

How do I make an appointment to see a genetic counselor?

Patients are seen in the Fetal Diagnostic Center at Oakwood Hospital & Medical Center in Dearborn. The Fetal Diagnostic Center is located on the 3rd floor of the Medical Office Building, Suite 306. To schedule an appointment for genetic counseling, call 313.593.7521. Appointments are available Monday through Friday.

What should I bring with me to my appointment?

You must bring a picture ID, insurance card, a prescription or written order from your doctor and a referral, if required by your insurance company. It is your responsibility to have each of these items before arriving at the Fetal Diagnostic Center for the appointment. If you are missing one of these items, your appointment may be delayed or may have to be rescheduled.

For more information, visit Oakwood's Web site at www.oakwood.org and look under "Women's Health."



GENETIC COUNSELING



Oakwood[®]

The Center for Women's Health

**Oakwood Hospital
& Medical Center**
18181 Oakwood Blvd.
Suite 102G
Dearborn, Michigan
48124

313.593.8483
313.436.2004 fax
www.oakwood.org

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Comfort and support from genetic counseling

What is genetic counseling?

Genetic counseling is an educational process of providing information and support to individuals and families who have members with birth defects, genetic disorders, or are at risk for a variety of medical disorders based on their family history or prenatal screening tests. Genetic counselors focus on explaining the possibility or presence of genetic conditions or birth defects in a current or future pregnancy, as well as available testing options. While it may be stressful to discuss some of these topics, it is important to remember that the vast majority of pregnancies result in a healthy baby and many patients are reassured by the information they learn from their genetic counselor.

Should I see a genetic counselor?

People who are commonly referred for genetic counseling services are individuals or couples who:

- Have concerns regarding a personal or family history of a genetic condition
- Are 35 years or older at the time of delivery
- Have a positive maternal serum screening result
- Have a concern identified on an ultrasound examination
- Have experienced multiple miscarriages
- Are carriers of a genetic disease such as cystic fibrosis or sickle cell anemia
- Are concerned that their lifestyles, jobs or medical history may pose a risk to pregnancy, including exposure to drugs, radiation, chemicals, infection or medication
- Would like more information about genetic diseases that occur more frequently in their ethnic group

If you would like to receive genetic counseling, ask your doctor for a referral.

What will happen during a genetic counseling session?

The genetic counselor will provide information about possible risks and testing options, and help guide and support you through decision-making processes. Your genetic counselor may interpret medical information and act as a support person during stressful times. Another important component of genetic counseling is gathering information about your family history to identify other testing options that may be appropriate. The genetic counselor will likely be the first care provider that you meet during your appointment at the Fetal Diagnostic Center. You can expect your meeting with the genetic counselor to take 45–60 minutes. Following genetic counseling, some patients will receive an ultrasound examination and some may receive further testing. Expect your appointment at the Fetal Diagnostic Center to take two to three hours total.