



PRENATAL GENETIC COUNSELING

WHO IS A GENETIC COUNSELOR?

A genetic counselor is a trained health care professional with a specialized graduate degree in the area of medical genetics. In the field of prenatal genetic counseling, a genetic counselor's role is to help a patient understand her risk for having a child affected with a genetic or chromosomal abnormality, educate the patient about the screening and/or diagnostic options available, and coordinate any prenatal or postnatal follow-up necessary.

DO I NEED TO BE PREGNANT TO SEE A GENETIC COUNSELOR?

No. Many people know they are at risk for a chromosome abnormality or a specific disease before they become pregnant.

Genetic counselors will gladly help a patient understand a particular genetic condition, research the availability of testing, coordinate maternal and/or paternal testing if indicated, and coordinate prenatal testing if requested by the patient.

WHAT ARE THE MOST COMMON REASONS FOR A WOMAN TO SEE A GENETIC COUNSELOR?

While there are hundreds of reasons, the most common reasons include advanced maternal age (maternal age greater than 35), an abnormal screening test and/or ultrasound in a current pregnancy, a history of a genetic/chromosome condition in a prior pregnancy, a family history of a genetic disease, or a member of an ethnic group at risk for a specific disorder.

WHAT CAN I EXPECT IN A GENETIC COUNSELING SESSION?

Generally, genetic counselors will construct a three generation pedigree of your family asking specific questions about ethnic background, genetic diseases, age of onset of health conditions and prior pregnancy outcomes. They will review the risks, if any, to your current or future pregnancy, and assist you in understanding the risks, benefits and alternative to any available screening or diagnostic tests. Genetic counselors are trained to be objective — respecting and supporting the opinions and views of the patients they counsel. In the event of an abnormal test result, the genetic counselor becomes a valuable coordinator of the care between a patient's obstetrician and any subspecialty care that may be needed for or after the birth of the child.

ISN'T MOST OF THE INFORMATION AVAILABLE ON THE INTERNET?

The internet is a wonderful resource but can also provide misleading and inaccurate information. A genetic counselor can help guide you through the confusing array of information that is critical to know prior to making any decision about your pregnancy.



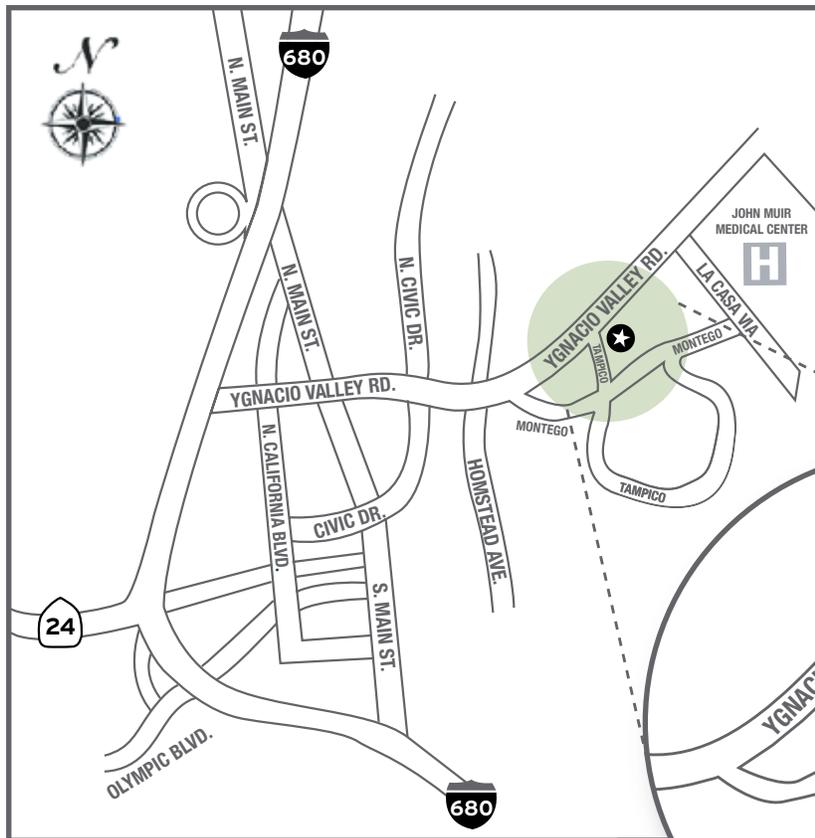
Diablo Valley Perinatal Associates

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DIRECTIONS



**110 TAMPICO DRIVE
SUITE 100
WALNUT CREEK, CA 94598**

FREE Parking available.

FROM THE SOUTH BAY

Follow I-680 North to Walnut Creek.
Take the Ygnacio Valley Rd exit.
Turn right onto Ygnacio Valley Rd.
Turn right onto Tampico.
Turn left into first driveway.

FROM THE WEST

Follow CA-24 East through the Caldecott Tunnel.
Keep left, follow signs for I-680 N/Sacramento/Concord
Take Ygnacio Valley Rd exit.
Turn right onto Ygnacio Valley Rd.
Turn right onto Tampico.
Turn left into first driveway.

FROM THE NORTH BAY

From Interstate 80, merge onto I-680 South.
Exit N. Main Street (southbound) in Walnut Creek.
Turn left onto Ygnacio Valley Rd.
Turn right onto Tampico.
Turn left into first driveway.



**DIABLO VALLEY
PERINATAL ASSOCIATES**

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