

Could my baby be born with the same condition others in my family have?

There are thousands of kinds of [birth defects](#).

Some are inherited and others are not.

If you are concerned, you can meet with a genetic counselor to review your risks and testing options.

Some common reasons to see a genetic counselor if they happened before in your family

[Intellectual Disabilities](#)

[Neural Tube Defects](#)

[Down Syndrome](#)

[Heart Defects](#)

[Cleft Lip or Palate](#)

[Cancer](#)

Also, some conditions are more common based on racial or ethnic background.

Financial Matters

The [California Prenatal Screening Program](#) covers follow-up services including genetic counseling for women with [screen positive](#) results. The genetic counselor will also speak to you about any increased risks for birth defects based on your family history.

But!

Without a screen positive result, it would be up to you or your insurance to cover genetic counseling. Your prenatal care provider can help arrange a referral.

If you see a genetic counselor

They will discuss potential risks for your pregnancy. Then you can decide on your testing options.

Sometimes, no testing is needed.

What you choose to do after counseling is totally up to you.

Want to learn more or get more details?



Information for Pregnant Women

[Kaiser Permanente](#)

[National Society of Genetic Counselors](#)

[Genetic Support Foundation](#)



Information for Providers

[Perinatal Quality Foundation](#)

[March of Dimes](#)

[CDC](#)

[genome.gov](#)

[ASHG](#)