



CRYOBANK.com



# Genetic Counseling Services

GENETIC COUNSELING SERVICES  
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Talking to a genetic counselor does not mean that you have to have genetic testing. You can discuss the testing options that are available and determine which tests, if any, are right for you.

## Who can benefit from genetic counseling?

- Anyone who wants to know about the risks to their pregnancy based on age, family history, ethnic background, or exposures to medications, infections, alcohol, or other substances
- Anyone experiencing infertility or multiple miscarriages
- A person who has been diagnosed with a genetic condition, or a family member of an individual with a genetic condition
- A person with a family history of cancer, mental illness, developmental disability, birth defect, or mental retardation

*"Working with a genetic counselor before getting pregnant helped me make informed decisions and gave me peace of mind about conceiving a healthy baby."*

Informed decisions for your family.



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## What does a genetic counselor do?

Genetic counselors are health care professionals trained to help you understand what your family medical history means for your family's health.

Genetic counselors provide you with information about genetic conditions and explain how they are passed down through families. Genetic counselors discuss testing options and help you make decisions about managing your lifestyle based on your family history.



## PREGNANCY PLANNING / MANAGEMENT

Genetic counselors are available to identify the risk for medical problems in your pregnancy based on your age, family history, and ethnic background.

Even if you have no family history of major medical problems, you can still have a child with conditions such as Down syndrome, cystic fibrosis, spina bifida, mental retardation, or other birth defects.

A genetic counselor can explain your risks to have a child with these disorders and help you understand your options for preventing or detecting these conditions in your children.

If you are planning to conceive using A.R.T. (Assisted Reproductive Technologies), a genetic counselor can help you understand your options:

- In vitro fertilization (IVF); insemination
- Egg and sperm donors; gestational surrogates
- Preimplantation genetic diagnosis (PGD)
- Sperm sorting

Genetic counselors can also explain your prenatal diagnosis and screening options such as:

- Carrier screening for cystic fibrosis, sickle cell anemia, thalassemia, Tay-Sachs disease, or other inherited disorders
- Amniocentesis or Chorionic Villus Sampling (CVS)
- Nuchal translucency screening or quad screening

## GENERAL and PEDIATRIC GENETICS

If you or someone in your family has been diagnosed with a genetic disorder, a genetic counselor can help you understand that diagnosis and the chance that you or other family members could develop that condition.

- Hearing loss
- Mental retardation
- Parkinson disease



## CANCER GENETICS

Most cancers occur by chance but some "run in families". If you have a family history of cancer at a young age or several family members with cancers, a genetic counselor can help you understand your risk for an inherited cancer syndrome and help you make personal decisions about cancer prevention and management.

## What can you expect from a genetic consultation?

- Collection and evaluation of your family medical information
- Explanation of relevant genetic disorders and inheritance patterns
- Discussion of genetic screening and diagnostic testing options
- Support with decision making about genetic testing and medical planning
- A summary letter for your medical records

**For more information or to schedule an appointment, call (877) 943-6384 x7381 or email us at [GCS@cryobank.com](mailto:GCS@cryobank.com).**

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