



Genetic Counseling

(NAPSA)—Each year more and more families with histories of inherited diseases are seeking genetic counseling and undergoing genetic testing. Genetic counselors provide information and support to families who have members with birth defects or genetic disorders and to individuals at risk for inherited conditions.



Genetic counselors help clients make their own informed decisions about how to manage their health-care based on genetic risks.

The sessions start by reviewing your family medical history and concerns. Once the history is gathered, counselors determine the chances you will develop the condition, educate you about this chance, discuss the consequences and if possible discuss how to prevent it. The counselor will also discuss the option of genetic testing if available. Counselors work with clients to help them make their own informed decisions about how to manage their health-care based on genetic risks.

To learn more about genetic counseling or to find one, contact the National Society of Genetic Counselors at www.nsgc.org.