

# Understanding Genetic Disorders

Guidance, Insight and Support for Healthier Families



**fernandez**

Built for Birthing

## What is Genetic Counselling?

Genetic counselling is a service that helps individuals and families understand the genetic contribution to health and disease.

A Geneticist/Genetic counsellor provides guidance on:

- ✔ **Family History:** Assessing the risk of inherited conditions.
- ✔ **Genetic Testing:** Understanding the results of genetic tests and their implications.
- ✔ **Informed Decisions:** Helping individuals make choices about their health and reproductive choices.



## Why It Matters: The Value of Genetic Counselling

- ✔ **Identify Risk Factors**  
Genetic counselling can help you identify if you are at an increased risk for certain inherited conditions like developmental abnormalities, metabolic disorders or hereditary cancers.

### ✔ **Plan for the Future**

It will help understand the risks of passing on inherited conditions.

This is particularly important for consanguineous

couples (those related

by blood, such as cousins), who may have a higher likelihood of transmitting recessive genetic disorders to their children.

Counselling explores reproductive options such as prenatal testing, IVF with preimplantation genetic screening/diagnosis.

### ✔ **Manage Health Proactively**

Knowing your genetic risk can help you take early steps to manage or reduce the risk of complications.

### ✔ **Support During Decision-Making**

Genetic counsellors provide emotional support and help you make informed decisions based on your genetic information.

## 🕒 **Genetic Counselling Is for:**

- ✔ Individuals or couples with a family history of congenital malformations, neonatal/infantile deaths, developmental delay, and intellectual disability, etc.
- ✔ Parents concerned about the recurrence of inherited disorders in future pregnancies.



- ♥ Those considering genetic prenatal screening.
- ♥ Individuals with a personal and family history of certain types of cancers, especially at a young age.
- ♥ Individuals or families seeking help in interpreting genetic reports.

## What Happens During Your Genetic Counselling Session?

1. You'll meet with a genetic counsellor who will review your family history and medical records.
2. The counsellor will assess your risks and explain them in a clear and understandable way.
3. The geneticist will then suggest genetic tests depending on your risk factors and family history, and help you understand the benefits and limitations.
4. Based on the test reports, your geneticist and genetic counsellor will guide you on the best course of action.

**BOOK AN APPOINTMENT, CALL** 

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