



FAQs

INFORMATION IS POWER

genetic testing
for cancer risk

Here is how a simple cheek swab can provide valuable insight about your health and empower you or your family and friends to make important healthcare decisions. This simple cheek swab test is offered **FREE** to any woman or man over 19.

You also have the option to gift a test to a loved one interested in learning more about their cancer risk. Learn more here and feel free to share this information with your friends and family. **Information is Power!**

Q Why is an initiative like *Information is Power* important to you, your family and friends?

A When Dr. Mary-Claire King discovered changes in the BRCA1 and BRCA2 genes were linked to increased risks for breast and ovarian cancer, this revolutionized the study of inherited cancer. We now know there are certain genes associated with cancer risk, but many genetic testing guidelines rely heavily on personal and family histories of cancer. With *Information is Power*, we're giving people the opportunity to access their genetic information at an affordable cost even if they are considered low risk by testing guidelines.

Q How has the initiative evolved since 2015?

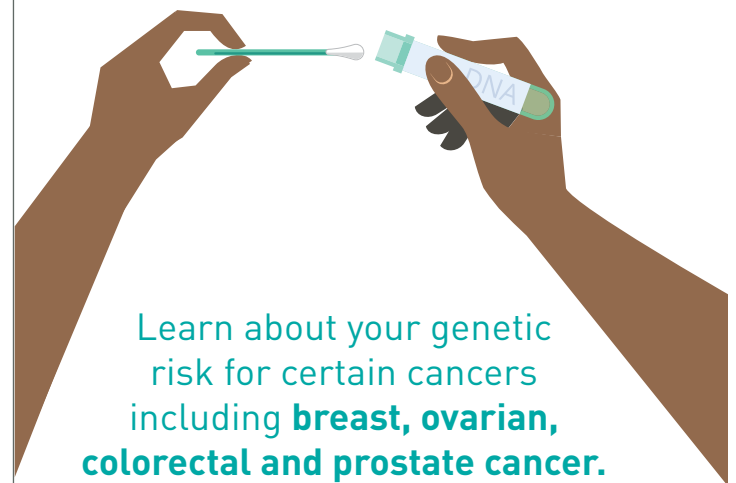
A In addition to expanding the age range and including men, the test, developed and offered by genetic testing company Kailos Genetics, now screens for genetic changes in more than 30 additional genes linked to breast, ovarian, prostate, colorectal and other cancers. We also noticed that a number of individuals wanted to purchase the test not only for themselves, but for their loved ones as well. Now, they have the opportunity to do so through the gift a test option.

Q Have a lot of individuals tested positive for a cancer genetic mutation?

A Around four percent of people have received positive results through *Information is Power*. This does not mean those individuals will definitely be diagnosed with cancer, but it shows they have a higher risk for cancer than the general population. We've found that many of the individuals who tested positive reported little to no family history of cancer. This means they were unaware of their risk and would not have qualified for traditional cancer genetic testing. Through *Information is Power*, we've been able to give them, their families and their doctors valuable information to help guide cancer screening and management.

Q Who should take this test?

A The test is available to any adult who is interested in learning about their genetic cancer risk. It is important to keep in mind that this test will **not** tell you if you have cancer and should not be seen as a replacement for routine medical tests, such as mammograms or colonoscopies. The goal is to arm you with more information about your health risk. *Information is Power* is not meant to replace traditional genetic counseling for people with strong personal or family histories of cancer or who already know their family has a genetic change in a cancer gene.



Learn about your genetic risk for certain cancers including **breast, ovarian, colorectal and prostate cancer**. In collaboration with your physician and a genetic counselor, use the information to plan future medical care for years to come.

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have partnered to offer a test that shows the genetic risk of developing certain cancers.



A simple cheek swab can help empower you to make important healthcare decisions for you and your family.

Q Who is Kailos Genetics?

A Kailos is a genetics company on the campus of Hudson-Alpha Institute for Biotechnology. Kailos believes in giving people the knowledge to understand their health risks through genetic testing and is at the heart of everything they do. Kailos also strongly believes in the power of community and is proud to support the *Information is Power* initiative. Your genes never change, so the earlier you can take the test and understand your own DNA, the more impact and control you can have over your own health.

Q What can the test tell you?

A The cancer screening test can tell you if you carry the BRCA1 and BRCA2 gene mutations that are strong risk signs for hereditary breast and ovarian cancer. It also looks for changes in 30 additional genes, including APC, ATM, BARD1, BMPR1A, BRIP1, CDH1, CDKN2A, CHEK2, EPCAM, FH, FLCN, MLH1, MRE11A, MSH2, MSH6, MUTYH, NBN, PALB2, PMS2, PTEN, RAD50, RAD51C, RAD51D, RINT1, SDHB, SMAD4, STK11, TP53, VHL, and XRCC2, to provide information about risks related to breast, ovarian, colon and endometrial (uterine) cancers.



The initiative has identified more than

70 genetic changes

associated with increased risk of cancer among the tested individuals, representing changes in **17 different genes.**

Remember: you share genetics with your family. What you learn could potentially impact your parents, siblings, children, cousins and others. Have a conversation with your family about the *Information is Power* initiative.

MORE THAN 5,000

people have been a part of the initiative and have taken the Information is Power test.



Men are also at risk for breast cancer. The genes included in this test are meaningful for all.



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>50% of people who received a positive result, and have an increased risk of cancer, did not have a strong history of cancer in their family.

Without this initiative, these individuals would likely not have been offered this kind of test at their physician's office.



Q What if I know my family has a change in one of these genes?

A This genetic screening may or may not find a known genetic risk factor. A negative result does not rule out the chance you have the known genetic change in the family. However, you can still use this test to have other cancer genes screened. If you or a family member have had previous genetic testing that found a risk factor in one of the genes, a clinical genetic counselor can help coordinate testing specifically for the known genetic change.

Q What will the screening not tell me?

A This genetic screening does NOT diagnose cancer nor does it replace other types of screening such as mammograms. It also does not tell whether an individual definitely will or will not develop cancer in the future, as the presence of a risk factor does not increase cancer risk to 100%. Likewise, the absence of risk factors identified through this screening does not necessarily reduce cancer risk.

Q What happens if I receive a positive result?

A A positive result from this genetic screening indicates that a change is present in a gene that increases your risk for certain types of cancer. It does not mean that you have cancer. The specific cancer types and risk level depending on which gene has a change present. If you have a positive test result, you will receive a phone call from a Kailos genetic counselor to further explain your result and your recommended next steps, which include seeking an appointment with a clinical genetic counselor that specializes in cancer genetics.

Q What happens if I receive a negative result?

A A negative result from this genetic screening indicates that no risk-increasing changes were identified in the genes tested. This does not guarantee that you will never develop cancer. It is important to consider that even in the absence of obvious genetic risk factors, each person in the general population is at a baseline risk of developing cancer.

Q Will this impact my ability to get insurance?

A The Genetic Information Nondiscrimination Act of 2008 (GINA) protects individuals from having their genetic information used against them when obtaining employment or health insurance. Protected genetic information includes family history, participation in genetic testing or counseling, and specific genetic test results. However, it is important to note that this protection does not apply to other types of insurance, including life insurance and long-term care policies.

Questions? Call **256-327-9597** or email:
informationispower@hudsonalpha.org

