

Result Navigator

⊕ Positive Test Result: CDH1

Positive test results identify a change, or “misspelling,” of DNA that is known or predicted to cause an increased risk for cancer. DNA is the blueprint of life—it carries all of the genetic information needed for our bodies to function. A section of DNA with a specific job is called a gene. A pathogenic variant is a change in a gene that is known to cause increased risk for cancer. A likely pathogenic variant is a change in a gene that is very likely to cause increased risk for cancer. Another name for these types of variants is mutation.

After a positive test result, there can be many questions about what to do next.

This guide is a supplement to Riscover™ Hereditary Cancer test results, helping patients and healthcare providers understand the results and together determine the best path forward.

Navigate Your Results



Learn | page 2

Review the test results along with this guide, and discuss the meaning of these results with your healthcare provider.



Plan | page 3

Develop a healthcare plan for early detection and prevention of specific cancers.



Share | page 4

Understand the risks for other family members, and consider how to inform relatives of their risks.



Connect | page 5

Reach out to medical experts and find local and national groups that can provide more information and support.

Glossary of Terms

Breast tomosynthesis: Advanced three-dimensional (3-D) breast imaging.

Colonoscopy: Visual exam of the inside of the colon with a flexible, lighted tube inserted through the rectum.

Diffuse gastric cancer: Stomach cancer that does not form a solid tumor, but is spread throughout the lining of the stomach.

Gene: A section of DNA with a specific job.

Lobular breast cancer: Breast cancer that begins in the lobules, where milk is produced.

Mastectomy: Surgical removal of the breast tissue.

MRI: An abbreviation for magnetic resonance imaging, a test that provides detailed pictures of a specific part of the body.

Mutation: A change in a gene that causes or is capable of causing disease. Another word for pathogenic/likely pathogenic variants.

Pathogenic: Causing or capable of causing disease.

Risk: The chance, or possibility, of developing a disease.

Variant: A change, or “misspelling,” in the DNA sequence. Variants can be benign (not associated with disease), pathogenic (associated with disease), or of uncertain significance.



Your Diagnosis: Hereditary Diffuse Gastric Cancer Syndrome

Hereditary diffuse gastric cancer syndrome (HDGC) is an inherited disorder caused by a pathogenic variant in the *CDH1* gene. HDGC is associated with an increased lifetime risk of diffuse gastric cancer, lobular breast cancer, and possibly colon cancer. Approximately 1 – 3% of cases of gastric cancer are hereditary.

It is unknown how many people in the general population have a *CDH1* mutation, although HDGC is thought to be rare.

