

Invitae Genetic Health Screen, Invitae Cancer Screen, and Invitae Cardio Screen

POSITIVE TEST RESULTS

- If you receive a positive test result, described in medical terms as “pathogenic” or “likely pathogenic,” this means that your test found a genetic change that increases your risk of developing a specific medical condition.
- This does not mean that you will definitely develop that condition, but it does mean that you are significantly more likely to develop it than the average person.
- In consultation with your doctor, you can design a medical management plan that addresses this increased risk.
 - If your increased risk is discovered before the onset of disease symptoms, you and your doctor can choose to pursue treatment options that could help prevent the onset of the condition.
 - Depending on the condition, treatments could include medication, regular screening tests, or a change in lifestyle.
- In addition, you may want to consider talking with a genetic counselor, who can assist you in understanding what your results mean for your family members and can provide guidance on how and when to communicate this information to relatives.
- You may also receive a result that indicates that you carry a genetic change that does not increase your own risk of developing a specific medical condition, but that may be passed within your family (also known as carrier status).
- While receiving such a result may be concerning, it also provides valuable health insights for you, your doctor, and your family—and gives you the opportunity to address your risk with an appropriate medical management plan.

NEGATIVE TEST RESULTS

- All of us carry unique variations in our DNA, but most of these genetic changes are not associated with medical conditions. If you receive a “negative” result, you have just learned some very valuable information: You do not carry genetic changes in the genes evaluated that are currently known to be associated with serious health conditions.
- From this result, you and your doctor can determine that your genetic risk of developing the conditions evaluated by this test, due to changes in these specific genes, is low.
- You and your doctor can use this information to build an appropriate plan for your personal health and wellness—one that takes into consideration the many other factors that affect your health.
 - For example, genes not evaluated by this test, genetic disease associations yet to be discovered, or environmental factors may still put you at risk for developing certain types of health conditions.
 - It is also important to note that as scientific understanding of the links between genes and disease evolves, new information may point to new interpretations of your DNA.
- Your genes are an important piece of your overall health picture, but health and wellness go far beyond your DNA alone. Even with a negative genetic test result, proactive medical care and a healthy lifestyle are essential to your overall well being and longevity.