

Hereditary Cancer

PATIENT  
GUIDE

# Hereditary Cancer Testing

Patient Guide

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A Guide To Genetic Testing  
For Hereditary Cancer



**Ambry Genetics®**

A TEMPUS COMPANY

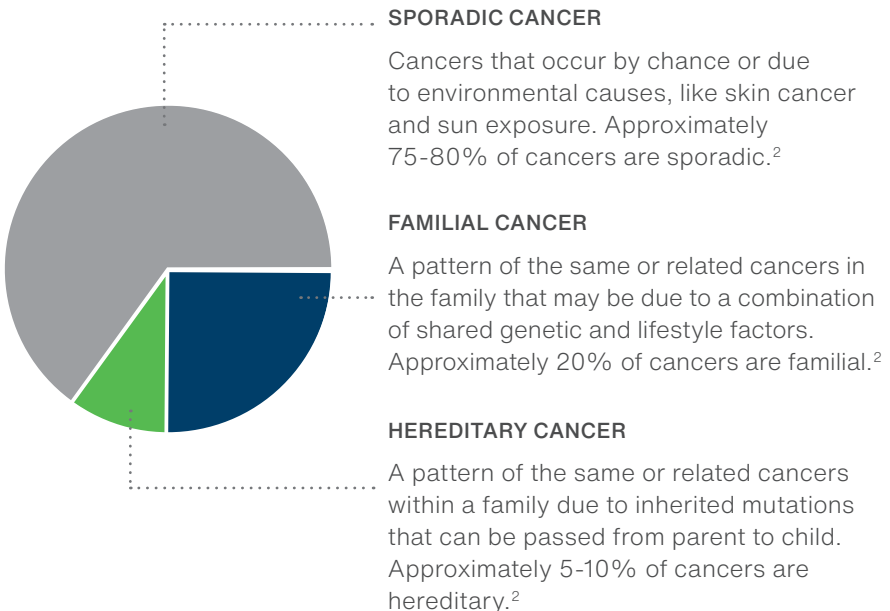
# Understanding The Basics

Our genes are like our bodies' instructions. Some of our genes have roles in protecting against cancer. A mutation is a harmful difference in a gene that makes it not function as well. When someone is born with a mutation in a gene that should help protect against cancer, that person is at increased risk for cancer. **This is called having a hereditary risk for cancer.**

While many people have a history of cancer in their family, only **5-10%** of cancer is hereditary.<sup>1</sup>



## CANCER FALLS INTO 1 OF 3 CATEGORIES



# Should You Consider Hereditary Cancer Testing?

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Talk to your healthcare provider if you answer “yes” to any of the following:

1

Have you/your close family members\* been diagnosed with cancer at a young age (<50 years old)?

2

Have you/your close family members\* been diagnosed with more than one cancer?

3

Have you/your close family members\* been diagnosed with cancers/tumors that you have been told are usually rare, such as ovarian or pancreatic cancer?

4

Have multiple people on the same side of your family had the same or related types of cancer?

5

Have any of your close family members\* been found to have a cancer gene mutation?

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*Your healthcare provider may identify other reasons why you could consider genetic testing.*

*\* “Close family members” refers to blood relatives, such as brothers/sisters/parents/grandparents/aunts/uncles/cousins.*

# How Genetic Testing Can Impact 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 appropriate for your specific cancer risk.



Based on your results, your healthcare team may review options to reduce cancer risk, including surgery (called “prophylactic surgery”) and the use of medications (chemoprevention).

