Jayden, the test found you have a variant in the APC gene that is associated with Hereditary colorectal cancer. Read below to understand your result so you can plan your next steps.

YOUR RESULT

APC variant found

DELIVERY DATE

02/10/2019

DOWNLOAD CLINICAL REPORT

DOWNLOAD APC REPORT

What does this mean?

You have a risk factor in the APC gene that is associated with hereditary colorectal cancer. Your result does NOT mean you have familial adenomatous polyposis (FAP) or attenuated FAP, which are also associated with the APC gene. It is important to remember that your test result means you have a higher risk for certain cancers, but does not guarantee you will get them. There are also steps available to help.

Everyone has the APC gene in the cells of their body. APC usually helps stop our cells from dividing or growing too quickly, which is what happens in cancer. Variants in APC -- differences in your DNA's version of the gene -- can disrupt this protective effect, which can increase your risk to develop certain types of cancer (see next section below for more on these risks).

Since APC variants can run in families, your family members may also have it. Once you fully understand your results, refer to the tools below and talk to your genetic counselor or doctor about ways to share this information with your relatives.

To get more information about your results, you will need to download and view your Clinical Report. Your Clinical Report may have details that will impact the personalized action plan you create with your doctor or genetic counselor. We strongly recommend that you take a copy of your downloaded Clinical Report to discuss with your doctor or genetic counselor.

Risk with Age

As someone with the I1307K variant in APC, you have a higher risk to develop colorectal cancer. The estimated lifetime risk for colorectal cancer in the average person is 4.2%. Having the APC I1307K variant may increase your risk for colorectal cancer to be about twice this average risk, but the exact percentage is unknown. Risks for melanoma and other forms of skin cancer, as well as brain, lung, urinary tract, and pancreatic cancer may also be increased. Many factors play into this, including your age, lifestyle, family history, and your environment.

There are more options to reduce your risks

Now that you know your genetic health risk for certain cancers, you can work with your doctor to put a specialized cancer screening plan into action. All these options have pros and cons – one option or plan doesn't work for everyone. Talk with your genetic counselor or doctor to create the plan that works best for you to reduce your risks of getting cancer.

Cancer screening guidelines for people with the I1307K risk factor in APC are evolving as knowledge about the risk for colorectal cancer increases. If you do not have signs of colorectal cancer, published guidelines give different options. These options depend upon whether you have a family history of colorectal cancer.

If you do NOT have a parent, sibling, or child with colorectal cancer: Colonoscopy (exam of the lower digestive system with a tiny camera) is recommended every 5 years, starting at age 40.

If you DO have a parent, sibling, or child with colorectal cancer: Colonoscopy is recommended every 5 years, starting at age 40 or 10 years prior to the earliest diagnosis of colorectal cancer in your family (whichever is earliest).

There are different recommendations if you have symptoms of colorectal cancer. You'll want to take all this information and discuss it with your doctor to come up with the plan that's right for you.

Share Your Results

Now that you know more about your DNA, there are things you can do to protect your health. Here the resources you need to learn more and connect with professionals who can help guide you.

Download your Clinical Report

LEARN MORE

Talk to your doctor

LEARN MORE

Talk to a genetic counselor

LEARN MORE

Talk to your family

LEARN MORE

Common Questions

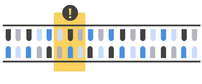
How comprehensive are my results?

What if I have a family history for one of the conditions covered by this test?

How can speaking with a genetic counselor help me and my family?

What does an actionable result mean?

SEE ALL



The genes, variants and conditions included in the GenePrism: Actionable Insights testing experience are scientifically robust and have been clearly associated with each inherited condition included in the test. Leading medical genetics experts have agreed that these genes have important implications for certain inherited conditions for which action can be taken to reduce the overall risk of developing the condition or allow the condition to be detected earlier. The GenePrism: Actionable Insight test does not analyze all of your DNA and does not tell you about all possible health risks that can be linked to variations in your DNA outside these 59 important genes.

Back To
My Results