

Tumtesting

Reading your Tumtesting report

A plain-language framework for moving through an educational report without treating it as a diagnosis or treatment plan.

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Start with the report map

Reports may organize information differently. Use the table of contents and definitions supplied with your report.

1. Read the report overview first so you know which sections are descriptive, educational, or technical.
2. Review the methods and definitions before interpreting charts, ranges, or highlighted terms.
3. Note the report date and the sample or kit reference so you do not mix materials from different cycles.

Separate context from diagnosis

An educational explanation can help define a term, but it cannot diagnose a condition or determine treatment.

1. Treat charts and highlighted terms as prompts for learning, not as a complete picture of your health.
2. Avoid changing medication, supplements, diet, or care based only on an educational report.
3. Save questions that involve symptoms, risk, diagnosis, treatment, or ongoing care for a licensed health professional.

Prepare useful questions

Write questions in your own words and connect them to the exact report section you are reading.

1. What does this term mean in the context of this report?
2. What information is not included here?
3. Which questions belong with Tumtesting support, and which belong with a licensed professional?
4. What source can I read before I make a health decision?

Your checklist

- ☐ I reviewed the report definitions and methods.
- ☐ I marked unfamiliar terms without assigning a diagnosis.
- ☐ I saved health decisions for a qualified health professional.
- ☐ I wrote down the report sections connected to my questions.

Sources and further reading

These public sources offer general background for the topics in this guide. They are listed so you can continue reading at the original publisher.

National Human Genome Research Institute. Human Genome Project overview

<https://www.genome.gov/human-genome-project>

National Institute of Diabetes and Digestive and Kidney Diseases. Your digestive system and how it works

<https://www.niddk.nih.gov/health-information/digestive-diseases/digestive-system-how-it-works>

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How to use external resources

Check the publisher and review date. Read the complete source, not only a quoted sentence.

Save questions about symptoms, diagnosis, treatment, medication, or ongoing care for a qualified health professional.

External links can change after this review date. A link is provided for education and is not an endorsement of Tumtesting.