Expanded Carrier Screening

Knowing whether you are a carrier of genetic conditions provides valuable health information when planning a family.

LifeLabs GENETICS®

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www.lifelabsgenetics.com
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The Expanded Carrier Screen

WHAT IS A CARRIER SCREEN?

A carrier screen analyzes a person's genes to determine if that person is a carrier of recessive or X-linked genetic disorders.

WHAT IS A RECESSIVE CONDITION AND WHAT IS A CARRIER?

Recessive conditions are caused by changes, known as mutations, in a person's genes. Every person has two copies of a given gene, one inherited from each parent. A recessive condition occurs when both copies of the same gene have a mutation.

A carrier is someone who has only one gene with a mutation and one gene that is unaffected. Carriers are typically symptom-free and do not know they carry the mutation.

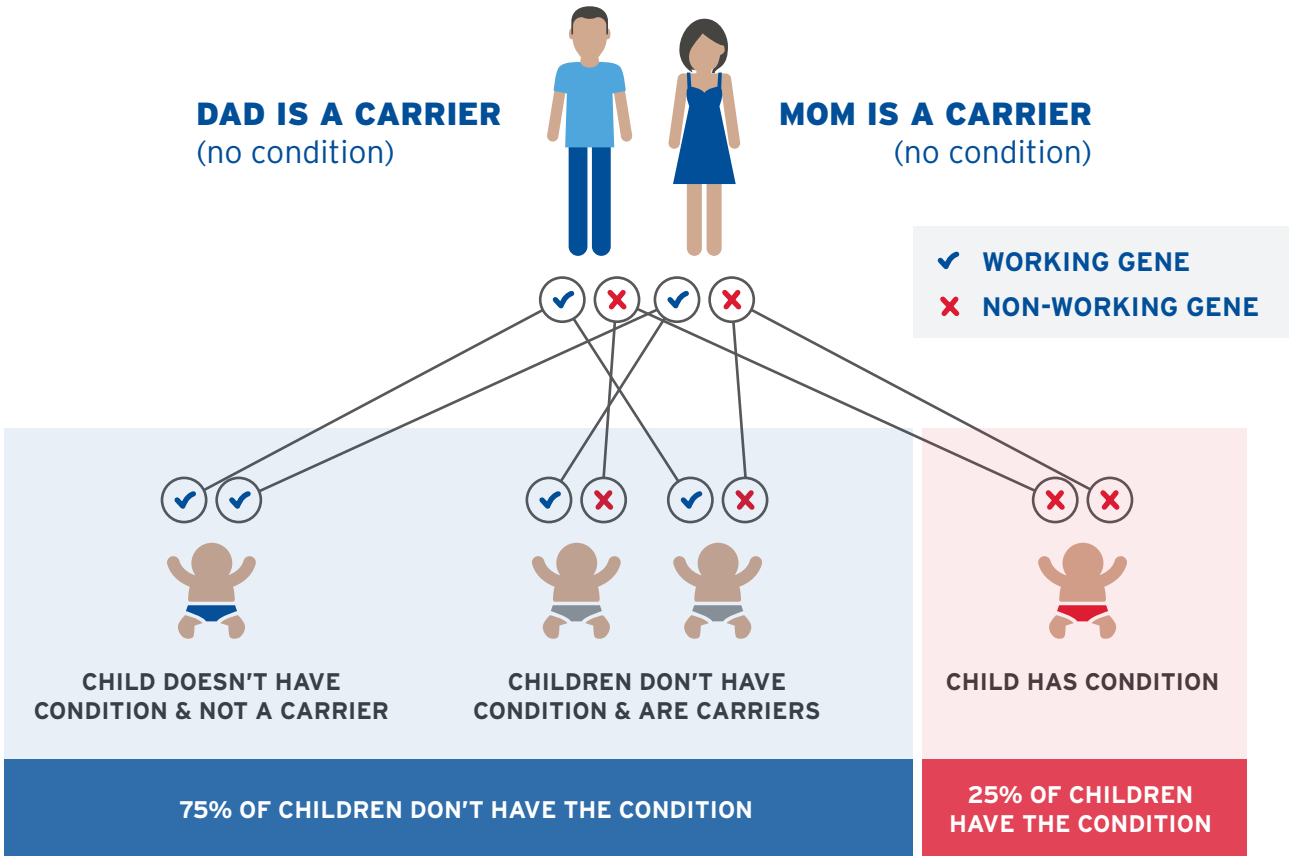
WHAT IS THE EXPANDED CARRIER SCREEN?