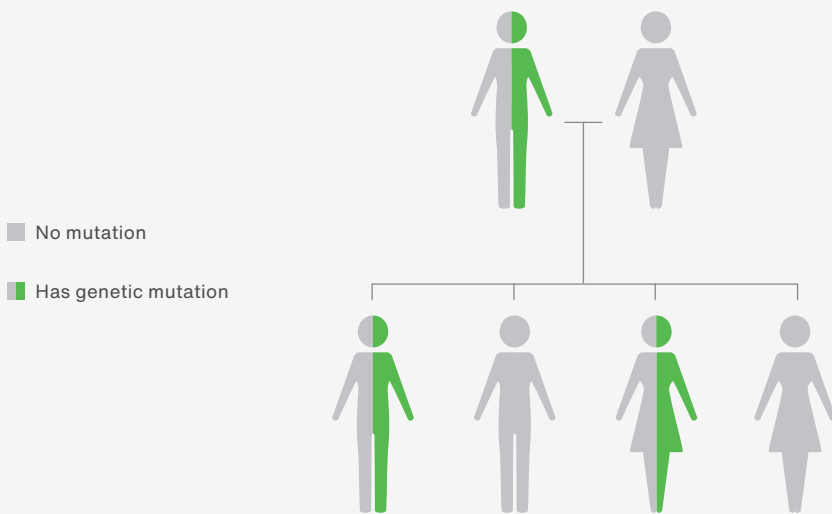
Examples include prophylactic mastectomy (removing one or both breasts before a cancer occurs) or prophylactic salpingo-oophorectomy (removing the ovaries and fallopian tubes before a cancer occurs).



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

## For Your Family

If you test positive for a genetic mutation, each of your first-degree relatives (parents, brothers, sisters, children) has a 1 in 2 or 50/50 chance of also having the same mutation. Genetic counseling and/or genetic testing may be beneficial for your family members to discuss their risks and if they should make changes to medical management.



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

# Testing With Ambry Genetics

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As the first lab to offer clinical hereditary cancer panel testing in 2012, Ambry Genetics has robust experience in hereditary cancer testing. We are also committed to using best-in-class technology so that you and your healthcare team can confidently make decisions about your health.

Ambry Genetics offers a menu of several different hereditary cancer tests. Each test includes analysis of different genes. Your healthcare provider can discuss the available options and recommend the best genetic test for you. Their recommendation may be based on factors like your medical history, family history, and personal preferences.

**The genetic testing recommended for you today includes one or more of the tests below.**

- |                                               |                                                             |
|-----------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> <i>BRCA1/BRCA2</i>   | <input type="checkbox"/> CustomNext-Cancer®                 |
| <input type="checkbox"/> BRCANext®            | <input type="checkbox"/> Familial Adenomatous Polyposis     |
| <input type="checkbox"/> BRCAplus®            | <input type="checkbox"/> Lynch Syndrome                     |
| <input type="checkbox"/> CancerNext®          | <input type="checkbox"/> <i>MUTYH</i> -associated Polyposis |
| <input type="checkbox"/> CancerNext-Expanded® | <input type="checkbox"/> Single Gene Test: _____            |
| <input type="checkbox"/> ColoNext®            | <input type="checkbox"/> Other: _____                       |

## VISIT OUR WEBSITE

Scan this QR code to see updated information on which genes are included on the test your healthcare provider selected above.



## How Does Genetic Testing Work?

1. Talk to your healthcare provider about your personal and family history of cancer and options for genetic testing.
2. Submit your blood, cheek swab, or saliva samples through your healthcare provider, who will ship it to our laboratory for analysis.
3. Your doctor will notify you once your test results are available.
4. Discuss your test results with your healthcare provider, and plan your health management.

## Affordable Testing, Personalized Support

**Scan the QR code to visit our billing page and access personalized resources:**



Out-of-Pocket Cost Estimator: Get an instant, personalized cost estimate.



Financial Assistance: Apply to see if you qualify for our need-based program.



Insurance Guidance: View in-network plans and coverage details.



## Accessible Genetic Counseling

For patients with a positive or VUS result, complimentary genetic counseling sessions are available via a third-party organization with board certified genetic counselors. They provide counseling services via telehealth.

## Family Testing

If you receive a positive result from your genetic testing, discuss your results with family members, especially close relatives (children, siblings, parents). Your results may provide information to your family about their own cancer risks and management options.

Our Known Variant Analysis program provides testing at no additional cost to your biological family members if you receive a positive result after completing full gene or panel testing at Ambry. Your eligible family members have up to 180 days of the original Ambry report date to receive testing.

Scan the QR code for a letter template that can help you share the information with your family.



# Possible Genetic Test Results

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## POSITIVE

**A harmful variant (genetic difference also known as mutation or pathogenic variant) was found in at least one of your genes tested.**

Detection of a cancer-related gene mutation means that you are at increased risk for cancer compared to the general population, meaning those at average risk. If you have already developed cancer, this mutation may explain your history. You may be at increased risk for other cancers, too.

