1 variant detected

How To Use This Test

The test is designed to screen for TTR-related hereditary amyloidosis. People with a positive result should consult with a healthcare professional.

Read the Results in the Instructions for Use for more information.

We detected one copy of the V30M variant in the TTR gene. You have one of the three genetic variants we tested.

You have an increased risk of developing TTR-related hereditary amyloidosis based on your genetic result.

For people with a genetic variant, other factors can also influence the chances of developing TTR-related hereditary amyloidosis.

See Sample Collection and Information:

About Hereditary Amyloidosis (TTR-Related)

Hereditary amyloidosis is a group of hereditary diseases marked by the deposition of abnormal protein fibers called amyloid. These proteins are found in many different tissues and organs, causing a variety of symptoms and conditions.

See Sample Collection and Information:

It is important to discuss this result with a healthcare professional.
Scientific Details

The TTR gene makes a protein called transthyretin (TTR), which is involved in the transport of hormones and vitamin A in the blood. A mutation in the TTR gene can cause a rare group of inherited disorders known as ATTR amyloidosis.

The gene has three common variants: A, T, and M. These variants are found at different frequencies in different populations.

You have one of the three genetic variants tested.

<table>
<thead>
<tr>
<th>Genetic Variant</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>80%</td>
</tr>
<tr>
<td>T</td>
<td>15%</td>
</tr>
<tr>
<td>M</td>
<td>5%</td>
</tr>
</tbody>
</table>

You can discover what each of your genetic variants indicates in the accompanying video.

Test Interpretation

The results from the TTR gene test provide information on how your genetic variants may impact your health.

Health Risk Estimates

- **Cardiovascular disease risk**: Based on your genetic variants, you may have an increased risk for cardiovascular disease. This could be due to the presence of a mutation in the TTR gene, which is associated with an increased risk for heart disease.

- **Effects on liver health**: One genetic variant, M, can lead to a condition called hereditary amyloidosis, which affects the liver and other organs.

- **Effects on kidney health**: Another genetic variant, T, is associated with a condition called hereditary ATTR amyloidosis, which affects the kidneys and other organs.

**Notes**: These estimates are based on current understanding of the relationship between genetics and disease. They do not reflect the full complexity of genetic influences and are subject to change as new research is conducted.

Other Factors

- **Diet**: Certain dietary habits, such as a diet high in saturated fats, can increase the risk for cardiovascular disease. It is recommended to maintain a healthy diet rich in fruits, vegetables, and lean protein.
- **Exercise**: Regular exercise, such as walking or swimming, can improve heart health and lower the risk for cardiovascular disease.
- **Smoking**: Smoking is a significant risk factor for both cardiovascular and kidney disease. Quitting smoking is essential for improving overall health.
- **Medications**: Certain medications, such as statins, can help manage cholesterol levels and reduce the risk for cardiovascular disease.

Test Details:

- **Indications**: The TTR gene test is recommended for individuals who have a personal or family history of cardiovascular disease, liver disease, or kidney disease. It is also recommended for individuals over the age of 65.

- **Sentinel markers**: The test looks for specific genetic markers that may indicate an increased risk for these conditions.

- **Reference**: The test results are based on the latest scientific research and clinical guidelines. For more information, please consult the references section at the end of this report.

Warren and Limitations

- **Scope**: The test provides information on your genetic variants and their potential impact on health. However, it does not provide a diagnosis or a prognosis.
- **Validity**: The accuracy of the test is dependent on the quality of the DNA sample and the analysis methodology.
- **Interpretation**: The test results are interpreted by medical professionals and should be discussed with your healthcare provider.

References


Change Log

This report may contain updated information. The Change Log is available online.