

Dear Family Member,

I would like to share some important information with you. I was recently evaluated for a blood clotting disorder because of my history of (insert blood clots, DVT, PE, pregnancy losses, pregnancy complications etc.).

As part of my evaluation, I had genetic testing for (insert factor V Leiden, prothrombin), a gene involved in blood clotting. The test revealed that I do carry a change (mutation) in the (insert factor V Leiden, prothrombin) gene which is associated with an increased risk of developing blood clots and may be related to pregnancy complications in women.

This mutation was most likely passed down through my (insert mother's/father's) line. Therefore, because these mutations can run in families, each of my (insert maternal/paternal) blood relatives is at-risk to carry this mutation, whether they are male or female, whether they have had a blood clot or not. If you have the mutation, there is a 1 in 2 (50%) risk that your children will be carriers as well.

Knowing my genetic test result will enable my relatives to be tested in order to determine if they too have inherited this change. Relatives who test positive for the mutation can take steps to reduce their risk of developing a blood clot, including avoiding oral contraceptive use and smoking, as well as considering the use of blood thinning medication in high-risk situations. Those who test negative have the general population risk, or average risk, for developing a blood clot, and can follow general recommendations for avoiding blood clots, such as exercising, maintaining a normal weight, and staying hydrated. If you find that you do not have the mutation, then you cannot pass it on to your children.

I benefited from a thorough discussion of this information with my (insert health care provider such as genetic counselor, hematologist, etc.) and would recommend that you see someone to discuss the testing process and your medical options. I am glad to share my test results, which describe the mutation in our family, with you and your doctor. My health care provider suggested that you visit a hematologist or genetics expert to learn more about this genetic change. If you have difficulty finding a hematologist or genetic counselor in your area, please feel free to call me.

Best wishes,