

TIMING IS EVERYTHING

The best time for screening is before contemplating a pregnancy. Also, it is important to update your testing between pregnancies, since new tests are regularly being added to the panel.



WHAT YOU SHOULD KNOW ABOUT PRECONCEPTION GENETIC TESTING

IT'S NOT A STIGMA

Carrier screening in the Ashkenazi population currently is being offered for a whole panel of diseases--it's not just Tay-Sachs. About 1 in 3 Ashkenazis are carriers of at least one of the diseases. Carriers of these types of diseases will not develop these diseases. Share your results with family and friends so they know how important it is to be tested too.

THERE ARE NO GUARANTEES

Having completed genetic carrier screening does not ensure a healthy pregnancy or baby. Rarer genetic or non-genetic diseases may occur.

FOR MORE INFORMATION

Visit us at PJGHtesting.com

THERE ARE OPTIONS

If both members of a couple carry genetic mutations for the same recessive disease, there is a 1 in 4 (25%) chance that each of their children will be affected. Such "carrier couples" do not necessarily have to break up. Genetic counselors and Rabbis are available to discuss various reproductive options with you.

TESTING IS CONVENIENT

The genetic carrier testing is rather simple--you can have this testing done in a genetics clinic, your OB/GYN's office, or through a variety of screening organizations. Testing also is more affordable these days, and often covered by health insurance. Do your research about current panels that are available, and remember that there is no 'magic number' with respect to the number of diseases included on testing panels.

KNOW YOUR FAMILY

Make sure to familiarize yourself with your family's medical history, since additional testing may be warranted based on that history.

Also, Sephardis, Mizrachis, or individuals of mixed ancestry should contact a genetic counselor, since different testing is appropriate and may be available.

PROGRAM FOR
JEWISH GENETIC HEALTH

