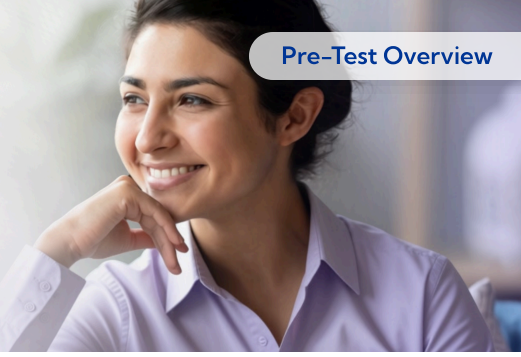
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Pre-Test Overview

Patient Guide: What to know before *APOE* testing for Alzheimer's Disease Risk

This guide explains what late-onset Alzheimer's disease is, how the *APOE* gene may affect your risk, and what to know before deciding if *APOE* genetic testing is right for you.



What is late-onset Alzheimer's Disease?

Late-onset Alzheimer's disease is a brain disease that develops later in life. It can cause problems with memory, thinking, and everyday activities that slowly get worse. Your DNA can provide information about your risk of developing late-onset Alzheimer's.

What is *APOE*?

APOE is a gene. Genes are pieces of your DNA that give your body instructions for specific tasks. The *APOE* gene gives instructions that help your body move fats through your blood and brain.[1] There are 3 common types of *APOE*: **ε2**, **ε3**, and **ε4**.

3 common *APOE* types

ε2 **The "lower-risk" type**
Linked to a lower risk of Alzheimer's than average.[1]

ε3 **The "average" type**
Doesn't lower or raise your risk of Alzheimer's.

ε4 **The "higher-risk" type**
A strong genetic signal for late-onset Alzheimer's.[1]

How can you find out your *APOE* type?

Every person inherits two copies of *APOE*—one from each parent. MyOme tests your DNA to see which two types of *APOE* you have. For example, if you get ε3 from one parent and ε4 from the other parent, your *APOE* result is ε3/ε4. Each result is linked to a lower, average, or increased risk of late-onset Alzheimer's.

ε3 **From parent 1**
This "average risk" copy of *APOE* came from parent 1.

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ε4 **From parent 2**
This "higher-risk" copy came from parent 2.

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ε3 / ε4 ***APOE* result**
Linked to a higher than average risk of Alzheimer's.

What could your result show?

There are 6 possible results from MyOme's *APOE* Add-On test. The table below shows what each result means for your risk.

Result	Your Alzheimer's risk		Estimated chance of Alzheimer's by age 85**
ε2/ε2	Lower	You're at the lowest risk.	Below average[2]
ε2/ε3	Lower	You're at slightly lower risk than average.	Below average
ε3/ε3	Average	You're at average risk. This is the most common result.	~10–15%[1,4]
ε2/ε4	Increased	You're at slightly higher than average risk.	Above average[1,3]
ε3/ε4	Increased	You're at higher risk than average.	~20–25%[3]
ε4/ε4	Increased	You're at the highest risk. Symptoms may start at a younger age.[1]	~50–60%[3]

Important to know: These numbers are estimates. They come mostly from studies of people with European ancestry, so your risk may be different.[5] Your risk also depends on your age, sex, family history, and health. Your report may also explain how your result may affect your cholesterol and heart health.[6,7]

FAQ about *APOE* type ε4

If my result is ε3/ε4 or ε4/ε4, will I get Alzheimer's?
Not for sure. Many people with one or two copies of ε4 never get Alzheimer's.[3] Other factors, like your age, family history, health, and habits also affect your risk.

If I don't have a copy of ε4, does that mean I won't get it?
No. People without ε4 can still get Alzheimer's. This test only looks at *APOE*. It does not check other genes, like rare genes that cause Alzheimer's at a young age.[4]

*This guide is for educational purposes only and does not replace talking with your healthcare provider.

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Is *APOE* testing right for you?

