Sender Address

Date

Dear ,
Name of family member

Your family member, ,
Proband Name
has had genetic testing done recently. The testing found that they have a variant in the *PHEX* gene that causes X-linked hypophosphatemia (XLH). XLH is a lifelong condition that affects bone and joint health, growth, and mobility.

The term “X-linked” in X-linked hypophosphatemia refers to its inheritance pattern (“X-linked dominant”).

- If a father is affected, he will pass on the *PHEX* variant to all his daughters but not to any of his sons.
- If a mother is affected, each of her children has a 50% chance of inheriting the *PHEX* variant and being affected.
- 20 to 30% of XLH cases also arise spontaneously, without any family history.

I recommend you bring this letter and a copy of your relative’s results to your physician so that you can be referred to a genetic counsellor or an endocrinologist. They can guide you on genetic testing options and the implications of these results for you and your family.

Genetic Counsellors in Canada are affiliated with the Canadian Association of Genetic Counsellors (CAGC). Their website can help you and your physician find a genetics clinic in Canada: cagc-accg.ca.

Although it may be difficult to learn about the presence of XLH in your family, early and accurate diagnosis of the condition may help minimize its lifelong impact.

Sincerely,

HCP Name

HCP Clinic Name

HCP or Clinic Contact Info