



# Genetic counseling indications

There are many reasons why someone could benefit from meeting with a genetic counselor. The below indications are some of the most common. You are always welcome to contact our team at 360-485-0115 to discuss a potential referral or connect by email at [gc@geneticsupport.org](mailto:gc@geneticsupport.org).

## Reproductive Genetics

### Currently pregnant

- Advanced age of egg ( $\geq 35$  yo at EDD) or sperm ( $\geq 40$  yo)
- Review of aneuploidy testing options and carrier screening
- Abnormal genetic test result
- Abnormal ultrasound scan
- Remarkable family history (specifically, heritable conditions, intellectual disability, autism spectrum disorders, birth defects, recurrent miscarriages, neonatal loss)

### Planning a pregnancy

- Preconception reproductive risk assessment
- Review of carrier screening

### Infertility +/- desires to use assisted reproductive technologies (ART)

- Unable to get pregnant after 1 year of timed UPI (or after 6 months if egg source is  $\geq 35$  yo)
- Abnormal sperm parameters
- Low AMH for egg source
- Pre-implantation genetic testing
- Gamete donor review

### Prenatal genetic counselors



Jenny Rietzler



Katie Stoll



Devin Shuman



Rachel Westman



Alyssa Stringfellow



Kelly Donahue



Jerri Cheung

## Oncology Genetics

<b>Personal history of cancer</b>	<ul style="list-style-type: none"> <li>● Any cancer type with onset before the age of 50</li> <li>● Triple negative breast cancer with any age of onset</li> <li>● Ovarian cancer, male breast cancer, pancreatic cancer, metastatic or high grade prostate cancer with any age of onset</li> </ul>
<b>Family history of cancer</b>	<ul style="list-style-type: none"> <li>● Multiple relatives with same type of cancer and/or any relative with onset before the age of 50</li> <li>● Any family history of ovarian cancer, male breast cancer, pancreatic cancer, metastatic or high grade prostate cancer regardless of age of onset</li> </ul>
<b>High risk ancestry or known variant in the family</b>	<ul style="list-style-type: none"> <li>● Breast cancer of any age for an individual or relative with Ashkenazi Jewish ancestry</li> <li>● Positive genetic test result in the family</li> </ul>

### Cancer genetic counselors



Jerri  
Cheung



Alena  
Faulkner



Julie  
Simon



Katie  
Stoll



Alyssa  
Stringfellow



Jada  
Roberts

## General Genetics

### Neurology\*

<b>Personal or family history</b>	Epilepsy
	Neurodevelopmental disorder (developmental delay, autism spectrum, intellectual disability)
	Neurodegenerative condition such as Huntington disease, early-onset (<50 yo) diagnosis of amyotrophic lateral sclerosis, Alzheimer's disease, frontotemporal dementia

## Cardiovascular disease\*

### Personal or family history

Cardiomyopathy, arrhythmia, and/or sudden death

Thoracic or aortic aneurysm/dissection

Hypercholesterolemia (LDL >190 mg/dL)

## Musculoskeletal\*

### Personal or family history

Connective tissue disease (e.g., Marfan syndrome, Ehlers Danlos syndrome)

Muscular dystrophy or myopathy

## Hearing +/- vision loss\*

### Personal or family history

Early-onset (e.g., childhood) or congenital hearing loss +/- vision loss

## Other\*

Family history of a genetic syndrome or abnormal genetic testing

Direct-to-consumer DNA test results (such as through 23&Me)

A recent positive newborn screening result

## Adult and pediatric genetic counselors



Devin  
Shuman



Julie  
Simon



Rachel  
Westman



Alyssa  
Stringfellow



Jada  
Roberts

*\*Some indications are best served in combination with medical geneticist support and would not be appropriate for genetic counseling only visits at GSF. We will help navigate this upon the referral.*



**Genetic Support  
Foundation**

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