



Understanding Your Genetic Screening Test Results:

Most of the time, our health is determined by a mix of things. This includes diet, exercise, environment and genetics. For a few people, genetics plays a much stronger role in their health. Learning that you have a strong genetic risk is important. It can give you and your doctors the chance to make plans and take actions for your health!

What to Expect?

Your test will be sent to a lab for analysis. The analysis takes about 3 weeks. The following are the two possible results and what they could mean.

Precision Genetic Screen Program

For more information or to sign up for the **Precision Health Genetic Screening Test**, visit unhealthcare.org/phgs

If you have any questions, call **919-962-1566** or email phgs@unc.edu to speak with a genetic counselor.

About 2 in every 100 people will have one of these genetic conditions.



Positive/Abnormal Test Results

If you receive a positive test result, this means that you have a genetic condition that increases your risk of developing cancer or heart disease.

This result does not mean that you will definitely develop cancer or heart disease, but it does mean that you have a much higher chance to develop it than the average person.

It is important to talk to your health care professionals to learn if early treatment or screening is right for you. Treatment options could include medication, more frequent screening tests, and a change in lifestyle.

If you have a positive test result, our genetic counselor will contact you and can help you understand what your results mean for you and your family members.

While receiving a positive result may be a bit scary, it can also provide helpful health information for you, your doctor, and your family. Knowing ahead gives you and your doctor the opportunity to make active decisions about your health.

Negative/Normal Test Results

If you receive a negative result, it means you do not have any known mutations in the genes evaluated by the Precision Health Screening test.

This does NOT mean that you will never get cancer or have high cholesterol—it just means that you most likely do not have one of these genetic risk conditions.

If you have a personal medical history or family history of cancer or heart disease, you may still be at increased risk and may benefit from a different type of genetic test. Your doctor can talk to you about your health risks and whether meeting with a genetic counselor is right for you.

It is important to remember that your health and wellness go far beyond your genes and DNA alone. Preventive medical care and a healthy lifestyle are important to your overall health and well-being.



Precision Genetic Screen Program

The Precision Health Genetic Screening Test is a blood test that looks for DNA changes known to cause one of these genetic conditions.

Inherited Breast & Ovarian Cancer Syndrome
(*BRCA1, BRCA2*)

Lynch Syndrome
(**high risk for Colon & Uterine Cancers**)
(*MLH1, MSH2, MSH6, PMS2, EPCAM*)

Inherited High Cholesterol
(*APOB, LDLR, LDLRAP1, PCSK9*)

A person with one of these conditions has a greatly increased chance to develop a serious disease such as heart disease or certain cancers in their lifetime. Learning about this risk allows you and your doctor to follow special medical guidelines to address the specific risks.

It is important to remember that all people have a risk to develop cancer and heart disease in their lifetime. The genetic screening test aims to identify people who have a much higher risk than average. Even though these three genetic conditions are rare, learning if you have one is important. People with one of these conditions should follow special medical guidelines, not routine care.