GOPATH®
LABORATORIES
Global Pathology Services

BRCA*now*®

Hereditary Breast and Ovarian Cancer

Patient & Physician Information

What is BRCA?

Everyone has genes called BRCA1 and BRCA2. However, when mutations occur within these genes, a person's risk of developing specific cancers such as breast and ovarian cancer increases. A parent who has one of these genetic mutations can pass the mutation along to his or her child, thus increasing the child's risk of developing a cancer associated with the mutation.

About 1 in every 500 women in the United States has a mutation in either her BRCA1 or BRCA2 gene. If either your mother or your father has a BRCA1/2 gene mutation, you have a 50% chance of having the same mutation. More than 200,000 individuals are diagnosed each year with breast cancer. For patients with a BRCA mutation, the risk of developing breast, ovarian, or other types of cancer associated with this mutation is significantly increased. Ovarian cancer is the ninth most common cancer; it affects one in every 70 women. Although the majority of breast and ovarian cancers are not inherited, BRCA mutations account for 5-10% of all breast and ovarian cancers. Some groups are at a higher risk for having a BRCA gene mutation than others, such as women with Ashkenazi Jewish heritage. This makes genetic testing an important option for those in higher risk groups.

BRCA1/2 genetic testing is available through GoPath Laboratories for individuals thought to be at an increased risk for breast or ovarian cancer. The assistance of a genetic counselor, your physician, education provided in this brochure and other risk assessment tools may help you determine if hereditary evidence suggests that BRCA*now*® testing is right for you.

Who Is At Risk?

BRCA mutations can occur in both males and females and in any race or ethnic group. The occurrence of mutations in the United States is about 1 in 500. However, for some ethnic groups, such as the Ashkenazi Jewish population, the risk of carrying a BRCA mutation increases to 1 in 40. *See table below.*

Risk of Cancer in Individuals Wth a BRCA1 or BRCA2 Mutation			
Cancer Type	General Population (No Mutation)	Individuals With The Mutation	
		BRCA1	BRCA2
Breast	12%	50-80%	40-70%
Ovarian	1-2%	24-40%	11-18%
Male Breast	0.10%	1-2%	5-10%
Prostate	15% (N. Europe Origin)	Up to 30%	Up to 39%
	18% (African American)		
Pancreatic	0.50%	1-3%	2-7%

BRCA 1/2 Genetics Home Reference. Available at: http://ghr.nlm.nih.gov.gene/BRCA1/ http://ghr.nlm.nih.gov.gene/BRCA2. accessed November 10, 2015

How do I reduce my risk?

If you have a family history of breast and/or ovarian cancer, or you have tested positive for changes in your BRCA1/2 genes, you may have a higher risk for developing these cancers. Talk to your doctor about steps you can take to reduce your risk. Some suggestions may include:

- Increased cancer screenings or having screenings at an earlier age than what is recommended for the general population
- Taking antiestrogens or other medicines that block or decrease the levels of estrogen in your body
- Surgery to reduce your risk of developing breast or ovarian cancer

It is important to know your family history and to talk to your doctor for guidance. For more information about reducing your risk and family history details you should be aware of, please visit www.GoPathGenetics.com.

Should I get tested?

The U.S. Preventive Services Task Force (USPSTF) recommends that primary care providers offer BRCA1/2 screening for women whose family members have had breast, ovarian, tubal, or peritoneal cancer to determine whether or not their family's history indicates the possible presence of breast cancer susceptibility gene mutations (BRCA1 or BRCA2 mutations).

The USPSTF also recommends against routine genetic counseling or BRCA testing for women whose family history does not indicate an association with an increased risk of BRCA1 and BRCA2 mutations.

Reviewing your family history with your physician is the first step in determining whether or not BRCA*now*® testing would be beneficial for you. Your physician will review your family history and risk assessment with you and, if applicable, will provide a referral to GoPath's genetic counselor for further consultation. If a determination has been made that the BRCA*now*® test is recommended based on your physician's evaluation and a genetic counselor's assessment, you will be asked to sign an Informed Consent to begin the process of genetic testing at GoPath Laboratories.

"My mom had the gene before anyone knew what BRCA was. I just feel lucky that I was able to really make the decisions I made and choose to live."

