

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.

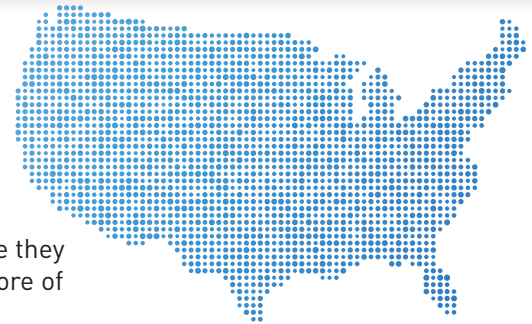
5 Co-manage Care with a subspecialist when beneficial for patients.

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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3. "Frequently Asked Questions about Genetic Counseling" National Human Genome Research Institute, <https://www.genome.gov/19016905/faq-about-genetic-counseling/> Accessed April 19, 2017
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.

