Genetic Counselling

Assisting women and couples make informed decisions

Genetic counselling is a set of processes where knowledge about the genetic aspects of illnesses is shared with those who are at an increased risk either of having an inherited condition, or of passing such a condition on to children.

Capital Genomic

A genetic counsellor provides:

- Information about the inheritance of illnesses and conditions, and their risk of recurrence.
- Addresses the concerns of patients, their families, and their health care providers about inherited conditions or genetic tests.
- Provides support to patients and their families dealing with such illnesses.

Genetic counselling is a relative new branch of medicine, and the role of a genetic counsellor has evolved from simply drawing pedigrees in an attempt to help clarify the genetic components of diseases and birth defects. Today, highly-trained genetic counsellors present information and feedback to patients on the inheritance or risk of inheriting illnesses and conditions.

As genomic technology advances, genetic counselling has increased both in scope and importance. Individuals may come to see a genetic counsellor because they have a disorder themselves and are concerned about their family. Couples with an affected child who wish to plan another pregnancy. Couples who are planning a first pregnancy may wish to understand their future child's disease susceptibility. Couples who are planning a pregnancy later in life may wish to assess their potential risks.

Genetic counsellors will assist with interpretation of family and medical histories to assess the chance of disease occurrence or recurrence. They provide education about the natural history of the condition, inheritance patterns, testing available, management options, prevention strategies, and provide support resources and research. This will take into account family goals, ethical and religious values.