

Reproductive Genetic Counseling

Reproductive genetic counseling is provided mainly in areas of infertility, disorders related to obstetrics and hereditary/familial cancers. Due attention is given to familial and/or recurrent disorders for precise diagnosis followed by counseling for prediction, prevention and precision medicine.

Reproductive genetic counseling is concerned with the occurrence and the risks of recurrence of reproductive genetic disorders within a family. This aims to provide the patient with clear and comprehensive understanding of all the important implications and possible options of the disorder, to facilitate rational decision. This aims to help the individual or family as follows:

1. Comprehend the medical facts including diagnosis, cause, probable course of disorder, available management including precision, prediction & prevention in the family
2. Appreciate the way heredity contributes to the disorder and the risk of recurrence in relatives
3. Understand the options for dealing with the risk of recurrence
4. Choose the course of action, which seems appropriate to them in view of their risk & family goals and act in accordance with that decision
5. Make the possible ways of adjustment with the disorder in an affected family member and/or to the risk of recurrence of that disorder in the family

Best time of obstetrics counseling is preconception period, in particular if advanced parental age or family history of genetic disorder including mitochondrial disorders in family (neural tube defect, other fetal malformations, chromosomal abnormalities, etc) and antenatal period (screening for fetal malformations & chromosomal aneuploidy), during prenatal diagnosis, etc.

Counseling also provided for recurrent abortion or stillbirth, polyhydramnios or oligohydramnio, early onset intrauterine growth retardation, etc.

Genetic Counseling also available for hereditary/familial reproductive cancers like hereditary breast and ovarian cancer (BRCA mutation), familial colorectal and endometrial cancers (Lynch syndrome), etc.