-Angelina Jolie, as quoted from the *New York Times*

Self Evaluation Form

You may be at increased risk for a BRCA1 or BRCA2 mutation if your family history includes:

(Check all that applies to your family history)

- ☐ One or several relatives with breast cancer
- ☐ Any relatives with ovarian cancer
- ☐ Relatives diagnosed with breast cancer before age 50
- ☐ A relative with cancer in both breasts
- ☐ A relative who had both breast and ovarian cancer
- ☐ A male relative with breast cancer
- ☐ Ashkenazi Jewish ancestry (Central or Eastern European) and any relatives with breast or ovarian cancer
- ☐ A relative with a known BRCA gene mutation

You may have a higher risk for a mutation if you had:

- ☐ Breast cancer before age 50
- ☐ Triple-negative breast cancer
- ☐ Male breast cancer
- ☐ Breast cancer more than once
- ☐ Ovarian cancer, fallopian tube cancer, or primary peritoneal (lining of the abdomen) cancer at any age
- ☐ Both breast and ovarian cancer
- ☐ Breast cancer or ovarian cancer at any age and you are of Ashkenazi Jewish ancestry (Central or Eastern European)
- ☐ Breast cancer and you also have a family member with either breast or ovarian cancer

*Take this booklet with you to your genetic counselor and physician appointments

How is the BRCA gene inherited?

BRCA1/2 mutations can be passed or inherited from a mother or a father in an autosomal dominant fashion. This means that having only one copy of a BRCA1/2 mutation can increase your chance of developing certain cancers like breast and ovarian. If your mother or father carries a BRCA mutation, you have a 50% chance of inheriting that same mutation. While not everyone who inherits the BRCA mutation develops cancer, those with the mutation are considered to be at a higher risk.

What is BRCA*now*® testing and why GoPath?

BRCA*now*® is a Next-Gen Sequencing (NGS)-based assay using a state-of-the-art platform developed exclusively at GoPath Laboratories. The BRCA*now*® test will detect whether or not a mutation is present. GoPath shares the testing results with your physician and/or genetic counselor in preparation for your one-on-one consultation to discuss your risk, develop a preventative action plan, and plan possible additional testing.

Many Genes are Associated with Breast & Ovarian Cancers

BRCA*now*® is a comprehensive panel and many genes are included in the testing process. The average cumulative risks in BRCA1 mutation carriers by age 70 are approximately 50-80% for breast cancer and 24-40% for ovarian cancer. The estimates for BRCA2 mutation carriers are 40-70% for breast cancer and 11-18% for ovarian cancer. In addition to BRCA1/2, there are other rare genes (listed in the diagram below) that can also cause breast or ovarian cancer, representing 20-30% of all breast cancers.

All of the genes listed to the right are included in the BRCA*now*® Comprehensive Panel test

Will my test results be kept confidential?

Yes, your genetic testing results are protected under the Genetic Information Nondiscrimination Act of 2008 (GINA), a federal law protecting people from genetic discrimination in health insurance and employment. Before testing, GoPath will also provide you with an Informed Consent form elaborating on these rights. This form must be signed prior to any genetic testing performed at GoPath Laboratories.

Genetic testing provides you with information to help you understand the health conditions that run in your family along with the potential risk for developing diseases like cancer. It is absolutely your choice to seek genetic testing and counseling to learn about any health risks without fear of discrimination and GINA protects you from that.

It is against the law for health insurers to request, require, or use a person's genetic testing history to make decisions about insurance eligibility, premium amount, or coverage terms. Although insurers may need to ask for genetic testing information to help approve a coverage determination, they cannot use the information to discriminate against you.
It is also illegal for employers to use genetic information to make hiring, firing, promotion, or pay rate decisions or to limit, segregate, classify, or mistreat an employee in any way. (Note: GINA does not apply to employers with 15 or fewer employees).

For more information, please refer to one of the following GINA information websites:

A Guide to the Genetic Information Nondiscrimination Act (GINA) - http://www.geneticfairness.org/ginaresource.html

GINA Resources from the Genetic Alliance - http://ginahelp.org

Results and Interpretation

Interpretation and classification of detected variants is an assessment that incorporates various components of cataloged information from national databases as well as from published references. Variants classified within genes are reported in the following categories in accordance to the ACMG standards and guidelines:

Positive

Positive: Positive results indicate an identified genetic alteration (mutation or deletion) that is clinically significant and is either **pathologic or likely pathogenic**, resulting in abnormal function of coded proteins. Such mutations are associated with a significantly higher risk of developing breast or ovarian cancers.

Variant of Unknown Significance (VUS)

Variant of Unknown Significance (VUS): The variants have unknown effects on gene function, have not been previously reported or have been reported with inadequate or conflicting evidence regarding pathogenicity. The genetic change has not been scientifically linked to being an increased risk and may also be a normal variant not associated with an increased risk of ovarian or breast cancer.

