



# Understanding Your Genetic Test Result

**Positive for a Deleterious Mutation  
or Suspected Deleterious**

MELARIS®

This workbook is designed to help you understand the results of your genetic test and is best reviewed with your healthcare provider. Please verify that your test result matches the following information by looking at the patient copy of your test result or contacting the healthcare provider who ordered your test. If your test result does not match, please disregard this brochure, and contact your healthcare provider.

## Your Genetic Test Result (check the appropriate boxes below)

### THE GENETIC TEST YOU RECEIVED

#### COMPREHENSIVE ANALYSIS

*p16* 

- Comprehensive MELARIS®:**  
Full sequence analysis of the *p16* gene

#### SINGLE SITE ANALYSIS



- Single Site MELARIS:**  
Mutation-specific analysis for individuals with a known *p16* mutation in the family

### YOUR TEST RESULT

- Positive for a Deleterious Mutation  
 Genetic Variant, Suspected Deleterious

## Overview of Your Test Result

Mutations in the *p16* gene are the most common known cause of hereditary melanoma syndrome.

- You have a mutation or alteration in the *p16* gene.
- You have hereditary melanoma syndrome.
- Hereditary melanoma syndrome increases the risk of melanoma and pancreatic cancer.
- The risk of developing these cancers is less than 100%. Not everyone with a *p16* mutation will develop cancer.

## Your Cancer Risks

Having a *p16* mutation increases the risk of certain cancers. If you have already had a cancer diagnosis, you have an increased risk of developing another cancer.

	p16 Mutation Risk	General Population Risk
Melanoma by age 80	up to 76%*	less than 2%
Pancreatic cancer by age 75	up to 17% in some families	less than 1%

\*Based on US data

## Notes/Questions

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# Managing Your Risks

Options for reducing cancer risk are available whether or not you have already had a cancer diagnosis. The following are medical management guidelines for *p16* mutation positive individuals. Discuss these options with the appropriate medical professionals to determine how you will manage your cancer risks.

## INCREASED SURVEILLANCE

- Clinical skin exams every 6 to 12 months beginning at age 10. More frequent exams may be necessary during puberty or pregnancy if moles are rapidly changing.
- Skin self-exam performed every month beginning in childhood.
- Color photographs of the entire surface of the skin and close-ups of atypical moles may be useful in comparing moles over time in both clinical and self-exams.

## SURGICAL MANAGEMENT

- Biopsy and/or removal of suspicious moles.

## LIFESTYLE MODIFICATIONS

- Limit or reduce exposure to the sun or ultraviolet radiation (for example: tanning beds). Do not get sunburned.
- Wear protective clothing, such as wide-brimmed hats, sunglasses, and long-sleeved shirts when going outside.
- Apply sunscreen with a Sun Protection Factor (SPF) of 15 or higher at regular intervals when outside to prevent sunburns.

Pancreatic cancer surveillance may be considered in some individuals. Please speak to your healthcare provider.

## Notes/Questions

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## It's a Family Affair

*p16* mutations are passed on in a family. Now that a mutation has been identified in you:

- Your close blood relatives (parents, children, brothers, and sisters) have a 50% chance of having the same mutation.
- More distant relatives (cousins, uncles, and aunts) also have a chance of having the mutation that runs in your family.
- Generally, the mutation is only going to be found on the side of your family (father's or mother's) that has the history of melanoma and/or pancreatic cancer.

Your relatives can be offered Single Site MELARIS® testing to determine whether or not they have the same mutation.

- Relatives interested in genetic testing will need to know your specific mutation. It is best to provide your relatives with a copy of your test result which you can obtain from your healthcare provider.
- Single Site MELARIS costs much less than a comprehensive test and may be covered by insurance.
- If your relative is:
  - ◆ **Positive** for the mutation, he/she has the increased cancer risks associated with a *p16* mutation and can benefit from appropriate medical management.
  - ◆ **Negative** for the mutation, he/she has an average risk for pancreatic cancer and a slightly elevated risk over the general population for melanoma. A healthcare provider can recommend an individualized screening plan based on other genetic, environmental, or lifestyle risk factors that may be present in the family.

Your healthcare provider can assist in determining which of your relatives should consider genetic testing.

Myriad has resources available to help you with your genetic test result.

- **Contact Myriad's Medical Services Department at 800-469-7423 for:**
  - ◆ Answers to questions about your test result.
  - ◆ Information about genetic testing for your relatives.
- **Or, visit Myriad's website for:**
  - ◆ A sample letter that can be sent to relatives who may need genetic testing can be found at [www.myriadpro.com/melarisfamilyletters](http://www.myriadpro.com/melarisfamilyletters)
  - ◆ A healthcare provider who can offer genetic testing to relatives in any state can be found at <https://www.mysupport360.com/find-provider/>

If you need a copy of your genetic test result, please contact the healthcare provider who ordered your test.

## Notes/Questions

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## Next Steps

Please work with your healthcare provider to determine the most appropriate next steps for you.

- Obtain a copy of your test result
- Schedule consultations with appropriate healthcare providers (list below):

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- Create a plan for medical management

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- Share your genetic test result with your relatives (identify your specific mutation so relatives can have Single Site testing)
- Re-contact your healthcare provider on a regular basis for new information for *p16* mutation carriers.

## Notes/Questions

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## Additional Resources

### **Melanoma Center**

An on-line resource developed by physicians that provides melanoma information.  
[www.melanomacenter.org/index.html](http://www.melanomacenter.org/index.html)

### **American Academy of Dermatology**

Provides information on melanoma risk factors, detection, treatment, and diagnosis, as well as assistance in finding a dermatologist in your area.

1-847-330-0230

[www.skincarephysicians.com](http://www.skincarephysicians.com)

### **National Cancer Institute**

Provides information on melanoma-related clinical trials, treatment, and prevention.  
[www.cancer.gov/](http://www.cancer.gov/)

### **Myriad Genetic Laboratories, Inc.**

[www.MySupport360.com](http://www.MySupport360.com)

800-4-MYRIAD (800-469-7423)

E-mail: [helpmed@myriad.com](mailto:helpmed@myriad.com)



**MySupport360.com**



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