

# Starting Your Reproductive Journey?

Learn more about this very important step:  
Genetic Carrier Screening

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*"It is important for all couples planning to conceive to know their options for genetic carrier screening to assess their risk of having a child affected with a genetic condition."*

Dr. Karen Wheeler

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## WHAT IS CARRIER SCREENING?

Carrier screening is a test that can tell you whether or not you carry genetic changes in genes for certain inherited disorders. Carriers of genetic conditions often do not have any symptoms or any knowledge that they are carriers. In fact, more than 80% of children with a genetic disorder are born to parents with no family history or symptoms of the disorder.

Carriers are at an increased risk to have a child with a genetic disorder. Most carrier screening is done for recessive conditions - meaning both the individual and his/her partner (or donor) would both need to be carriers of the same genetic condition in order to be at risk to have an affected child. Therefore, oftentimes the next step in the process is for the partner/donor to undergo testing for the same condition.

## SHOULD I UNDERGO CARRIER SCREENING?

Many societies (ASRM, ACOG) recommend that women who present for pre pregnancy counseling should be provided information about genetic carrier screening so that they can be informed of the risks before planning their family. When carrier screening is performed early in the process, it allows patients and couples who are found to be at risk the opportunity to consider alternative reproductive options.

## HOW IS CARRIER SCREENING DONE?

Carrier screening involves testing a sample of blood, saliva, or tissue from the inside of the cheek. The collected sample is then sent to the laboratory and can be tested for many genetic conditions at once. Results are usually available within 2-3 weeks. A consultation with a genetic counselor at Genome Medical is always available to answer questions about your results and discuss next steps.

We have partnered with Genome Medical to provide you with up-to-date information on genetic carrier screening. We encourage you to complete this process (approximately 10-12 minutes of your time) and make an informed decision regarding testing.

To get started right away, please visit  
[genomemedical.com/rma-mi](https://genomemedical.com/rma-mi)

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*"Genetic carrier screening offers you the best chance of having a healthy child in the future."*

Dr. Brad Miller, FACOG

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