Curious about your health risks?

Genetic Counselling Can Help.

Have you wondered about how your family's health history might affect you? While genetics play a part in many health conditions, some illnesses carry a higher genetic risk than others. By analyzing your personal genetic picture through reviewing your medical and family history, LifeLabs' genetic counsellors can determine your genetic risks to help you and your healthcare provider better make informed, precise, and personalized decisions about your healthcare and the care of your family.

Through the guidance of our Canadian board-certified genetic counsellors, you will gain insight into your risk of developing heritable diseases, whether genetic variations could be passed onto your future children, and which genetic tests (if any) may be valuable for you. Research shows that people who receive genetic testing without speaking to a genetic counsellor first feel less satisfied and are less sure about what to do with the information they receive.[1]

Ask your healthcare provider about genetic counselling today!

1. Cohen, S. A., Bradbury, A., Henderson, V., Hoskins, K., Bednar, E., & Arun, B. K. (2019). Genetic counseling and testing in a community setting: quality, access, and efficiency. American Society of Clinical Oncology Educational Book, 39, e34-e44.

For more information, please visit our website or contact us.
Ask.Genetics@LifeLabs.com | www.LifeLabsGenetics.com
1-84-GENE-HELP (1-844-363-4357)

Our key services include:

- A review and detailed discussion of an individual's medical and family history

- An analysis of potential risk for hereditary conditions

- A written summary of relevant inheritance patterns and causes of conditions sent to both you and your ordering healthcare provider

- A medical picture of your family tree (pedigree) sent to you and your ordering healthcare provider

- A discussion on follow-up genetic testing, including the benefits and limitations of genetic tests

Who can benefit?

Genetic counselling may be right for you if you:

- Are generally healthy, but would like to learn more about your genetic risks to take preventative care

- Have a personal or a family history of a condition that may be genetic

- Are pregnant, have had difficulty getting pregnant or are considering pregnancy and would like to understand the risk of passing genetic disorders onto your children

- Are interested in tailored drug treatment options

- Would like to learn more about genetic testing options for diseases

Consultation Details:

- Each session lasts up to 60 minutes at the cost of $250 per session, and can be provided by phone or online videoconferencing. Consultations are available in English and French.

- To book a consultation, speak to your **healthcare provider**, who will request a session for you, by calling our genetics helpline at **1-844-363-4357 (ext 0)** and faxing a completed referral form. Consultations can be booked on the same day and are offered at **9:30am, 12pm, 1pm, 3pm, 5pm and 6:30pm EST from Mon-Fri**, subject to availability.

- Before your consultation, you may wish to prepare questions and concerns for your genetic counsellor to address. You will also be requested to complete the medical and family history part of the referral form prior to your consultation, which your healthcare provider will fax to LifeLabs. During your consultation, your genetic counsellor will ask questions about your personal and familial health history, followed by a discussion about whether these conditions can be inherited, and by whom. The genetic counsellor will then inform you about any tests they may recommend, and give you the opportunity to ask additional questions. Following the consultation, you and your healthcare provider will be provided a written summary and pedigree.

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