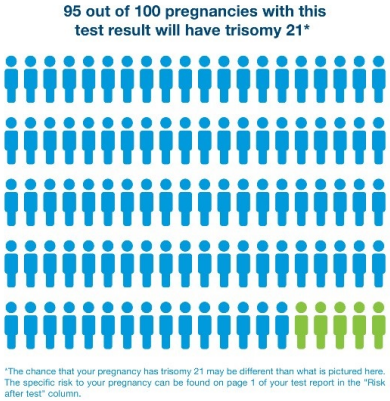
natera™ | Panorama™ Next-generation NIPT

Understanding Your Results

High risk for trisomy 21

What do my results mean?

Your results show that your pregnancy has a high risk for trisomy 21 (also known as Down syndrome). **This result *does not* mean that your baby has Down syndrome.** The specific chance that your baby has Down syndrome can be found on page 1 of your test report under "Risk after test." To know for sure whether your baby has Down syndrome, you would need to have additional testing. You should not make decisions about your pregnancy based only on this Panorama result, as it is not certain that your baby has Down syndrome.

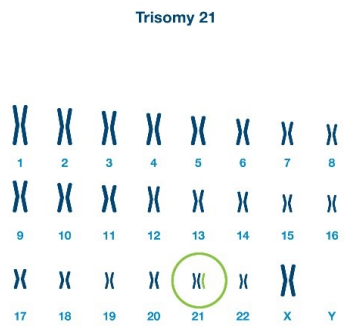


What is trisomy 21 (Down syndrome)?

Trisomy 21 is a genetic condition that about 1 in 700 people are born with.[1] People with trisomy 21 have intellectual disability that is usually in the mild to moderate range. They can also have heart defects, low muscle tone, and can be shorter than their family members. Some people with trisomy 21 can live independently as adults, while others will need to live with family or in a group home. People with trisomy 21 can also have other health problems and learning differences. Many people with trisomy 21 are healthy. Each person with trisomy 21 is unique.

What causes trisomy 21?

Trisomy 21 usually happens by chance. Parents cannot cause trisomy 21 to happen by anything they do before or during a pregnancy. Trisomy 21 happens when a person has an extra copy of chromosome 21. Chromosomes are tiny structures inside our cells that hold our genes and genetic material. Most people have 46 chromosomes that come in 23 pairs in every cell of their bodies. People with trisomy 21 have three copies of chromosome 21 instead of the two copies that most people have.



What can I do next?

You should talk to your healthcare provider about these results. They usually will refer you to a genetic counselor and/or a maternal-fetal medicine specialist to talk about your options for further testing.

If you want to find out if your baby has trisomy 21 during pregnancy, you can have a test called a CVS (chorionic villus sampling) or an amniocentesis. These tests are diagnostic and will tell you for sure if your baby has trisomy 21 or not. Both tests have a small risk of miscarriage.

If you do not want these tests during pregnancy, the baby can be tested after birth using blood from the umbilical cord. This testing is also diagnostic and will tell you for sure if your baby has trisomy 21.

It is important to have diagnostic testing either during pregnancy or when the baby is born to know for sure if the baby has trisomy 21. Changes to medical care and early intervention services can often improve the health and development of a child with trisomy 21.

Where can I find more information?

- March of Dimes marchofdimes.org/find-support/topics/planning-baby/down-syndrome
- National Down Syndrome Society ndss.org/about
- MedlinePlus medlineplus.gov/genetics/condition/down-syndrome
- CVS marchofdimes.org/find-support/topics/planning-baby/chorionic-villus-sampling
- Amniocentesis marchofdimes.org/find-support/topics/planning-baby/amniocentesis

NEVA is always available to help you learn about your results. You can connect with Natera's Educational Virtual Assistant (NEVA) by logging into the patient portal at my.natera.com.

If you would like to discuss your results with a Natera genetic counselor, you can schedule a free information session at naterasession.com, by texting SESSION to 636363, or by calling 1.877.476.4743. Please select **Panorama Non-Invasive Prenatal Chromosome Screening Post-Test** as the appointment type.

You can find a local genetic counselor through the National Society of Genetic Counselors at findageneticcounselor.nsgc.org.

1. MedlinePlus [Internet]. Bethesda (MD): National Library of Medicine (US); [updated 2022 Jan 19]. Down syndrome; [updated 2020 Sept 8; reviewed 2020 Jun 01; cited 2022 Jan 20]; [about 5 p.]. Available from: medlineplus.gov/genetics/condition/down-syndrome.

13011 McCallen Pass, Building A Suite 100 | Austin, TX 78753 | natera.com