How do I access genetic testing for hereditary cancers?

1. Patient and healthcare provider discuss the testing options
- Read the Patient Information sheet and sign the consent form
- The healthcare provider completes and signs the requisition

2. Give a sample
- Blood samples can be collected at a LifeLabs® location or with one of our collection partners
- Saliva samples are also accepted and can be collected in the comfort of the patient's home

3. Talk to a genetic counsellor
- A genetic counselling session (via telephone or video conference) will be scheduled once LifeLabs Genetics receives the sample
- Patients and healthcare providers will receive a written summary of the session

4. Genetic testing
- Samples are analyzed by the laboratory

5. Receive the results
- Within 4 – 6 weeks, the results and a letter of explanation will be sent to the ordering healthcare provider
- Patients will be notified that results are ready for review

6. Discuss results with a genetic counsellor
- LifeLabs Genetics contacts all patients to schedule a formal post-test genetic counselling session

ARE THE HEREDITARY CANCER TESTS COVERED BY A PROVINCIAL HEALTH PLAN?

If a patient is considered at high risk for having hereditary cancers, they may qualify for funding from the Ministry of Health for genetic counselling and testing. Healthcare providers can refer patients to a local cancer genetics clinic, which can be found through www.cagc-accg.ca.

Contact a genetics professional for more information.

Patients seeking genetic testing for hereditary cancers should contact their healthcare providers to learn more about the options available to them.

Patients and healthcare providers can also visit www.LifeLabsGenetics.com for more information about accessing genetic testing.

Visit www.LifeLabsGenetics.com to find out more about getting tested for hereditary cancers.

Ask.Genetics@LifeLabs.com
www.LifeLabsGenetics.com | 1-844-363-4357

LifeLabs GENETICS®

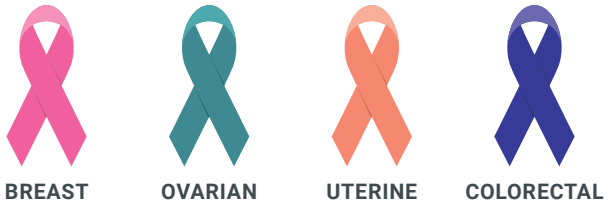
V4 NOV 2019

Understand your risk:
Make informed decisions about hereditary cancer

LifeLabs GENETICS®

Overview

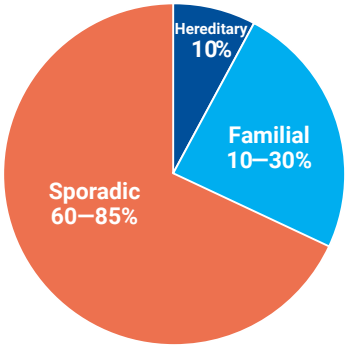
Analysis of genes involved in predisposition to hereditary cancer involves a step-by-step look through the DNA of each gene for changes, known as mutations. Our panel looks at the 47 more common genes associated with increased risk of developing the following hereditary cancers*:



*Smaller, more targeted panels for specific types of cancers are available.

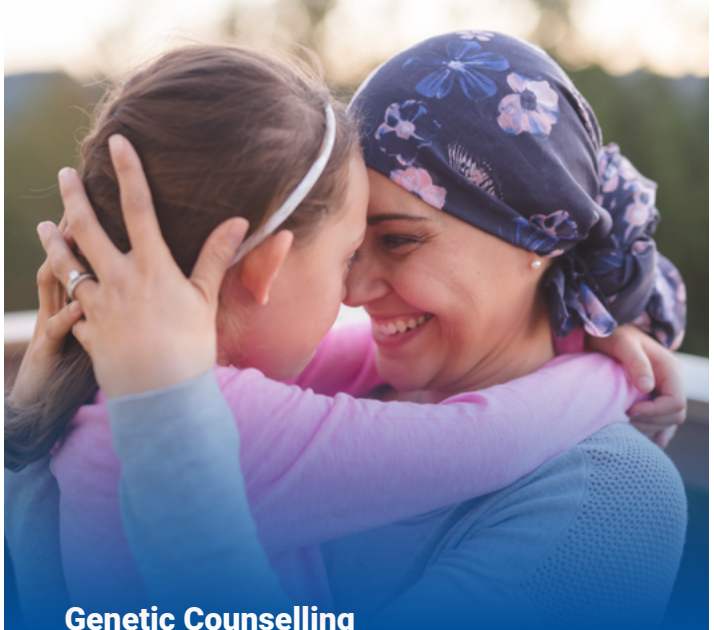
Types

Sporadic: In most cases, cancer happens by chance, due to a combination of factors such as age, lifestyle, environmental triggers, and multiple gene changes over time.



Hereditary: 5-10% of cancers are hereditary, meaning they are caused by a specific inherited genetic change. Genetic testing may help provide more information about one's personal risk of cancer.

Familial: Familial cancers are described as those where no specific hereditary genetic change was found, but where a familial link is still highly suggestive.



Genetic Counselling

Genetic counselling is a key component to delivering responsible and high quality genetic testing. Take advantage of formal pre- and post-test sessions with bilingual Canadian board-certified genetic counsellors, included with all tests!

Our key services include:

- A review and detailed discussion of an individual's medical and family history
- An analysis of potential risk for hereditary conditions
- A written summary of relevant inheritance patterns and causes of conditions sent to both the patient and healthcare provider
- A medical picture of the family tree (pedigree) sent to the patient and their ordering healthcare provider
- A discussion on follow-up genetic testing, including the benefits and limitations of genetic tests

Who

Genetic testing is a personal choice. Patients should discuss testing options with their healthcare providers if they are concerned about their family history. Testing may be appropriate if a patient or a close family member has:

- Breast, colorectal, or uterine cancer diagnosed before age 50
- More than one type of cancer
- Cancer in both of a set of paired organs (for example, both kidneys or both breasts)
- Certain types of cancer including ovarian, pancreatic, metastatic prostate, intraductal prostate, medullary thyroid, triple-negative breast or male breast cancer)
- 10+ gastrointestinal polyps
- Breast or high grade prostate cancer (Gleason score >7)
- Ashkenazi Jewish ancestry

Genetics of Hereditary Cancers

Someone who has a mutation in one copy of a hereditary cancer gene (non-working) has a 50% chance of passing on that mutation to each of his/her children. Individuals at increased risk should discuss cancer screening with their doctors. It is important to note that having a mutation in one of the hereditary cancer genes does not mean that you definitely will develop cancer.