

GENETICS

GENETIC COUNSELING AND PRENATAL DIAGNOSIS – A SYNOPSIS

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Abstract: *Genetic disorders are being diagnosed increasingly with the advent of novel molecular diagnostic methods. Hence, it becomes imperative for clinicians of all specialities to perfect the art of genetic counseling and plan and advice regarding antenatal testing as and when necessary. This article summarizes the fundamentals and methodology of genetic counseling and prenatal diagnosis.*

Keywords: *Prenatal diagnosis, Counseling, Genetic disorder, Antenatal testing.*

Points to Remember

- *Genetic counseling has to be offered by a competent person which involves privacy and confidentiality.*
- *Non-directive counseling - Facts are explained by the counselor but decisions are made by the family.*
- *Index case work up and pre-pregnancy counseling is crucial and informed consent is necessary at different steps of genetic work up.*
- *Genetic work up is an extensive and usually a very time-consuming process involving multiple sessions, hence ideal time for a referral is pre-pregnancy period.*
- *Pedigree charting is an essential part in genetic counseling.*
- *Prenatal diagnosis aids early detection and optimizes pregnancy management.*

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