

# Understanding Genetic Counseling

Genetic counselors are medical professionals trained to help you understand how genetic conditions are passed down in your family and also to provide support. Genetic counseling is a collaborative process between you and your counselor.



## What is the role of genetic counselors in FTD?

Genetic counseling can be beneficial for families affected by FTD. Genetic counseling combines family history, disease education, and counseling techniques to help you understand the medical, psychological, and familial implications of genetic contribution to disease. Specific information on the genetics of FTD, genetic testing options for FTD, and addressing the psychological impact of FTD are key components of the counseling process.

## Is genetic counseling the same as genetic testing?

No! Genetic counseling does not always lead to genetic testing. The possibilities and options regarding genetic testing are just one component of the genetic counseling process. You may speak with a genetic counselor and decide not to pursue genetic testing. The role of the genetic counselor is to help you decide what is right for you.



## What should I expect from a genetic counseling appointment?

At your counseling appointment, you will discuss your personal medical history, your family medical history, and information regarding risk assessment and testing options. The genetic counselor will also discuss considerations for determining if genetic testing is right for you and your family. This includes the cost and timing of results as well as their potential impact. Throughout the appointment, genetic testing remains optional. There is no right or wrong decision regarding the pursuit of genetic testing. Feel free to ask questions and make sure the content is tailored to you!

If genetic testing is pursued, a follow-up appointment with a genetic counselor will occur. At this appointment, you will receive your test results and discuss what they mean.

## What else can a genetic counselor do for me?

Genetic counselors can also provide information regarding the science of FTD and current research efforts, as well as resources for support groups or psychological counseling. Additionally, they can provide references for your loved ones if they are interested in genetic counseling.



**If you or a loved one have questions about genetic testing for FTD, schedule an appointment with a genetic counselor (GC).** Talk to your neurologist or locate a GC at <https://FindAGeneticCounselor.nsgc.org/> to discuss all options.

**FTD Disorders Registry LLC**

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