Negative

Negative: The variants have sufficient reported evidence and observation to be considered of no clinical significance. The changes are classified as **benign** (harmless) and confer no risk associated with cancer. A negative test result could also be considered **likely benign**. This means the variants are strongly suggestive of having no effect on the gene function and are unlikely to have an increased risk for cancer.

Your physician or genetic counselor will help you understand the significance of each category. If there is a strong family history of ovarian or breast cancer, other family members may also be tested by GoPath Laboratories.

Results Ready
10-14
Business Days

What if my test is positive?

What are your options and next steps if your test is positive? If your test is positive for a BRCA mutation or another rare gene associated with breast and ovarian cancer, your physician and genetic counselor will discuss several options to help reduce your risk for developing cancer.
These options may include: increased or enhanced screenings, proactive surgery, or drug therapy.

Should my family get tested? If your test is positive, your family members need to be tested. They too should discuss the importance of testing with a genetic counselor. Testing your family members is simpler and less costly than initial testing because only a single, identified gene mutation needs to be tested.

Genetic Counseling for **BRCA*now***®

Your physician or genetic counselor will discuss your personal risk of BRCA1/2 mutations and give you time to visit the GoPathGenetics.com website if the BRCA*now*® test is recommended for you. Your physician is equipped with the knowledge and understanding to help lead you in the right direction, but in the end, it is still your decision whether or not to have genetic testing.

One of GoPath's genetic counselors will schedule a convenient time to discuss your medical and family history and to talk about whether BRCA*now*® is the right choice for you and/or other family members. A genetic counselor is a heath care professional who has an advanced degree in human genetics and/or genetic counseling who also has a deep understanding of the concerns and uncertainty you may have regarding genetic testing. By using educational materials and simple terms regarding your family history, you will receive an assessment and testing options. The relationship built with a genetic counselor is an important part of making the right decision for you.

How does genetic counseling work?

GoPath's genetic counselors will schedule a time to meet with you and your family members by phone and/or a web-based program to walk you through a series of questions regarding your medical and family history, previous cancer screenings, and to help you construct a complete family tree and risk assessment. At the end of the session, the genetic counselor will:

- Share the risk evaluation results and your potential for being a BRCA1/2 mutation carrier
- Recommend genetic testing options
- Walk you through the BRCA*now*® testing process
- Offer information on cancer screening options and cancer risk prevention measures
- Develop a management plan with your physician

After the appointment is over, the genetic counselor will review any questions you have and discuss next steps. Moving forward with genetic testing is a personal choice and it's entirely your decision. The genetic counselor is an expert who will help you navigate the decision process and at the end of the session will provide you with an educational packet for you to keep. Should you decide to move forward with BRCA*now*® testing, they will contact your physician to obtain the test order and work with GoPath's pre-authorization team to begin the insurance coverage process. GoPath's team of professional support personnel is prepared to make your genetic testing decision experience convenient and easy to understand.

How can I pay for the BRCA*now*® test?

GoPath Laboratories accepts all commercial insurances. However, in some cases, your insurance plan may require pre-authorization or even a referral. GoPath will review the insurance information provided and submit a pre-authorization request prior to testing to ensure coverage along with the amount (if any) you would be responsible for based on non-coverage, or any deductible and copay amount.

Does GoPath offer financial assistance if I don't have insurance?

If you do not have insurance or if your insurance does not cover the BRCA*now*® test, GoPath offers a financial assistance program including discounted pricing and payment plans in accordance with our compliance program and legal guidelines. Please contact our GoPath financial team at 1-855-GoPath9 or 1-855-467-2849.

Getting started

If your physician and genetic counselor recommend moving forward with BRCA*now*® testing through GoPath Laboratories, these are the steps you would need to take: educate yourself on what to do with your results, speak to a genetic counselor to confirm your decision and complete the pre-authorization process to begin testing.

Contact Us

- Call GoPath Laboratories at 855.467.2849
- Email us at BRCAnow@GoPathLabs.com
- Request an appointment online at: http://www.gopathgenetics.com/schedule-a-genetic-counselor.html

For further information, email our pre-authorization team at:
BRCA*now*@gopathlabs.com or call 1-855-GoPath9

GoPath Genetics & BRCA*now*®

It's Your Decision

ABOUT GOPATH LABORATORIES:

GoPath Laboratories, LLC, is a fully-equipped, Molecular and Genetics testing laboratory located in the north suburbs of Chicago, Illinois. We provide diagnostic and prognostic testing for a variety of cancer types.

LEARN MORE AT:
www.GoPathGenetics.com

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