Expanded Carrier Screening, as prescribed by your healthcare provider, can detect 288 health conditions that can be passed, unknowingly, from parent to child, many of which you may have heard of:

- **Cystic Fibrosis** – a severe genetic condition affecting the lungs and pancreas in children and young adults
- **Duchenne Muscular Dystrophy** – an immediate and progressive degeneration of skeletal muscle
- **Fragile X Syndrome** – the most common inherited cause of intellectual disabilities and autism
- **Tay-Sachs Disease** – a metabolic disorder often leading to death within the baby's first few years
- **Sickle Cell Anemia** – a blood disorder in which red blood cells can no longer effectively carry oxygen to our vital organs

Please visit **www.lifelabsgenetics.com** for the full list of conditions screened by this test.

Autosomal Recessive Inheritance



WHO SHOULD BE SCREENED?

Physician societies, such as SOGC, ACOG, and ACMG, recommend that anyone planning a pregnancy or pregnant women should be offered carrier screening. LifeLabs Genetics provides a simple screening option, which ensures a most comprehensive analysis for all individuals independent of ethnic background.

Couples can choose to screen both partners simultaneously. This is a good option if getting all of the answers quickly is your priority.

I DON'T HAVE A FAMILY HISTORY OF ANY CONDITIONS – SHOULD I STILL BE SCREENED?

You can still be a carrier, even without a family history of any genetic conditions. When two people are carriers of the same condition, they can, unknowingly, have a child with lifelong health issues.

In fact, 4 out of 5 children with recessive genetic conditions are born to couples with no known family history of that condition.

Autosomal Recessive Inheritance

WHAT IF I AM A CARRIER?

It's important for you to know you have options. When two parents are carriers of the same genetic mutation, each child has a 1 in 4 (or 25%) chance of being affected by the associated condition. For certain conditions, such as Fragile X syndrome, only the mother needs to be a carrier for the child to be at an increased risk. Your physician is available to guide you through the various options to find out what is best for you. Knowing your carrier status before or early in your pregnancy gives you time to learn about the disorder and prepare.

WHAT IF I AM NOT A CARRIER?

Generally, no follow-up testing is suggested for any of the conditions you were screened for. It is important to understand that no screen is able to identify every carrier of every condition. While Expanded Carrier Screening does provide a lot of information, we cannot screen for all possible birth defects and genetic conditions. Speak to your healthcare provider if you have special concerns due to family history or other factors.

HOW CAN I GET SCREENED?

Our Expanded Carrier Screen is a simple blood test prescribed by your physician. The average turnaround time for results is two to three weeks.

If you have questions about carrier screening, contact **LifeLabs Genetics** at **Ask.Genetics@LifeLabs.com** or **1-844-363-4357.**

If you have questions about your results, you can ask your healthcare provider.

Visit **www.lifelabsgenetics.com** for more information.

BE INFORMED!

- Visit the Society of Obstetricians and Gynaecologists of Canada website
- Call LifeLabs Genetics for all questions

ACT NOW!

- Make an appointment with your healthcare provider to discuss Expanded Carrier Screening
- Download the appropriate requisitions from the LifeLabs Genetics website at: https://www.lifelabsgenetics.com/product/expanded-carrier-screening/
- Visit a Patient Service Centre to collect your sample

UNDERSTAND YOUR RESULTS!

- Review your results with your healthcare provider. Your healthcare provider should release the results to you!
- Decide on next steps with your healthcare provider

4 simple steps to get the test

1. Learn more if carrier screening is right for you. Speak with you physician or contact Ask.Genetics@LifeLabs.com to arrange a discussion with one of our Genetic Counsellors.

2. Download a requisition form at: https://www.lifelabsgenetics.com/product/expanded-carrier-screening/ and get this signed by your physician.

3. Pay for the test on our website at: https://www.lifelabsgenetics.com/product/expanded-carrier-screening/ or at the Patient Services Center where you will get your blood drawn for the test. If you've paid online, don't forget to bring your receipt with you to the blood draw.

4. Your results will be sent to your physician who will notify you when your results are in. Discuss your results with you physician to understand your risks.

- You can take the Expanded Carrier Screen before or during pregnancy
- It's normal to be a carrier – what you really want to know is if both partners are carriers of the same disease
- Most carriers have no history of the condition within their family

> "Having all that knowledge will lead to better decisions for myself, for my wife, for my future family."

Rajeev - *partner tested positive*

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LifeLabs Genetics is at the forefront of clinical genetic testing and personalized medicine in Canada, working with the world's leading laboratories, healthcare providers, and government partners to find the most cost-effective and meaningful, clinically-relevant way to bring genetic advancements to Canadians.

Our partners include:

CENTOGENE THE RARE DISEASE COMPANY · INVITAE · natera™ Conceive. Deliver. · MDxHealth® · GenXys Health Care Systems · ARCHER®

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