population genetic screening efficiently identifies carriers of autosomal dominant diseases. Online nature.com
4. National Cancer Institute. BRCA Gene Mutations: Cancer Risk and Genetic Testing. Online cancer.gov
5. National Library of Medicine. Lynch syndrome. Online: medlineplus.gov
6. National Library of Medicine. Lynch Syndrome. Online: nih.gov
7. CDC. Familial hypercholesterolemia. Online: cdc.gov
8. National Library of Medicine. Familial hypercholesterolemia. Online medlineplus.gov