

Know your real risk



NOT ALL GENETIC TESTS ARE CREATED EQUAL

Direct-to-consumer (DTC) testing—which is not ordered by a healthcare professional—can provide information about ancestry and fun insights like how your genes affect your perception of different foods or why your hair is curly. But if you're interested in understanding how your genes affect your health so you can take proactive steps to stay healthy, you need **clinical genetic testing**.

DTC VS. CLINICAL TESTING

There are thousands of genetic changes that can affect your health. For example, a genetic variant (or mutation) in any one of more than a dozen genes can increase your chances of developing breast cancer. Currently, DTC tests analyze just two genes associated with breast cancer (*BRCA1* and *BRCA2*).

DTC testing simply doesn't look at enough of your DNA to tell the full story. Comprehensive clinical genetic testing, on the other hand, gives the most complete picture.

What's more, DTC companies use techniques that are less accurate than clinical genetic testing. In fact, half of the patients who tested positive in DTC tests were later found to be negative when undergoing clinical genetic tests to confirm the result.

WAS YOUR TEST DESIGNED FOR HEALTH DECISIONS?

Most DTC companies note that the results should not be used to make health decisions. A positive result from a DTC genetic test may not be accurate; likewise, a negative result might have missed an important variant. Regardless of the DTC result you receive, you should get confirmatory clinical genetic testing to understand your real risk.

Only clinical testing offers a clear view of how genetics could affect your health—and enables you to work with your healthcare professional to prevent the onset of disease.

Thousands of gene variants can increase your risk of cancer. A recent study found:



88%

of patients had an increased genetic risk for breast cancer that would not be discovered by direct-to-consumer (DTC) screening

50%



of patients who had clinical confirmation tests found out they had received a false positive DTC result

DTC tests are not intended for making health decisions. Get a clinical test and talk to a clinician to understand your real risk.

Source: Esplin ED *et al.* Limitations of direct-to-consumer genetic screening for HBOC: False negatives, false positives and everything in between. Presented at: San Antonio Breast Cancer Symposium; 2018 Dec 4-8; San Antonio, TX.