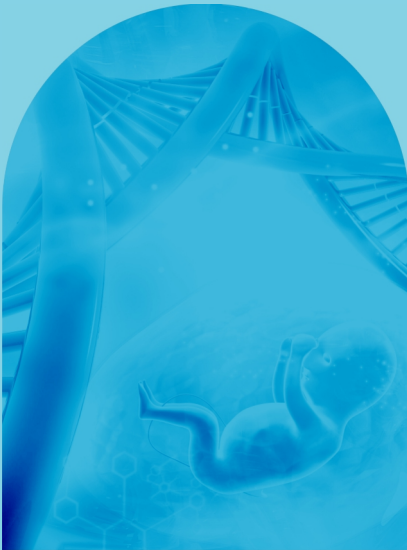


Genetic Disorder Awareness

Empowering You with Knowledge
for a Healthier Future



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 is Genetic Consultation/ Counselling Important?

- ✔ **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.

Who Should Consider Genetic Consultation/ Counselling?

- ✔ 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 to Expect During a Genetic Consultation/ Genetic Counselling Session?

- 👉 **Initial Consultation:** You'll meet with a genetic counsellor who will review your family history and medical records.
- 👉 **Risk Assessment:** Genetic counsellor will assess your risks and explain them in a clear and understandable way.
- 👉 **Genetic Testing Options:** Geneticist will offer genetic tests, depending on your risk factors/family history. The counsellor will help you understand the benefits and limitations of the tests.
- 👉 **Follow-Up Support:** After receiving reports, the geneticist will interpret the results and guide the family accordingly.

To book an appointment,

 **Call 1800 419 1397**