



## How We Conduct Genetic Counseling?

Technological advancements have allowed patients to now choose from varied options to conduct their medical consultations.

### ● FACE-TO-FACE CONSULTATION

Our traditional face-to-face consultation with the genetic counselor continues to be the most popular among patients. With personalized focus and customized service most patients opt for this option, especially those who prefer the comfort of having direct human interaction.

### ● REMOTE CONSULTATION

#### ● Telephonic Consultation:

We can arrange a one-hour scheduled telephone consultation with our genetic counselor during which all aspects of the condition can be discussed.

#### ● Skype Consultation:

If someone is not present in UAE, located in another country, or those who suffer a disability that makes trips to the consultation difficult; we can arrange consultations over skype. Patients can see who they are talking to; aiding communication and increasing comfort level.

For more information, please visit our dedicated website for genetic counseling [www.geneticcounseling.ae](http://www.geneticcounseling.ae)

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# Genetic Counseling



 **EASTERN BIOTECH**  
& life sciences

## What is Genetic Counseling?

Genetic counseling is a communication process that helps people understand and adapt to the medical, psychological and familial implications of genetic contributions to disorders that may be hereditary. This process integrates the following:-

- Interpretation of family medical histories to assess the chance of disease occurrence or recurrence
- Counseling to encourage informed choices and adaptation to the risk or condition
- 360° Support families and educate them about inheritance, testing, management, prevention, resources and research

## What are the Benefits of Genetic Counseling?

- Personalized and optimum healthcare and support from a multidisciplinary team of specialists in the field
- Empowerment by information and knowledge about the genetic condition which would encourage informed decision-making
- On-going support and guidance during the difficult and stressful process of decision-making, testing, receiving results and future management
- Access to resources and support groups
- Regular follow-up and management

## When Do You Need Counselor's Help?

- "I have a medical condition and want to learn whether I could pass it to my children"
- "My gynecologist told me that I need a CVS or an amniocentesis for this pregnancy. Why? And what are these tests?"
- "I have a family history of a certain health condition, is there a genetic test I can take to find out if I am at risk?"
- "I simply need to talk to someone who can help me understand my test reports" etc.

## How Can Genetic Counseling Help You?

### I. Genetic Counseling for Reproductive Issues

- **Pre-marital genetic testing** (generally for consanguineous couples)  
Pre-marital genetic testing for consanguineous couples is on the rise in the U.A.E., however once the results are made available, a lot of the patients do not understand what they mean or imply. The role of a genetic counselor in this case would be to explain the testing procedure, interpret the results, discuss the implications of the results and facilitate informed decision-making.
- **Pre-conception counseling** (before conception)  
E.g. carrier screening, donor screening, Pre-implantation genetic diagnosis (PGD) for known conditions, or conditions which are prevalent in particular ethnic backgrounds
- **Pre-natal counseling** (during pregnancy)  
E.g. 1st or 2nd trimester screening, ultrasound, CVS or amniocentesis for determining chromosomal aneuploidies, neural tube defects, structural malformations etc. Conditions include Down syndrome, Spina Bifida etc.

### II. Genetic Counseling in Paediatrics

- Genetic counselors have an important role to play after the birth or stillbirth of a baby with an abnormality, or when an infant with a genetic condition dies. The genetic counselor can help the family in the grieving process and/or to understand the cause of the problem (if it is known)
- In situations with delayed physical or cognitive development, problems may become evident over time such as, later in childhood, adolescence or adulthood. Genetic counseling in these circumstances includes gathering information relevant to establishing the diagnosis, anticipating its impact on the patient or family, addressing their fears and distress, educating them about the condition and its implications, and ensuring that they access necessary medical and social services. E.g. haemoglobinopathies, inherited metabolic disorders etc.

### III. Genetic Counseling for Adult Onset Diseases

- Some genetic conditions manifest and develop later in life. As molecular tests have become available for disorders such as Huntingtons Disease, Alzheimer's Disease, and numerous hereditary cancer predispositions, healthy individuals who are at risk may consider learning about their genetic status so as to diminish anxiety, remove uncertainty, or make personal and medical decisions.

