

# Genetic Counselling and Testing: A Guide to Understanding and Managing Genetic Conditions



## Highlights

Genetic counselling can help you understand more about a genetic condition and what causes it.

Genetic counsellors are health professionals who have qualifications in both genetics and counselling.

Genetic counselling may involve talking about genetic testing.

It can also help you adjust to living with a genetic condition or plan for the future.

## In This Article

Genetic Counselling

Genetic Counsellor

When to See a Genetic Counsellor

Genetic Testing and Its Applications

Finding a Genetic Counsellor

Tools and Assistance

## Genetic Counselling

Understand more about a genetic condition and what causes it.  
Understand the risk of you or your family member having a genetic condition.  
Work out whether to have genetic testing.

## **Genetic Conditions**

Cri du chat syndrome  
Cystic fibrosis  
Down syndrome \ (trisomy 21\  
Edwards syndrome \ (trisomy 18\  
Fragile X syndrome  
Haemophilia  
Muscular dystrophy

## **Genetic Counsellor**

Talk you through genetic testing.  
Help you understand your test results and what they mean for you and your family.  
Provide emotional and practical support if you have \ (or are at risk of\  
a genetic condition.  
Help you and your family adjust to living with a genetic condition and plan for the future.

## **What to Expect in a Genetic Counselling Session**

Talking about your family and any conditions that are common in your family.  
Learning about specific conditions and how they are inherited.  
Finding out what tests are available.  
Talking about how to manage and prevent conditions.  
Learning what support and resources exist.  
Organizing genetic tests.  
Understanding test results.  
Giving advice on support services.

## **When to See a Genetic Counsellor**

## **Planning for Pregnancy**

You have a genetic condition.

There is a chance you have a genetic condition because it runs in your family.

You want to understand the likelihood of your baby having a genetic condition.

## **During Pregnancy**

See a genetic counsellor to discuss your options.

Have further tests.

Amniocentesis

Chorionic villus sampling \ (CVS\)

## **Caring for Your Child**

### **Genetic Testing and Its Applications**

If you have symptoms of a genetic condition.

If you have a family history of a genetic condition.

During pregnancy, to check your baby for certain conditions \ (if they are at increased risk\).

### **Finding a Genetic Counsellor**

### **Tools and Assistance**