There is no right or wrong choice. *APOE* testing is only added if you choose it. Talk it over with your provider.

Why you may want to know your *APOE* result

- **Your result can be reassuring.** A lower-risk result may ease worry about Alzheimer's.[8] But it does not mean you won't get Alzheimer's.
- **Take early steps for your health.** A higher-risk result may motivate earlier care for your brain and heart health.[9]
- **Inform your treatment.** Your *APOE* result may be linked to serious side effects for some approved Alzheimer's medicines.[10,11] These medicines are only for people who already have early symptoms. If you ever need them, your result can help your doctor decide if they are safe for you.
- **Plan ahead.** A higher-risk result can help you plan for future care and stay informed as treatments come out.
- **Consider sharing results with your family.** Your parents, siblings, and children may share your *APOE* type.[4]

Why you may not want to know your *APOE* result

- **It may cause worry.** In studies, many people did not have serious distress after learning their result.[8] But some people feel stress or worry, especially with two copies of ε4. Once you learn your result, you can't "un-learn" it.
- **There is no cure yet.** No approved medicine can prevent or cure Alzheimer's. Some medicines can slow it down once symptoms start. For now, your result is mostly useful for healthy habits and future treatment planning, if needed.
- **Some insurance is not protected.** A U.S. law called GINA protects you from genetic discrimination by health insurers and most employers. It does not cover life, disability, or long-term care insurance.
- **Your family may not want to learn their risk.** Your result may tell relatives about their own risk, even if they did not want to know.

FAQ about testing, results, and resources

Can this test diagnose Alzheimer's disease?

No. It looks at your genes, not your brain. If you have memory problems now, talk with your provider.

Will my result ever change?

No. Your genes stay the same your whole life, so you only need this test once. However, what your result means for your risk may change as research evolves.

Can I lower my risk?

There is no sure way. But healthy habits may lower the risk of dementia, whatever your result: care for your heart, stay active, protect your hearing and vision, and stay social.[9]

How do I get this test?

APOE is an add-on to the Atlas Curated Screen™ test for adults aged 18+. It can't be ordered alone. If you've already had Curated Screen, *APOE* can be added without a new sample.

When will I receive my results?

Results are sent to your provider in about 5–6 weeks. If you've already had Curated Screen, results usually come in about 1 week.

Where can I learn more?

- Alzheimer's Association: alz.org
- Alzheimer's Foundation of America: alzfdn.org
- MyOme: myome.com

You don't have to decide alone.

Experts recommend genetic counseling both before and after *APOE* testing.[4] Talk with your healthcare provider before deciding whether testing is right for you. After testing, MyOme offers genetic counseling at no additional cost to help you understand your results and what they may mean for you and your family.

1. Liu CC, et al. Nat Rev Neurol. 2013;9(2):106–118. 2. Reiman EM, et al. Nat Commun. 2020;11:667. 3. Genin E, et al. Mol Psychiatry. 2011;16(9):903–907. 4. Goldman JS, et al. Genet Med. 2011;13(6):597–605. 5. Rajabli F, et al. PLoS Genet. 2018;14(12):e1007791. 6. Mahley RW, et al. J Lipid Res. 1999;40(11):1933–1949. 7. Bennet AM, et al. JAMA. 2007;298(11):1300–1311. 8. Green RC, et al. N Engl J Med. 2009;361(3):245–254. 9. Livingston G, et al. Lancet. 2024;404(10452):572–628. 10. van Dyck CH, et al. N Engl J Med. 2023;388(1):9–21. 11. Sims JR, et al. JAMA. 2023;330(6):512–527.

This test was developed, and its performance characteristics determined, by MyOme, Inc., a clinical laboratory certified under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) and College of American Pathologists (CAP) accredited to perform high-complexity clinical laboratory testing. This test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Test results should always be interpreted by a clinician in the context of clinical and familial data with the availability of genetic counseling when appropriate. MyOme is not responsible for the content or accuracy of third-party websites.