



Genetic Counseling Resources for AvaGen™, The Genetic Eye Test

Important information about how a genetic counseling session can help you understand your AvaGen™ results.

What is Genetic Counseling?

Genetic Counselors are healthcare professionals who work with individuals, families, communities, and other healthcare professionals to help them understand how genetic information impacts their lives, and the lives of their families.

By providing post-test information about how a particular genetic condition might affect you—or the likelihood of family members also having the condition—genetic counseling can provide a better understanding of test results and treatment options. Genetic Counselors can also provide assistance in dealing with emotional concerns and information about advocacy or support groups that can help.

Genetic Counselors often specialize in a particular area of focus, which may include:



Educating individuals, families, health professionals, and communities about family health history, inheritance, genetic testing, management, prevention, resources, and research as it pertains to a particular genetic condition



Collecting family health histories and providing disease risk assessment



Providing psychosocial and emotional support to help individuals, families, and groups make informed choices, and adapt to the risks or conditions of a genetic condition

Genetic Counselors are required to have a Master's degree in human genetics or genetic counseling, and pass a national test to be a Certified Genetic Counselor (CGC).

About AvaGen™, The Genetic Eye Test

AvaGen™, The Genetic Eye Test provides answers on your genetic risk for keratoconus and other corneal diseases – helping you and your doctor make confident eyecare decisions now.

It requires only a quick, easy, and non-invasive cheek swab to gather a sample of your DNA. AvaGen™ gives doctors an additional valuable tool for making early and accurate decisions to help maintain your eye health today and into the future.



Avellino—the company that makes AvaGen™—provides genetic counseling services to assist patients with valuable expertise and support, to help them understand the implications a positive test result or risk factor may have for both patients and their extended families.

This counseling is complimentary, and available for all those who have undergone testing with AvaGen™ The Genetic Eye Test.

What is the Benefit of Genetic Counseling?

Interpreting genetic test results can be complex. In particular, understanding the meaning of test results and risk scores can be challenging. That is why Genetic Counselors are specially trained in presenting and interpreting this information to patients and their families in order to help them better understand how to make informed healthcare decisions.



Will a Genetic Counselor Tell Me What Decisions to Make?

While doctors can make recommendations regarding test results and conditions, Genetic Counselors cannot. Rather, they educate and provide focused education and information to help patients make educated decisions with their doctor.

Your doctor will help you make the best eyecare decisions based on your visions and lifestyle needs.

How Should I Prepare for a Genetic Counseling Session?

You'll receive a questionnaire from Avellino prior to your session. The information you provide on it gives your Genetic Counselor a detailed picture of the medical histories of both you and your extended family (with whom your genes are shared in various ways). You also may want to make a list of questions to bring to the session.

What Will Happen During a Session?

- Your genetic counseling session will take place during a 30-minute telehealth meeting, conducted on a secure online link. It begins with a review of your personal and family health information, and a discussion about what you would like to get out of the visit.



- Your counselor will then discuss your test results in detail, and how the findings may apply to your overall clinical and family history. They'll also inform you of any risk reduction strategies or additional screening options that may be relevant to your particular case. Remember, the counselor is an expert in presenting educational information to you, but only your doctor is able to make specific recommendations.
- Anyone you feel would be supportive during the session or help you understand the information may also attend.
- Afterward, a post-visit summary of the visit will be provided to your doctor, with whom you can discuss next steps.

Should Families Get Tested?



Depending on your AvaGen™ test results, it may be helpful for extended family members to be tested, so they can understand and be informed about their risk. In fact, telling you more about family testing is one of the key aspects of the genetic counseling visit.

How Do I Set Up an Appointment With an Avellino Genetic Counselor?



If you're interested in genetic counseling, your doctor's office will help you coordinate an appointment with the Avellino Genetic Counselor. The genetic counseling appointment will happen after you've completed the AvaGen™ test and have received the test results from your doctor.

For more information about
The AvaGen™ Genetic Eye Test, please visit:

avellino.com/patients