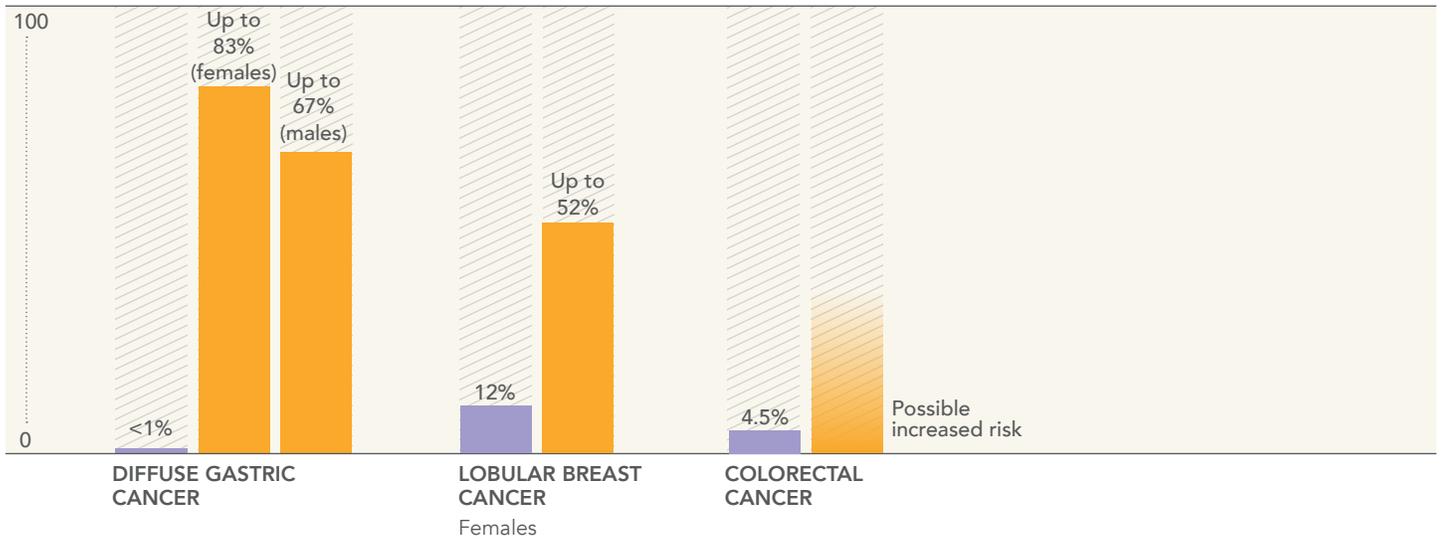
Your Risk

Not all people with positive test results will develop cancer, but the chance for cancer is higher than the general population risk. The graphs below show how much the risk for cancer increases when a pathogenic variant is found. The cancer risks are presented in ranges based on multiple studies of families who have a pathogenic variant. There is not enough evidence available to give a specific risk to a person or family.

LIFETIME CANCER RISKS

■ General population

■ People with *CDH1* positive results



Your Screening and Management Options

Listed below are the intervention options that are recommended by medical experts for individuals who carry this cancer gene variant. Your healthcare provider can explain these options in more detail, and together you can make a plan for cancer prevention and/or early detection.

BREAST CANCER (FEMALES)

Breast self-exams	Periodic breast self-exams at the end of your period are suggested starting at age 18.
Clinical breast exam	A physical breast exam performed by your healthcare provider is recommended every 6 to 12 months, starting at age 25.
Breast MRI	Consider an annual breast MRI starting at age 30, or earlier based on your family history of breast cancer or specific gene variant.
Mammogram	Annual mammograms with consideration for breast tomosynthesis are recommended starting at age 30 or earlier based on your family history of breast cancer or specific gene variant.
Risk-reducing mastectomy	There is not enough evidence for risk-reducing mastectomy to be routinely recommended. Can be considered on an individual basis.

GASTRIC CANCER

Risk-reducing gastrectomy	A risk-reducing gastrectomy is recommended between the ages of 18 – 40. A baseline endoscopy with multiple random biopsies should be done prior to surgery.
Upper endoscopy	An upper endoscopy with multiple random biopsies is recommended every 6 – 12 months starting at age 18.

COLORECTAL CANCER

Colonoscopy	A colonoscopy can be recommended based on your personal and family history.
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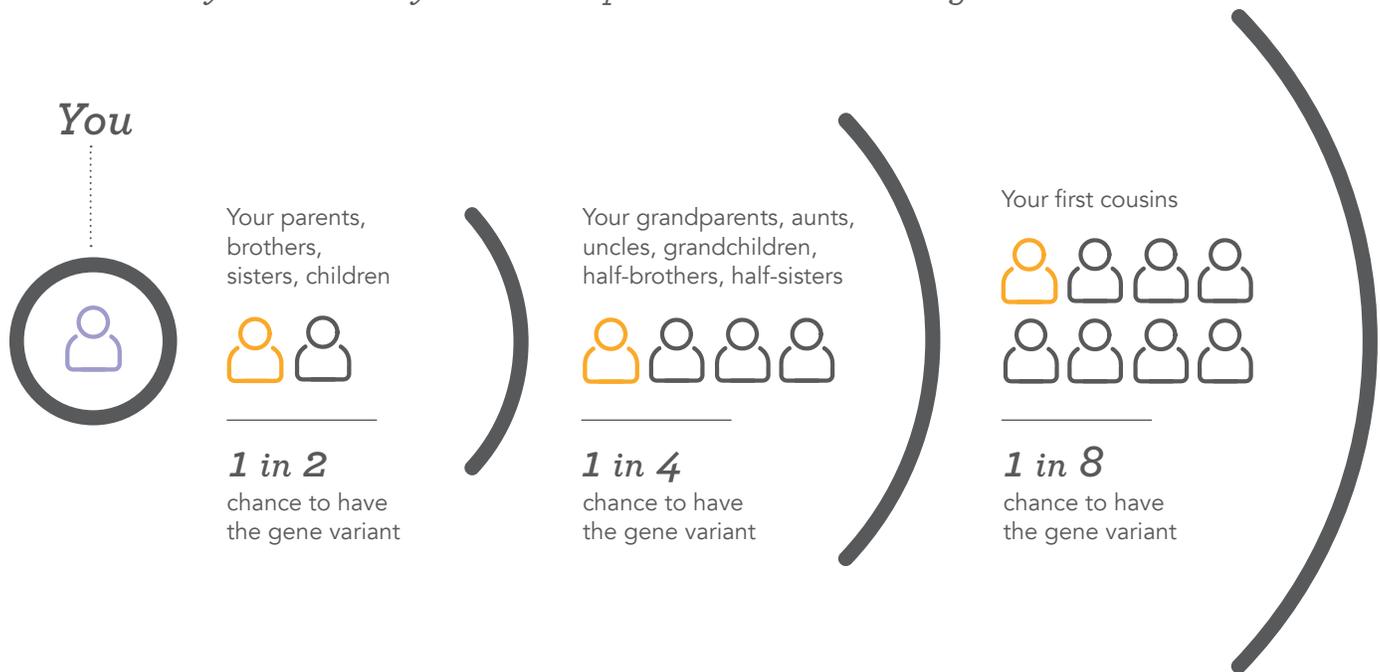
Your Family Matters

Cancer gene variants are inherited in an autosomal dominant manner. This means that when a parent tests positive, each child has a 1 in 2 chance to inherit the variant. Some people who inherit the variant will develop cancer, and some will not, but the risks are significantly increased compared to the average person. People in the same family may develop different types of cancers at varying ages, and the pattern of cancer and age of onset can differ from family to family.

Gene variants can be passed through families for many generations. When a gene variant is identified in one person in the family, relatives can be tested for just that variant. Sharing information about test results with family members is important, because it allows them to make informed choices about their healthcare and to decide whether they want genetic testing.

Some people who have pathogenic and likely pathogenic variants are interested in learning how to avoid passing these variants on to their children. If you are planning to have a child, you may wish to consult with a reproductive medicine specialist to discuss all of your reproductive options, including use of an egg or sperm donor, preimplantation genetic diagnosis, and prenatal genetic testing.

The likelihood for family members to carry the same gene variant depends on how closely related they are to the person with a known gene variant.



Your Expert Team

As you take your next steps, it can help to have a team of experts on your side. This team may include your primary care provider and a number of specialists who will help along the way.

If you haven't already done so, you may wish to speak with a genetic counselor. Genetic counselors are healthcare professionals with specialized training in medical genetics and counseling. They can help you understand your test results, discuss your healthcare plan, and connect to other resources in your area. Your healthcare provider may be able to provide a referral to a local genetic counselor. You can also find a genetic counselor through the National Society of Genetic Counselors at www.nsgc.org.

For questions about your test results, Progenity's genetic counseling team is available to help. To reach a genetic counselor, call +1 855-293-2639 and select option 3.

Helpful Resources

GeneReviews

ncbi.nlm.nih.gov/books/NBK1139

A detailed clinical summary of hereditary diffuse gastric cancer syndrome written for healthcare providers.

National Comprehensive Cancer Network (NCCN)

nccn.org

Expert guidelines for cancer screening and treatment. Versions available for both providers and patients.

Facing Our Risk of Cancer Empowered (FORCE)

facingourrisk.org

A patient advocacy group whose mission is to improve the lives of individuals and families affected by hereditary breast, ovarian, and related cancers.

No Stomach For Cancer®

nostomachforcancer.org/about/hereditary-diffuse-gastric-cancer

A patient advocacy group whose mission is to promote awareness, education, and research into stomach cancers, including Hereditary Diffuse Gastric Cancer syndrome.

REFERENCES

Hereditary Cancer. FORCE.

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National Comprehensive Cancer Network. Genetic/Familial High-Risk Assessment: Breast and Ovarian (Version 1.2018). Available from: <http://www.nccn.org>.

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