

# INFORMATION TO SHARE WITH YOUR DOCTOR

**Don't wait!** If you have an upcoming appointment with your doctor, bring this card with you. If there's any chance you or your spouse/partner may become pregnant before your next doctor's visit, make an appointment now to discuss screening for Jewish genetic diseases.

Name: \_\_\_\_\_

## What plans do you have to get pregnant? (Women)

- Am or may be pregnant right now
- Actively trying to get pregnant
- Would like to get pregnant in the near future
- Would like to get pregnant eventually

**Have you ever been screened for Jewish genetic diseases before? (If it's available, bring a copy of your previous test results to your appointment.)**

- Never been screened for Jewish genetic diseases
- Been screened and have my test results
- Been screened but do not have my test results

**As far as you know, is there any history of Jewish (or other) genetic disease in your own or your spouse/partner's family? (Please specify.)**

---

---

---

---

---

**Which of your own and/or your spouse/partners' grandparents are of Ashkenazi (Eastern European) Jewish heritage? (Check the appropriate boxes.)**

	Me	My Spouse/Partner
Maternal Grandfather		
Maternal Grandmother		
Paternal Grandfather		
Paternal Grandmother		

Jewish Genetic Disease  
Consortium

JGDC

JewishGeneticDiseases.org  
855-642-6900

# TALK TO YOUR DOCTOR ABOUT GENETIC SCREENING

If you or your spouse/partner is of Ashkenazi (Eastern European) Jewish heritage and you plan to start or add to your family, you should talk to your doctor about the following:

**Your plans to start a family.** The optimal time for screening is before you conceive. Tell your doctor if you're planning to get pregnant. There may also be other issues to discuss, such as pre-existing medical conditions, lifestyle changes and nutritional supplements.

**Ashkenazi heritage.** You should consider screening even if only one of your own or your spouse/partner's grandparents is of Ashkenazi heritage. If you're adopted and unsure of your genetic heritage, tell your doctor.

**Family history of genetic disease.** If you know of instances of Jewish (or any other) genetic diseases in your own or your spouse/partner's family, tell your doctor. Note: You can be a carrier without any previous known history of disease in your family.

**Any previous genetic screening.** If you've been screened before, tell your doctor. If you have your test results, bring them to the appointment. There are new diseases added to the panel regularly, so your results may not be up-to-date.

If you don't have a doctor, or if your doctor doesn't offer genetic screening and counseling services, you should contact the genetics department at a local hospital. See the listing inside your brochure or check online at [JewishGeneticDiseases.org](http://JewishGeneticDiseases.org).

**To The Doctor** • For more information on Jewish genetic diseases and links to useful resources, please visit [JewishGeneticDiseases.org](http://JewishGeneticDiseases.org)

*As of the writing of this document, the JGDC advocates that couples consider screening for 19 Jewish genetic diseases. It is likely that additional diseases will be added to the panel in the future. Visit [JewishGeneticDiseases.org](http://JewishGeneticDiseases.org) for updates.*

Bloom Syndrome	Maple Syrup Urine Disease
Canavan Disease	Mucopolipidosis Type 4 (ML4)
Cystic Fibrosis	Nemaline Myopathy
Familial Dysautonomia	Niemann-Pick Disease Type A
Familial Hyperinsulinism	Spinal Muscular Atrophy (SMA)
Fanconi Anemia Type C	Tay-Sachs Disease
Gaucher Disease Type 1	Usher Syndrome Type 1
Glycogen Storage Disorder Type 1A	Usher Syndrome Type 3
Joubert Syndrome Type 2	Walker Warburg Syndrome
Lipoamide Dehydrogenase Deficiency	

©2011 Jewish Genetic Disease Consortium

Jewish Genetic Disease  
Consortium

JGDC

[JewishGeneticDiseases.org](http://JewishGeneticDiseases.org)  
855-642-6900