EXPANDED CARRIER SCREENING

BE INFORMED!

- Visit the Society of Obstetricians and Gynaecologists of Canada website
- Read the landmark study on Expanded Carrier Screening in the Journal of the American Medical Association (JAMA)
- Call LifeLabs Genetics for all questions

ACT NOW!

- Make an appointment with your healthcare provider to discuss Expanded Carrier Screening
- Download the appropriate requisitions from the LifeLabs Genetics website
- Visit a Patient Service Centre to collect your sample or request an at-home kit

UNDERSTAND YOUR RESULTS!

- Follow the instructions below to create an account and book your genetic counselling session with Counsyl
- Review your results with your healthcare provider
- Decide on next steps with your healthcare provider

WE’RE HERE FOR YOU!

CREATE AN ACCOUNT
Visit www.counsyl.com/accounts/login and select “Sign up for one”

REGISTER YOUR BARCODE
Click on the “My Results” tab, select the “Register My Code” option, and enter the barcode found on your report. This will allow you to view educational videos and a copy of your report.

SCHEDULE A CONSULT
To speak with a genetic counsellor about your results, click on the “My Consults” tab. Fill in your contact information and select an appointment.

SUMMARY OF SESSION
A summary letter of your counselling session will be sent to your healthcare provider and will be available to you online. You may also want to share your results with close relatives, especially those planning a family.

EXPANDED CARRIER SCREENING

Having all that knowledge will lead to better decisions for myself, for my wife, for my future family.

—Rajeev

partner tested positive

You can take the Expanded Carrier Screen before or during pregnancy

It’s normal to be a carrier – what you really want to know is if both partners are carriers of the same disease

Most carriers have no history of the condition within their family

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WHAT IS A CARRIER SCREEN?
A carrier screen analyzes a person’s genes to determine if that person is a carrier of recessive or X-linked genetic disorders.

WHAT IS A RECESSIVE CONDITION AND WHAT IS A CARRIER?
Recessive conditions are caused by changes, known as mutations, in a person’s genes. Every person has two copies of a given gene, one inherited from each parent. A recessive condition occurs when both copies of the same gene have a mutation.

A carrier is someone who has only one gene with a mutation and one gene that is unaffected. Carriers are typically symptom-free and do not know they carry the mutation.

WHAT IS THE EXPANDED CARRIER SCREEN?
The Counsyl Foresight Carrier Screen, as prescribed by your healthcare provider, can detect over 175 health conditions that can be passed, unknowingly, from parent to child, many of which you may have heard of:

- Cystic Fibrosis — a severe genetic condition affecting the lungs and pancreas in children and young adults
- Duchenne Muscular Dystrophy — an immediate and progressive degeneration of skeletal muscle
- Fragile X Syndrome — the most common inherited cause of intellectual disabilities and autism
- Tay-Sachs Disease — a metabolic disorder often leading to death within the baby’s first few years
- Sickle Cell Anemia — a blood disorder in which red blood cells can no longer effectively carry oxygen to our vital organs

Please visit www.lifelabsgenetics.com for the full list of conditions the Counsyl Foresight Carrier Screen tests for. MTHFR, hemochromatosis, G6PD deficiency, factor 5 Leiden, and prothrombin are also available, but are not routinely included in the Foresight Screen due to low clinical utility. Please contact LifeLabs Genetics for more information.

WHAT IF I AM A CARRIER?
It’s important for you to know you have options. When two parents are carriers of the same genetic mutation, each child has a 1 in 4 (or 25%) chance of being affected by the associated condition. For certain conditions, such as Fragile X syndrome, only the mother needs to be a carrier for the child to be at an increased risk. Your physician is available to guide you through the various options to find out what is best for you. Knowing your carrier status before or early in your pregnancy gives you time to learn about the disorder and prepare.

WHAT IF I AM NOT A CARRIER?
Generally, no follow-up testing is suggested for any of the conditions you were screened for. It is important to understand that no screen is able to identify every carrier of every condition. While the Counsyl Foresight Carrier Screen does provide a lot of information, we cannot screen for all possible birth defects and genetic conditions. Speak to your healthcare provider if you have special concerns due to family history or other factors.

HOW CAN I GET SCREENED?
The Counsyl Foresight Carrier Screen is a simple blood or saliva test prescribed by your physician. The average turnaround time for results is two to three weeks.

GENETIC NON-DISCRIMINATION ACT
Bill S-201, passed in 2017, prohibits any person from requiring an individual to undergo a genetic test or disclose the results of a genetic test as a condition of providing goods or services to, entering into or continuing a contract or agreement with, or offering specific conditions in a contract or agreement with the individual.

If you have questions about carrier screening, contact LifeLabs Genetics at Ask.Genetics@LifeLabs.com or 1-844-363-4357.

If you have questions about your results, you can ask your physician.

WHO SHOULD BE SCREENED?
Physician societies, such as SOGC, ACOG, and ACMG, recommend that anyone planning a pregnancy or pregnant women should be offered carrier screening. The Counsyl Foresight Carrier Screen provides a simple screening option, which ensures the most comprehensive analysis for all individuals independent of ethnic background.

Couples can choose to screen both partners simultaneously. This is a good option if getting all of the answers quickly is your priority.

I DON’T HAVE A FAMILY HISTORY OF ANY CONDITIONS — SHOULD I STILL BE SCREENED?
You can still be a carrier, even without a family history of any genetic conditions. When two people are carriers of the same condition, they can, unknowingly, have a child with lifelong health issues.

In fact, 4 out of 5 children with recessive genetic conditions are born to couples with no known family history of that condition.