



Genetic Counseling

What is genetic counseling?

Genetic counselors are health care professionals with specialized graduate degrees and experience in the areas of medical genetics and counseling. They work as members of the health care team, providing information and support to couples that have a family history of a birth defect or genetic disorder or are at risk for having a child with an inherited condition.

Who might benefit from genetic counseling?

Individuals, couples, and families with the following concerns could be referred for genetic counseling:

- A child or a close relative with a birth defect, mental retardation or a known or suspected genetic disorder.
- Family history of a known or suspected genetic condition.
- Women who will be 35 or older at the time of delivery and have questions about risks to their children.
- People at an increased risk for genetic conditions based on ethnic background (ie. Cystic fibrosis in Caucasians, Tay-Sachs in people of Jewish ancestry).
- Couples who have had multiple miscarriages (3 or more).
- Infertility due to a genetic cause, such as, cystic fibrosis mutations, Fragile X carriers, Y microdeletions, or other chromosome abnormality.

Why is genetic counseling an important component of egg donor screening?

Genetic counseling is an important part of the egg donor screening process. By taking a detailed family history the genetic counselor is able to identify and quantify risks to offspring and present these risks to potential recipients. The genetic counselor will ask the egg donor questions about her family in order to find out if there are any conditions that are likely to be a risk to the next generation. The genetic counselor will ask the egg donor about her ethnic background as well in order to identify appropriate carrier screening tests that should be performed before she donates.

What is the role of genetic counseling in infertility and assisted reproductive technologies (ART)?

Many couples seeking infertility treatments and ART may also have genetic risks that can be addressed by a genetic counselor. Genetic risks may be due to their infertility diagnosis, their age, their family history, or their ancestry. Some of the more common concerns related to infertility and genetics are:

- Male factor infertility due to congenital absence of the vas deferens related to cystic fibrosis mutations.
- Male factor infertility due to Y chromosome microdeletions.
- Women with premature ovarian failure or early menopause who are at risk to



have fragile X mutations.

- Women with recurrent spontaneous abortions who are at risk to have a structural chromosome abnormality.
- Couples with concerns or questions about the risk of chromosome abnormalities with Intracytoplasmic Sperm Injection.
- Women who will be over 35 at the time of delivery and are wondering about risks to their offspring and options for screening and testing in utero.
- Couples interested in preimplantation genetic diagnosis based on a family/personal history of an inherited condition.

Who is our Genetic Counselor?

SRM's Genetic Counselor, Elizabeth Lardy is available for appointments for any patients concerned about genetic issues related to their fertility. She received her Bachelors of Science in Education and Biology from Northwestern University and her Masters in genetic counseling from Johns Hopkins University. In addition to her work with SRM, Elizabeth works with high risk pregnancies counseling families about genetic risks to their offspring based on family history, maternal age, ultrasound findings and abnormal screening results.

Fees

- Advanced maternal age: \$200
- Carrier screening: \$150
- Couples with family history of genetic disorder: \$200
- Genetic factor-female: \$120
- Genetic factor-male: \$120
- Preimplantation Genetic Disorder: \$300

Seattle Clinic Hours

Genetic counseling is now available at Seattle Reproductive Medicine. Schedule an appointment [online](#) or call 206-301-5000. Hours of availability are Wednesdays 9:00am – 4:00pm.

Insurance Coverage

Insurance billing is not available at this time. The counselor will issue "Super-bills" to interested clients, which can be submitted to insurance carriers for reimbursement.

Genetic Counseling



Elizabeth Lardy

Elizabeth is a genetic counselor specializing in prenatal genetics and genetic issues related to infertility. She earned her Bachelor's of Science in Secondary Education and Biology from Northwestern University, and her Master's of Science in genetic counseling from Johns Hopkins University.

She has worked for three years as a prenatal genetic counselor in Bellevue, working with women and couples who are at high risk for having a baby with a genetic disorder.

Typical visits at SRM include those at risk based on their advanced maternal age, abnormal screening tests during their fertility testing, and significant family history of a genetic disorder. She also would counsel patients regarding their interest in pre-implantation genetic diagnosis. Elizabeth has experience helping clients understand complex genetic information so that they can understand how it may affect the health of their offspring.

At SRM, Elizabeth screens all potential egg donors to identify any risk factors in their family histories and to give detailed information to recipients about the family health history. She makes recommendations for additional screening tests based on family history or ethnicity. She also works with couples who may have genetic causes for their infertility and who want more information regarding their reproductive options and recurrence risk for their offspring.

She has been an active member of the National Society of Genetic Counselors since 2001 and serves on the CPT committee.

For an appointment with her, please call 206-301-5000 or go to www.seattlefertility.com