

# Primary Care and Genetic Medicine

## HOW TO INCORPORATE GENETICS INTO YOUR PRACTICE

**1 Family History** can be used to identify hereditary conditions. Increased screening and surveillance may improve outcomes for affected individuals.

**2 Patient Education** is an important role of the primary care provider. Discuss the potential for a genetic basis for acute and chronic diseases. Patients should learn the importance of early diagnosis and screening, and often rely on their physician to provide this information.

**3 Refer Patients** to genetic specialists when indicated by family history.

**4 Review Results** of screening exams and genetic tests. Help your patients to understand next steps, including what to expect from referrals to a medical geneticist or genetic counselor.

**5 Co-manage Care** with a subspecialist when beneficial for patients.

**6 Help patients and families Proactively Adapt** to a lifestyle that maximizes quality of life for the diagnosed individual.

**7 Establish** a medical home that provides patients and families with the long term support needed to manage their health.

## More than 50% of the population

is at increased risk of diabetes, cancer or heart disease because they have close relatives with 1 or more of these diseases.



### ESTIMATED PREVALENCE IN THE UNITED STATES:



Lynch Syndrome 1:200  
Familial Hypercholesterolemia 1:500  
BRCA mutations 1:1000

## Genetic tests can aid management of thousands of conditions.



## Genetics Professionals

### Clinical Geneticist:

Medical doctor with additional sub-specialty training in genetics completed after primary residency.

### Laboratory Geneticist:

Direct and interpret genetic testing, hold PhD specialized in genetics.



### Genetic Counselor & Genetic Nurse:

Help educate and assist patients in testing decisions and understanding. They also help identify support during and after diagnosis.

REDUCE RISK BY  
**60%**

### Screening interventions

could potentially **reduce the risk** of colorectal cancer among patients with Lynch syndrome by 60%

**75%**  
OF ADULTS  
AGREE

### Most U.S. adults surveyed

felt that genetic testing **personalizes medical care** and helps doctors diagnose preventable conditions.

#### References:

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4. Giampietro PF, Greenlee RT, McPherson E, Benetti LL, Berg RL, Wagner SF. Acute health events in adult patients with genetic disorders: the Marshfield Epidemiologic Study Area. *Genet Med.* 2006 Aug;8(8):474-90. PubMed PMID: 16912579.

