

Scenario Script

Hello. Thanks for coming in today. I know it was a surprise to hear from me.

Please sit down.

As you recall, when you signed up to be a control sample for the genetic study here at UW, part of your consent form indicated that we might find an incidental SNPs. Obviously one of those was identified, and that's why you're here today.

You have been identified to have 1 copy of the ApoE4 allele.

As you can see on the information sheet I've given you, the ApoE4 allele is associated with a significant increase in the likelihood of developing Alzheimer's disease. This gives you a 2 fold increase in the likelihood of developing Alzheimer's. It doesn't seem to increase the risk of developing early onset Alzheimer's.

As you know there are currently no effective treatments for Alzheimer's and no real preventative strategies. Exercise and eating a Mediterranean diet seems to decrease the likelihood of developing AD, but so far that's all I can tell you about prevention or treatment.