Based on your results, genetic testing for certain family members is often recommended.

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## NEGATIVE

**No genetic variants or differences were found in any of your genes tested.**

While your genetic test results were negative, personal and family history may also be a strong sign 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.

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## CARRIER: PATHOGENIC OR LIKELY PATHOGENIC MUTATION DETECTED

**A harmful variant (or mutation) in ONE copy of a gene was found, and you are a 'carrier' of a hereditary condition. Our genes come in pairs. Some hereditary cancer syndromes are caused by having harmful variants in BOTH copies of the same gene. Carriers usually do not have the condition because symptoms typically only occur when mutations occur in BOTH gene copies.**

Detection of ONE gene mutation may not increase your personal risk of cancer or other disease, but being a 'carrier' linked with a hereditary cancer condition could be important for family planning reasons. If two carriers of the same condition have children together, there is a 1/4 or 25% chance in each pregnancy to have a child with that condition. Your genetic test results are also still important for family members.

Talk to your healthcare provider to find out if genetic testing should be considered for your family members.

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## VARIANT OF UNCERTAIN SIGNIFICANCE (VUS)

**At least one genetic variant or difference was found, but it is unclear if this difference 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

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Ambry Genetics' Patient  
Education Website

[ambrygen.com/patients](https://ambrygen.com/patients)

American Cancer Society

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

FORCE: Facing Hereditary  
Cancer Empowered

[facingourrisk.org](https://facingourrisk.org)

National Cancer Institute

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

National Society of Genetic  
Counselors

[aboutgeneticcounselors.com](https://aboutgeneticcounselors.com)

American Society of Clinical  
Oncology

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

CancerCare

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



## FIND A GENETIC COUNSELOR

National Society of Genetic  
Counselors

[nsgc.org](https://nsgc.org)

Canadian Association of  
Genetic Counsellors

[cagc-accg.ca](https://cagc-accg.ca)

# Frequently Asked Questions

## 1 HOW IS GENETIC TESTING PERFORMED AND HOW LONG DOES IT TAKE?

Genetic testing requires a blood, cheek swab, 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 two 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 timeframe 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 WILL MY GENETIC TEST RESULTS AFFECT MY INSURANCE COVERAGE?

In the U.S., the Genetic Information Nondiscrimination Act (2008) prohibits discrimination by most health insurance companies and employers, based on genetic information. Depending on where you live in the world, you may have different (or fewer) laws in this area. Visit [ginahelp.org](http://ginahelp.org) to learn more.

## 4 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](http://HHS.gov) to learn more.

## 5 SHOULD I TELL MY FAMILY MEMBERS ABOUT MY GENETIC TEST RESULTS?

It is important to share your genetic test results with your family members because the results may provide additional information for your family about their own cancer risks and management options.

Scan the QR code for an easy-to-use letter that may help you share this information with your family members. They include information on how a positive genetic test result can affect families, next steps for family members and healthcare teams, and options to connect with a genetic counselor.



## 6 WILL GENETIC TESTING BE COVERED BY MY INSURANCE?

Many insurance plans cover genetic testing, and Ambry Genetics is contracted with the majority of U.S. health plans. Your out-of-pocket cost may vary based on your individual plan. A team of dedicated specialists is available to help you get access to the genetic testing you need, and provide further details about our payment options. Please call or email our Billing department at [+1.949.900.5795](tel:+19499005795) or [billing@ambrygen.com](mailto:billing@ambrygen.com) with any questions. Visit [ambrygen.com/patientbilling](https://ambrygen.com/patientbilling) for more information.

## 7 WHAT IS AN EXPLANATION OF BENEFITS (EOB)?

An EOB is a statement of benefits provided by your insurance company. This is not a bill, but it will outline the expenses your insurance company will cover for the medical care you received. If you have any questions regarding your EOB, you can contact your insurance company directly or connect with a Billing specialist from Ambry. Please note that the processing of claims by insurance companies may take a few weeks or even a couple of months.

## STILL HAVE QUESTIONS?

Talk to your healthcare provider or visit our website: [ambrygen.com/patients](https://ambrygen.com/patients)



1 Enterprise, Aliso Viejo, CA 92656 USA      Toll Free +1.866.262.7943      Fax +1.949.900.5501      **ambrygen.com**

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