Quest Diagnostics®

What you need to know about **hereditary cancer testing**

If you are considering hereditary cancer testing or your healthcare provider has already ordered hereditary cancer testing from Quest Diagnostics, this guide will explain the following information:

- What is hereditary cancer and what is genetic testing?
- Who should consider genetic testing for hereditary cancer?
- What is the process for hereditary cancer testing?
- What do your test results mean?

Have questions about your hereditary cancer testing?

Call 1.866.GENE.INFO
(1.866.436.3463)
Hours: 8:00 AM - 8:00 PM EST

What is hereditary cancer?

Cancer is more common in some families. **About 5% to 10% of all cancers may be caused by an inherited change in a gene, also known as a variant.**[1] Genetic variants associated with hereditary cancer may be passed down from one generation to the next. People who inherit one of these variants have a higher chance of developing certain cancers and/or benign tumors in their lifetime.

Important terms defined

DNA

A molecule that contains the instructions for making all the components of the cells in your body.

Gene

A set of instructions made of DNA that tells your body how to develop and function.

Variant

A permanent change in DNA, sometimes called a "mutation" or "pathogenic variant" if the change is thought to have a harmful effect.

What is genetic testing for hereditary cancer?

Genetic testing can help you find out if you were born with a variant that may increase your risk for certain types of cancer. The genetic test works by reading through some of your genes to see if there are any inherited variants. If you have a pathogenic variant, you and your provider may discuss management options such as enhanced cancer screening, medication, or surgery.

Review your personal and family history of cancer with your provider

Your personal and family health history remains one of the most powerful tools you have to stay ahead of your health risks. It's important to notify your provider of any changes in your family history (such as a new diagnosis of cancer) as it may change your medical management.

The testing process

Clinical history form (English)

Clinical history form (Spanish)

1 Test ordering

Your provider will place an order for a genetic test based on your medical and family history. Complete your clinical history form by scanning the QR codes adjacent.

2 Specimen collection

Your specimen will be collected in one of 4 ways (as determined by your provider):

- In-office/clinic blood collection
- Collection at one of 2,400 Quest Patient Service Centers nationwide
- At-home blood draw service using a mobile blood collection technician (phlebotomist)*
- At-home collection with a saliva collection kit

3 Analysis

Your specimen is sent to the lab for testing and analysis

4 Report

Your provider will have access to your results and will discuss them with you. Your results will also be available for you to view securely on the MyQuest® patient app

*Not available in all geographies. Contact Patient Services at 1.833.818.0591 for more information.

Who should consider genetic testing for hereditary cancer?

Talk with your provider about testing if any of these statements are true.

You or a close relative were diagnosed with

- cancer under age 50
- a rare cancer such as pancreatic, ovarian, or male breast cancer
- 2 or more cancers in your/their lifetime

2 or more relatives (including yourself) on the same side of the family have been diagnosed with cancer

A relative tested positive for a pathogenic variant

What if I already had a genetic test on my tumor?

Tumor genetic testing and hereditary cancer genetic testing are different tests that answer different questions.

Hereditary cancer genetic testing looks for inherited genetic variants (mutations) that are present from birth and found in nearly all of your body's cells. These results help determine whether you were born with an increased lifetime risk of developing certain cancers. It can also provide important information for your family members.

Tumor genetic testing (sometimes called tumor genomic profiling) looks for genetic variants found in the cancer itself. These results may help your healthcare team identify treatment options, targeted therapies, or clinical trials. Tumor testing may be performed using a sample of the tumor, or in some cases, a blood sample called a liquid biopsy that analyzes circulating tumor DNA in the blood.

Sometimes tumor genetic testing identifies a variant that may be inherited. When this happens, hereditary cancer genetic testing is recommended to determine whether the variant is present in the rest of your body or just in the cancer cells. Likewise, hereditary cancer genetic testing can sometimes guide treatment decision-making. While the tests are similar to each other, they are not interchangeable.

Getting your blood collected at a Patient Service Center

Find a local Patient Service Center near you and make an appointment in 3 easy steps.

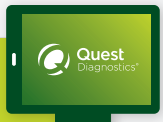
1 Schedule your visit at a nearby Patient Service Center

- Schedule your appointment
  - **www.QuestScheduling.com**
  - Through the MyQuest® app
  - By calling **1.853.818.0591**
    Hours: 9:00 AM - 6:00 PM EST
- Appointments are recommended and take priority over walk-ins. Walk-ins are accepted based on availability, but wait times may be longer

2 On the day of your visit, prepare for your blood draw

- Drink plenty of water; fasting is not required
- Take your regularly scheduled medications as usual
- Tell your blood draw examiner if you take blood-thinning medication
- We cannot obtain blood samples from ports

3 Check in at the kiosk when you arrive



- Check in using 1 of the following:
  - Photo ID
  - Insurance card
  - Appointment QR code
  - -OR-
  - Confirmation number

What do your test results mean?

There are 3 possible results.

A positive result

means that a harmful variant was detected and you may be at a higher risk for developing certain types of cancer

Note: A positive result does not mean the patient has cancer.

A negative result

means that no variants were detected in the genes tested

A variant of unknown significance (VUS)

means a variant was found, but it's not yet known if or how the change might affect your health

It's important to share your test results with your family.

If you have a variant, your parents, siblings, and children each have a 50% chance of having the same variant. Other relatives may also be at risk including, but not limited to, grandparents, aunts, uncles, nieces, nephews, and grandchildren.

A commitment to affordable testing

We understand oncology testing may be overwhelming to some patients, and we are committed to helping you throughout your journey. As part of that commitment, Quest Diagnostics provides 3 robust mechanisms for affordable oncology testing.

1. **Comprehensive health plan coverage**
   >90% covered lives in the US
2. **Patient financial assistance**
3. **Payment plans**

Learn more at **QuestDiagnostics.com/FinancialAssistance**

Scan the code

Have questions about your hereditary cancer testing results?

You can get answers, assistance, and advice from board-certified genetic counselors, medical geneticists, and medical directors.

Call 1.866.GENE.INFO (1.866.436.3463)
Hours: 8:00 AM - 8:00 PM EST

Reference

1. Hart SN, Polley EC, Yussuf A, et al. Mutation prevalence tables for hereditary cancer derived from multigene panel testing. *Hum Mutat.* 2020;41(8):e1-e6. doi:10.1002/humu.24053

Image content features models and is intended for illustrative purposes only.

QuestDiagnostics.com

Quest Diagnostics®