

WEBVTT

NOTE duration:"03:25:03"

NOTE recognizability:0.857

NOTE language:en-us

NOTE Confidence: 0.759307441666667

00:00:00.000 --> 00:00:01.615 That are at the better,

NOTE Confidence: 0.759307441666667

00:00:01.615 --> 00:00:04.274 but thank you so much for joining

NOTE Confidence: 0.759307441666667

00:00:04.274 --> 00:00:06.480 us today and Happy Friday.

NOTE Confidence: 0.759307441666667

00:00:06.480 --> 00:00:09.360 My name is Alex. I am a cancer

NOTE Confidence: 0.759307441666667

00:00:09.360 --> 00:00:11.130 genetic counselor here at Yale,

NOTE Confidence: 0.759307441666667

00:00:11.130 --> 00:00:13.488 New Haven Health and I'll be

NOTE Confidence: 0.759307441666667

00:00:13.488 --> 00:00:15.980 acting as the host for today.

NOTE Confidence: 0.759307441666667

00:00:15.980 --> 00:00:18.044 So we have some amazing speakers

NOTE Confidence: 0.759307441666667

00:00:18.044 --> 00:00:20.077 who have worked really hard to

NOTE Confidence: 0.759307441666667

00:00:20.077 --> 00:00:21.859 put this all together for you.

NOTE Confidence: 0.759307441666667

00:00:21.860 --> 00:00:24.228 So we're excited to be here and we

NOTE Confidence: 0.759307441666667

00:00:24.228 --> 00:00:26.220 certainly hope you find this helpful.

NOTE Confidence: 0.9353772575

00:00:31.080 --> 00:00:33.082 But our goal today is to provide

NOTE Confidence: 0.9353772575

00:00:33.082 --> 00:00:35.064 a more 3D understanding of
NOTE Confidence: 0.9353772575

00:00:35.064 --> 00:00:37.156 the genetic counseling field,
NOTE Confidence: 0.9353772575

00:00:37.160 --> 00:00:40.904 and in reality this is a big ask
NOTE Confidence: 0.9353772575

00:00:40.904 --> 00:00:44.131 because we're a very diverse
NOTE Confidence: 0.9353772575

00:00:44.131 --> 00:00:46.318 and multifaceted profession.
NOTE Confidence: 0.9353772575

00:00:46.320 --> 00:00:49.155 So that's why we have a very busy schedule.
NOTE Confidence: 0.9353772575

00:00:49.160 --> 00:00:51.547 But we'll start with the first half,
NOTE Confidence: 0.9353772575

00:00:51.550 --> 00:00:54.119 which is an overview of genetic counseling,
NOTE Confidence: 0.9353772575

00:00:54.120 --> 00:00:56.906 and we'll have some genetic counselors speak.
NOTE Confidence: 0.9353772575

00:00:56.910 --> 00:00:58.758 About different specialties within
NOTE Confidence: 0.9353772575

00:00:58.758 --> 00:01:00.606 the genetic counseling field,
NOTE Confidence: 0.9353772575

00:01:00.610 --> 00:01:03.490 that's before we take a little break in the
NOTE Confidence: 0.9353772575

00:01:03.490 --> 00:01:05.996 middle and moving on to the second half,
NOTE Confidence: 0.9353772575

00:01:06.000 --> 00:01:07.865 which is more so about
NOTE Confidence: 0.9353772575

00:01:07.865 --> 00:01:08.984 genetic counseling programs.
NOTE Confidence: 0.9353772575

00:01:08.990 --> 00:01:11.515 Graduate School hearing from current

NOTE Confidence: 0.9353772575

00:01:11.515 --> 00:01:13.030 genetic counseling students,

NOTE Confidence: 0.9353772575

00:01:13.030 --> 00:01:15.622 etcetera and there will be a

NOTE Confidence: 0.9353772575

00:01:15.622 --> 00:01:17.860 final Q&A session at the very end.

NOTE Confidence: 0.93875866666667

00:01:21.770 --> 00:01:23.648 Over the course of our day,

NOTE Confidence: 0.93875866666667

00:01:23.650 --> 00:01:26.170 you will likely have some questions,

NOTE Confidence: 0.93875866666667

00:01:26.170 --> 00:01:29.050 so we do encourage you to

NOTE Confidence: 0.93875866666667

00:01:29.050 --> 00:01:30.970 utilize the Q&A function.

NOTE Confidence: 0.93875866666667

00:01:30.970 --> 00:01:33.427 But if you joined us last year,

NOTE Confidence: 0.93875866666667

00:01:33.430 --> 00:01:35.145 it's going to look a little different.

