HeartCare

Do you know your genetic risk for cardiovascular disease?

The Baylor College of Medicine Human Genome Sequencing Center Clinical Laboratory has developed **HeartCare™**, a custom test targeting genes that influence risk for cardiovascular disease and related conditions.

If you are an adult between the ages of 18-85 years, you may participate in this cardiovascular disease study at no cost to you or your insurance!

Why Do Testing?

- About 1 in 20 people have a risk for a hereditary cardiovascular disease with established management guidelines.[1]
- Identifying genetic risks for cardiovascular diseases may lead to personalized treatment and better outcomes.[2]
- Because inherited heart conditions can run in families, your results can help your family members identify underlying conditions for proactive care.
- There's no cost to you or your insurance!

Who Can Take Part?

- All adults (18-85 years)
- Your doctor may recommend the **HeartCare™** test based on your medical history.
- Alternatively, you can ask your medical provider if you can participate.

Participating in research is a choice

Joining a research study is an important personal decision. Before you join, researchers will talk with you about the goals of the study and possible risks and benefits. They will also explain the rules they follow to protect your safety and privacy. Ask for help if you don't understand something or have questions.

You should never feel rushed or pressured to make a decision. Being part of a research study is completely voluntary - it's your choice.

What does HeartCare™ Test For?

Genetic risk of:

- **Aortic aneurysms** - "ballooning" of the aorta which may require surgical repair to prevent rupture.
- **Cardiomyopathies** - diseases of the heart muscle which may lead to heart failure.
- **Arrhythmias** - a group of conditions in which the heartbeat is irregular, too fast, or too slow.
- **High Cholesterol** - condition characterized by very high levels of cholesterol in the blood which may lead to early heart disease.
- **Medication sensitivity** - to certain prescribed medications including clopidogrel (Plavix®), warfarin (Coumadin®), statins (Lipitor®, Crestor®).

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How Does Testing Work?

- Simple blood or saliva collection.
- 158 genes are analyzed for any changes that could impact your health.
- Results are returned to your doctor and become part of your medical record.
- You and your doctor discuss if any management changes are needed.

Understanding Your Results

- Your physician will discuss your results with you.
- Genetic counseling services are available.
- Referral to adult genetics, if needed.

1 Haverfield, E. (2018). Multigene panel screening for hereditary disease risk in healthy individuals. ACMG Annual Meeting Charlotte, NC.

2 Roberts, R. (2018). Genetic Risk Stratification: Tipping Point for Global Primary Prevention of Coronary Artery Disease. Circulation 137, 2554-2556.

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