



DTC Genetic Counseling

Did you do genetic testing on your own and wind up with more questions than answers?

Are there questions you have about your health that you feel like direct-to-consumer genetic testing didn't answer?



Many companies now (23andMe, Ancestry.com, Gene by Gene, MyMedLab, MyHeritage, Color Genomics, etc) are claiming to provide insights into your genetic health information, but you may be left with questions. Several third-party companies (Promethease, GEDmatch, etc) will take the raw data that these labs give you and claim to be able to give you even more information. If you want help understanding your test results and implications it may or may not have for your health, you may benefit from a [Direct To Consumer \(DTC\) Genetic Counseling Consultation](#).



What to expect from your DTC Genetic Counseling Consultation

[Our team](#) of certified genetic counselors is dedicated to helping you navigate your genetic health and provide up-to-date care recommendations. The data generated in these home testing reports are often expansive and overwhelming. We will begin by reviewing your biggest questions about your results and data. We will also gather some personal medical history and your detailed family medical history. After gathering that information, the genetic counselor can discuss any concerns they have regarding a potential underlying personal or family history of a genetic condition.

Many people who meet with a genetic counselor for a DTC Genetic Counseling Consultation will have their primary question answered and may not need further discussion or evaluation.

Some individuals who see a genetic counselor for a [DTC Genetic Counseling Consultation](#) will have many questions which may take further consultation or additional genetic testing to fully answer. In rare cases, an individual may also need to be seen by a geneticist (a doctor who specializes in genetics) or other medical specialists because many genetic conditions are diagnosed by either a physical exam, lab work, or both, which needs to be done by a doctor. With your permission, our office can forward the information from the genetic counseling consultation so any providers that you see will have all of the detailed relevant background information ahead of that appointment.

[Schedule Appointment](#)

How to prepare for your appointment

It is important to come to your appointment with any specific questions or concerns that you have so that the genetic counselor can be sure to address those during your visit.

A [DTC Genetic Counseling Consultation](#) also includes a detailed medical and [family history](#), so it may be helpful to talk with relatives ahead of the visit to gather information about their health history. Some things to ask about can include:

- Health concerns ([cancer](#), diabetes, [heart disease](#)), including the age they were diagnosed
- Diagnosis of a genetic condition or relatives who have had genetic testing
- Babies who have had to have surgery
- Babies who have died shortly after birth



- Family members with any delays (not walking or talking on schedule, needing help in school, [autism spectrum disorder](#), etc)

It is common for there to be limitations to gathering family health history, including a loss of contact, family members not wanting to share their health history, or someone being adopted. It is helpful to gather as much information that is comfortable to ask for.

How much does a DTC Genetic Counseling Consultation cost?

The cost for genetic counseling is \$250, which can be paid securely online by credit card or arrangements can be made to pay by check. It is both the philosophy and practice at GSF that genetic services, including genetic counseling, should be available to those in need, regardless of ability to pay. For this reason, we have financial aid available for those who qualify.

Do you accept insurance?

Visit our '[FAQs](#)' page to learn more about billing and our patient assistance program.

Common reasons for a DTC Genetic Counseling Consultation

Most people who seek [DTC Genetic Counseling Consultation](#) initially sought genetic testing on their own out of curiosity or to learn their ancestry and wound up with questions about their health after reviewing their results at home. Sometimes people have a health concern and chose to do genetic testing on their own for convenience, privacy or financial concerns and are now unsure what to do next with their results.

There are many questions that can prompt someone to pursue DTC Genetic Counseling Consultation, including questions about:

- Cancer Risk (Including [Breast cancer](#), [Ovarian cancer](#), [Uterine/endometrial cancer](#), [Colorectal cancer](#), [Pancreatic cancer](#), [Prostate cancer](#) or cancer related to individual genes [BRCA1](#), [BRCA2](#), [MLH1](#), [MSH2](#), [MSH6](#), [PMS2](#), [EPCAM](#) and more)
- [Childhood development](#) (including [developmental delays](#), [intellectual disability](#), [autism spectrum disorder](#), [congenital hearing loss](#), etc)
- [Metabolic disorders](#) (including amino acid disorders, mitochondrial disorders, fatty acid oxidation disorders, peroxisomal disorders, etc)
- [Heart and Cardiovascular conditions](#) (including [arrhythmogenic right ventricular cardiomyopathy](#), [Brugada syndrome](#), [catecholaminergic polymorphic ventricular tachycardia](#), [Long QT syndrome](#), [familial dilated cardiomyopathy](#), [familial hypertrophic](#)



Direct-to-Consumer (DTC) Genetic Counseling

[cardiomyopathy](#), [left ventricular noncompaction](#), [familial hypercholesterolemia](#),
[vascular Ehlers-Danlos syndrome](#), etc)

- [Connective Tissue Disorders](#) (including [hypermobile Ehlers-Danlos syndrome](#), [classical Ehlers-Danlos syndrome](#), [Marfan syndrome](#), etc)
- [Personalized Medicine](#) (including [pharmacogenomic testing](#), [ancestry testing](#), etc)

Questions? Please call us at 844.743.6384