NOTE Confidence: 0.93875866666667

00:01:35.150 --> 00:01:37.088 So if you ask that question,

NOTE Confidence: 0.93875866666667

00:01:37.090 --> 00:01:39.330 the questions will be picked out by

NOTE Confidence: 0.93875866666667

00:01:39.330 --> 00:01:41.432 the moderator to pose to the speaker

NOTE Confidence: 0.93875866666667

00:01:41.432 --> 00:01:43.430 at the very end of their talk,

NOTE Confidence: 0.93875866666667

00:01:43.430 --> 00:01:45.474 instead of addressing every

NOTE Confidence: 0.93875866666667

00:01:45.474 --> 00:01:48.142 question in the Q&A function just so

NOTE Confidence: 0.93875866666667

00:01:48.142 --> 00:01:50.200 people can more so focus on what.
NOTE Confidence: 0.938758666666667

00:01:50.200 --> 00:01:51.304 Is being presented.
NOTE Confidence: 0.938758666666667

00:01:51.304 --> 00:01:53.512 This might mean that not all
NOTE Confidence: 0.938758666666667

00:01:53.512 --> 00:01:55.030 questions will be answered.
NOTE Confidence: 0.938758666666667

00:01:55.030 --> 00:01:56.995 However, our speakers have been
NOTE Confidence: 0.938758666666667

00:01:56.995 --> 00:01:58.960 very gracious to share their
NOTE Confidence: 0.938758666666667

00:01:59.028 --> 00:02:01.093 emails and I'll put that slide up
NOTE Confidence: 0.938758666666667

00:02:01.093 --> 00:02:03.464 at the very end so if there isn't
NOTE Confidence: 0.938758666666667

00:02:03.464 --> 00:02:05.300 a time to address your question,
NOTE Confidence: 0.938758666666667

00:02:05.300 --> 00:02:07.226 we'll have the Q&A session at
NOTE Confidence: 0.938758666666667

00:02:07.226 --> 00:02:09.945 the very end and as well as the
NOTE Confidence: 0.938758666666667

00:02:09.945 --> 00:02:11.305 speakers emails as well.
NOTE Confidence: 0.938758666666667

00:02:11.310 --> 00:02:12.910 So sometimes the speakers will
NOTE Confidence: 0.938758666666667

00:02:12.910 --> 00:02:14.870 have a question for you guys,
NOTE Confidence: 0.938758666666667

00:02:14.870 --> 00:02:18.086 so keep an eye out for the polls
NOTE Confidence: 0.938758666666667

00:02:18.090 --> 00:02:20.100 and be ready to answer those.

NOTE Confidence: 0.911976543636364
00:02:22.290 --> 00:02:23.810 And whether you're able to
NOTE Confidence: 0.911976543636364
00:02:23.810 --> 00:02:25.760 attend for the full day today,
NOTE Confidence: 0.911976543636364
00:02:25.760 --> 00:02:27.722 whether you're able to attend for
NOTE Confidence: 0.911976543636364
00:02:27.722 --> 00:02:30.258 maybe some of the day or not at all,
NOTE Confidence: 0.911976543636364
00:02:30.260 --> 00:02:32.374 all of the registrants who signed up
NOTE Confidence: 0.911976543636364
00:02:32.374 --> 00:02:34.672 for this event will be sent a short
NOTE Confidence: 0.911976543636364
00:02:34.672 --> 00:02:36.779 survey and maybe about a week's time.
NOTE Confidence: 0.911976543636364
00:02:36.780 --> 00:02:38.964 And once you complete that survey that
NOTE Confidence: 0.911976543636364
00:02:38.964 --> 00:02:41.640 will take you to a recording of the event.
NOTE Confidence: 0.911976543636364
00:02:41.640 --> 00:02:44.013 So thank you in advance for answering
NOTE Confidence: 0.911976543636364
00:02:44.013 --> 00:02:46.489 those questions for us so we can help
NOTE Confidence: 0.911976543636364
00:02:46.489 --> 00:02:48.310 improve this event for future years.
NOTE Confidence: 0.90895205
00:02:52.780 --> 00:02:54.916 A little bit about me now.
NOTE Confidence: 0.90895205
00:02:54.920 --> 00:02:58.400 I graduated back in 2017 with my Bachelor
NOTE Confidence: 0.90895205
00:02:58.400 --> 00:03:01.498 of Arts and Biology and Society.
NOTE Confidence: 0.90895205

00:03:01.500 --> 00:03:02.700 I knew that I wanted to
NOTE Confidence: 0.90895205

00:03:02.700 --> 00:03:03.500 be a genetic counselor,
NOTE Confidence: 0.90895205

00:03:03.500 --> 00:03:05.992 so I felt that that really bridged
NOTE Confidence: 0.90895205

00:03:05.992 --> 00:03:07.900 both the science and people,
NOTE Confidence: 0.90895205

