Clinical Genetic Service leaflet reference: 092

South East of Scotland Genetic Service
Western General Hospital, Crewe Road South, Edinburgh EH4 2XU
Tel: 0131 537 1116

Brugada Syndrome Predictive Testing Information Leaflet

Brugada syndrome can sometimes run in families and affect one or more members as a result of a genetic change, or variant. It is important to identify such families as individuals with the condition could be at risk of sudden death. Families at risk should therefore be seen so an accurate assessment, diagnosis, treatment and support from specialists can be arranged.

A gene alteration has been identified in your family that is thought to explain your family history of Brugada Syndrome. This means that a test is available, to see if you have the gene alteration and if you have an increased risk of developing Brugada syndrome.

- **If you carry the gene change**, your lifetime risk of developing Brugada syndrome is significantly increased and your children and future children are at a 1 in 2 (50%) risk of inheriting the gene change.

- **If you do not carry the gene change**, your risk of developing Brugada syndrome is thought to be similar to other people in the general population and your children would therefore not be at risk of inheriting the gene change.

If you are found to have inherited the familial gene change we would refer you to cardiology for regular follow up and management of your risk.

Plan of action going forward

Please tick as appropriate		Enter details
	You have decided to proceed with testing. We have made the following arrangements for you to receive the results.	
	A follow up appointment has been arranged on	
	You have decided to get back in touch when you feel ready to proceed with testing.	

Following testing, results are usually available within 6 weeks. Results are confirmed in writing to you and copied to your referring clinician/GP.

You were seen by:	Genetic Counsellor	Patient label
Date:		

Brugada Syndrome
Brugada syndrome results in a disturbance to the electrical system in the heart leading to an abnormal heart rhythm (arrhythmia). If left untreated, these arrhythmias can cause the heart muscle to contract in an ineffective way, reducing the flow of blood from the heart around the body leading to loss of consciousness or in severe cases, cardiac arrest.

Symptoms can be variable but can include fainting episodes (syncope) and or heart palpitations (flutters).

Healthy Living Advice
Specific advice for Brugada, are to reduce the risk of developing a fast heartbeat by avoiding triggers. These include:

- **A high temperature (fever)** – if you develop a fever of 38C (100.4F) or above, take painkillers such as paracetamol to bring it down; get medical advice as soon as possible if this doesn't help
- **Drinking too much alcohol** – avoid drinking lots of alcohol in a short space of time
- **Dehydration** – get medical advice if you have diarrhoea or vomiting that doesn't go away, as you may lose a lot of fluid and might need to take special rehydration drinks
- **Certain medicines** – make sure any healthcare professional you see knows you have Brugada syndrome, and avoid medicines that can trigger the condition. A useful resource is https://www.brugadadrugs.org

SCAN ME

For more information and links to support organisations you can look at the website: Network for Inherited Cardiac Conditions Scotland (NICCS) at **www.niccs.scot.nhs.uk/**

SCAN ME

A limitation of the genetic test *is that just like much of medical science, we cannot yet know with certainty all the factors that influence health. There is very small chance that current classification of a gene variant may change as more information becomes available. This may change the clinical diagnosis, prognosis or treatment you receive.*