

New information about genetics is being discovered at a rapid rate. You are probably hearing about these discoveries on TV or in the paper more and more. Among the exciting scientific advancements is the Human Genome Project, which has cracked the human genetic code.

How will all of this new information benefit you and your family? The genetic counselor can help you understand and interpret scientific information for your situation. Genetics is a rapidly expanding, complicated, and often confusing branch of medicine. We are here to help you and your family.

The Genetic Counseling Program, Mohawk Valley Genetic Services, North Country Genetics Service, and Capital District Adult Genetics Program are programs of the Ferre Institute, Inc.

For more information or to make an appointment for genetic counseling at any of our locations, please call 607-724-4308 or toll free 1-888-483-3773.

Fees for this consultation vary with the degree of case review. The staff would be glad to discuss this prior to your appointment. Sliding scale fee is available.

**GENETIC COUNSELING PROGRAM/
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**CAPITAL DISTRICT ADULT GENETICS
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Visit us online:

www.Ferre.org
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www.GeneticHelpDesk.com
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Counseling

Ferre Institute, Inc.

*Comprehensive Community
Based Genetic Services*

The Genetic Counseling Program

The Genetic Counseling Program provides genetic services to families in the Southern Tier as well as other areas of upstate New York.

Our program includes diagnostic, educational, counseling, and support services. We help families and individuals understand and cope with birth defects, hereditary conditions, and other genetically-related problems.

What Clinical Services are Available?

- ◆ Prenatal, pediatric and adult genetic consultation and evaluation.
- ◆ Coordination of chromosome and DNA testing for various genetic conditions.
- ◆ Familial cancer risk counseling.
- ◆ Cardiovascular genetic counseling.
- ◆ Questions regarding medications, drugs, infections, radiation, and chemical exposures that may be harmful during pregnancy.
- ◆ Opportunities for families and individuals to discuss their questions and concerns.
- ◆ Support counseling for families, couples, and individuals.

What is Genetic Counseling?

Genetic counselors provide information and support to individuals and families with birth defects or genetic disorders. Genetic counselors also help individuals and families

who might be at risk for a variety of inherited conditions based on family history. The genetic counseling session provides an opportunity for concerned individuals and/or families to discuss their health history with knowledgeable, medically trained genetic counselors or a physician medical geneticist.

Who Can Refer To The Genetics Program?

Referrals may be made by any healthcare provider, including physicians, nurses, social workers, therapists, midwives; or, the individual or family can refer themselves. Detailed summary letters are sent to the patients and their physicians. Fees for counseling sessions can be discussed before the appointment. No individual or family is ever denied genetic services due to the inability to pay.

Genetic Counselors Can Help You To:

- ◆ Comprehend the medical information about the specific conditions in your family.
- ◆ Understand the way heredity contributes to the conditions and risk for recurrence in other family members.
- ◆ Review options available to parents for testing, prevention, treatment, care, and family planning
- ◆ Assist indecisions based on your perception of the issues and risks, your family goals, and your ethical and religious beliefs.

The genetic counselor does not recommend whether or not couples should have children. The decision can be made only by each individual or couple. The genetic counselor helps people in their decision-making process by providing them with accurate information.

Who Can Benefit From Genetic Services?

- ◆ **Anyone** concerned about a birth defect or other conditions in their family.
- ◆ **Individuals** or couples who have had a history of infertility, multiple miscarriages, a stillbirth, or have experienced an early infant death in their families.
- ◆ **Individuals** who have a hereditary disorder in their family.
- ◆ **Families** with a relative who is developmentally delayed, autistic, learning disabled, or mentally retarded.
- ◆ **Women** 35 years or older who are pregnant or considering a future pregnancy.
- ◆ **Persons** concerned about exposure during pregnancy to medications, drugs, chemicals, infections, radiation, or certain work conditions.
- ◆ **Pregnant** women whose ultrasound or prenatal testing suggest a risk of complications or birth defects.
- ◆ **Couples** who are considering a pregnancy and who are at higher risk of certain genetic conditions; such as cystic fibrosis, Tay-Sachs, sickle cell, or thalassemia.
- ◆ **Persons** with a history of certain cancers, heart disease, or certain psychiatric disorders

