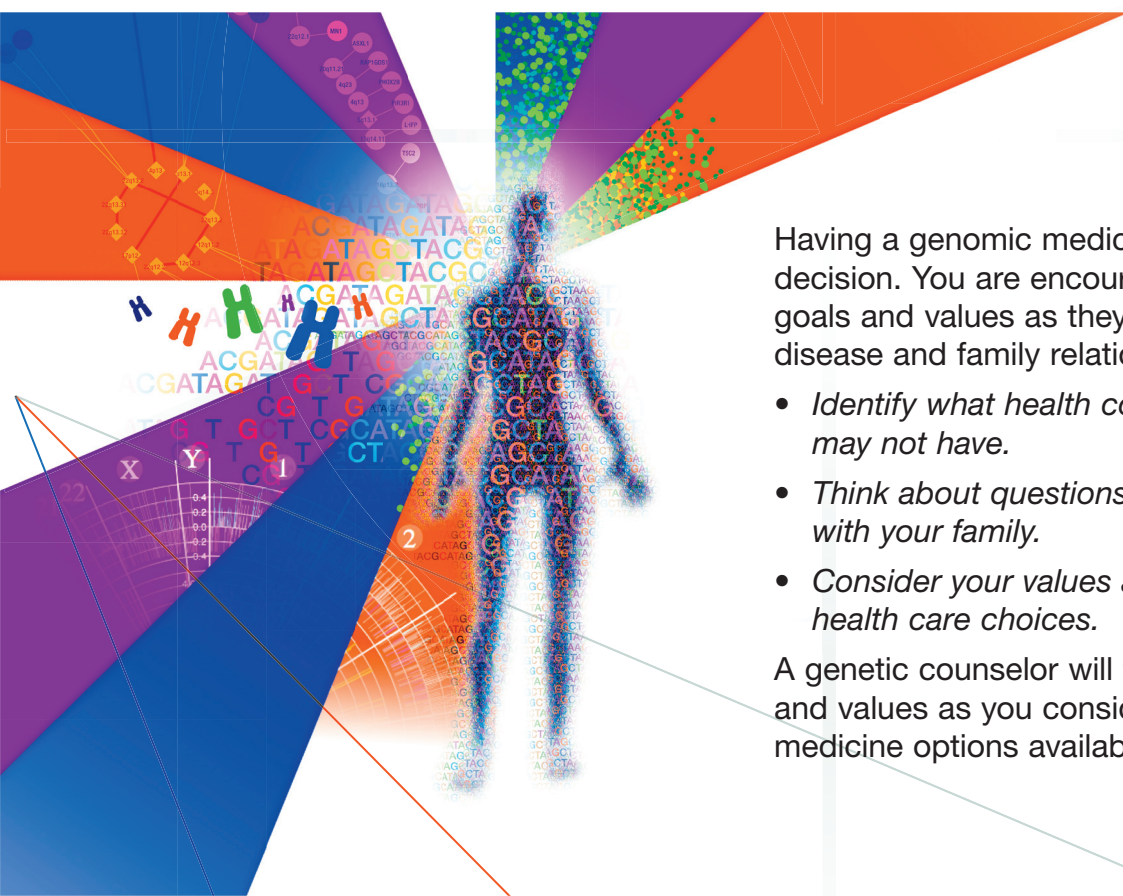




GENOMIC MEDICINE MAKING AN INFORMED DECISION



Having a genomic medicine evaluation is a personal decision. You are encouraged to reflect upon your goals and values as they relate to health, illness, disease and family relationships.

- *Identify what health concerns you may or may not have.*
- *Think about questions you may want to discuss with your family.*
- *Consider your values and how they relate to your health care choices.*

A genetic counselor will talk with you about your goals and values as you consider the different genomic medicine options available to you.

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There are a growing number of approaches to understanding genetic based health risks. Some genetic risk may be determined by taking a detailed look at your family history. Genomic tests (testing your DNA) may provide additional information about your risk for some genetic-based conditions.

As you learn about and consider different testing options, your genetic counselor will talk with you about your personal goals and values. This will help you to decide which option(s) may be of most interest to you.

BEFORE YOUR APPOINTMENT, YOU MAY FIND IT HELPFUL TO THINK ABOUT WHAT INFORMATION YOU ARE HOPING TO LEARN AND WHAT IT COULD MEAN TO YOU. SOME INITIAL QUESTIONS MAY BE:

- How interested am I in learning about my risk of developing conditions that may not affect me for many years?
- How interested am I in learning about my risk of passing on genetic-based conditions to my children?
- How interested am I in learning about my risk of developing conditions for which there may be no cure, such as Alzheimer’s disease?

It is important to keep in mind that genomic medicine results cannot provide all the answers related to your health or guarantee you a life without illness. Genomic tests are just one of many sources of information your health care team can use in managing your health care.

Each person has a unique response to genomic test results based on expectations.

SOME ADDITIONAL QUESTIONS YOU MAY WANT TO CONSIDER ARE:

- How would I feel if I don’t learn anything new about my health?
- How would I feel if my genomic results lead to further testing or procedures?
- How comfortable am I with possibly receiving unexpected medical results, such as genetic risks related to very rare conditions?
- Am I concerned about possibly “knowing too much” about my health or my disease risks?
- How would my family react to learning about potential genetic risks?
- How would I feel if I learned that I have a genetic risk factor that may have been passed on to my children?

You do not need to make any decisions about genomic testing prior to your visit. Even after your appointment, you can take as much time as you need to think about how a genomic medicine evaluation may influence your decisions about how to manage your health.

Your genetic counselor is here to answer your questions and help you evaluate the options that are currently available to make an informed decision based on your personal goals and values.

We look forward to your visit.

NOTES:
