MTHY-Associated Polyposis

You have one of the two genetic variants we tested linked to MAP.

We detected the C679G variant in the MTHY gene.

Scientists are uncertain as to how having one MTHY variant may influence your colon health.

Consider discussing this with a healthcare professional, especially if you have a family history of colon cancer or polyps.

Lifestyle, family history, and other factors can also influence the chance of developing colorectal cancer.

Consider discussing the results with a healthcare professional.

About MTHY-Associated Polyposis

MTHY, or Methylenetetrahydrofolate reductase, is a gene involved in folate metabolism. Mutations in the MTHY gene have been linked to an increased risk of colorectal cancer.

MTHY-related polyposis is a genetic condition where individuals with a specific MTHY variant are more likely to develop colorectal polyps or cancer.

Defining your risk:

1. If you have a family history of colorectal cancer, you may be at a higher risk. Your healthcare provider can discuss risk factors with you.

2. If you have had prior polyps or cancer, you may be at a higher risk.

3. If you have a personal history of autoimmune diseases, you may be at a higher risk.

Other things to consider:

1. Regular colorectal screening is important. Talk to your healthcare provider about the best screening options for you.

2. A healthy lifestyle, including a diet high in fiber and low in red meat, can help reduce your risk.

3. Smoking and excess alcohol consumption can increase your risk of colorectal cancer.

You can learn more about MTHY at [Source](https://example.com).