00:03:07.900 --> 00:03:10.287 which is what I liked about the
NOTE Confidence: 0.90895205

00:03:10.287 --> 00:03:11.310 genetic counseling profession.
NOTE Confidence: 0.90895205

00:03:11.310 --> 00:03:13.806 And then I went in to my Masters
NOTE Confidence: 0.90895205

00:03:13.806 --> 00:03:15.961 program at the Icahn School of
NOTE Confidence: 0.90895205

00:03:15.961 --> 00:03:18.580 Medicine at Mount Sinai in New York,
NOTE Confidence: 0.90895205

00:03:18.580 --> 00:03:20.729 and my first job and current job
NOTE Confidence: 0.90895205

00:03:20.729 --> 00:03:22.870 is working as a cancer genetic
NOTE Confidence: 0.90895205

00:03:22.870 --> 00:03:24.970 counselor here at Yale, New Haven.
NOTE Confidence: 0.92785492

00:03:28.840 --> 00:03:30.443 So when I tell people that I
NOTE Confidence: 0.92785492

00:03:30.443 --> 00:03:32.280 work as a genetic counselor,
NOTE Confidence: 0.92785492

00:03:32.280 --> 00:03:34.604 almost always they will ask me what
NOTE Confidence: 0.92785492

00:03:34.604 --> 00:03:37.266 is a genetic counselor and I think

NOTE Confidence: 0.92785492

00:03:37.266 --> 00:03:39.520 genetics has always been a hot topic.

NOTE Confidence: 0.92785492

00:03:39.520 --> 00:03:43.419 Whether it's in the news or sci-fi.

NOTE Confidence: 0.92785492

00:03:43.420 --> 00:03:45.292 So hopefully today over the course

NOTE Confidence: 0.92785492

00:03:45.292 --> 00:03:47.043 of our session we'll be able

NOTE Confidence: 0.92785492

00:03:47.043 --> 00:03:48.811 to take a better look at what a

NOTE Confidence: 0.92785492

00:03:48.873 --> 00:03:50.688 genetic counselor is in reality.

NOTE Confidence: 0.878737807142857

00:03:54.300 --> 00:03:56.764 And I always say that it's not.

NOTE Confidence: 0.878737807142857

00:03:56.770 --> 00:03:57.994 It's not rocket science,

NOTE Confidence: 0.878737807142857

00:03:57.994 --> 00:04:00.214 so if we think about genetic counselor

NOTE Confidence: 0.878737807142857

00:04:00.214 --> 00:04:02.692 and break it down, we have genetics.

NOTE Confidence: 0.878737807142857

00:04:02.692 --> 00:04:04.698 So thinking about DNA, genes,

NOTE Confidence: 0.878737807142857

00:04:04.698 --> 00:04:06.838 chromosomes and then we have

NOTE Confidence: 0.878737807142857

00:04:06.838 --> 00:04:08.122 counseling and planning.

NOTE Confidence: 0.878737807142857

00:04:08.130 --> 00:04:09.930 Conversation, conveying information,

NOTE Confidence: 0.878737807142857

00:04:09.930 --> 00:04:12.330 maybe eliciting feelings about

NOTE Confidence: 0.878737807142857

00:04:12.330 --> 00:04:15.230 that information, etcetera.
NOTE Confidence: 0.878737807142857

00:04:15.230 --> 00:04:16.688 Now at the most basic level,
NOTE Confidence: 0.878737807142857

00:04:16.690 --> 00:04:18.880 then a genetic counselor or
NOTE Confidence: 0.878737807142857

00:04:18.880 --> 00:04:20.632 genetic counselors or healthcare
NOTE Confidence: 0.878737807142857

00:04:20.632 --> 00:04:22.488 professionals with advanced training.
NOTE Confidence: 0.878737807142857

00:04:22.490 --> 00:04:24.900 In medical genetics and counseling,
NOTE Confidence: 0.878737807142857

00:04:24.900 --> 00:04:25.830 who educate,
NOTE Confidence: 0.878737807142857

00:04:25.830 --> 00:04:28.620 guide and power and support patients
NOTE Confidence: 0.878737807142857

00:04:28.620 --> 00:04:30.449 seeking information about inherited
NOTE Confidence: 0.878737807142857

00:04:30.449 --> 00:04:32.915 diseases and conditions in order to
NOTE Confidence: 0.878737807142857

00:04:32.915 --> 00:04:35.913 provide a better understanding of how
NOTE Confidence: 0.878737807142857

00:04:35.913 --> 00:04:38.013 genetic information impacts patients
NOTE Confidence: 0.878737807142857

00:04:38.013 --> 00:04:40.836 lives and the lives of their family members.
NOTE Confidence: 0.878737807142857

00:04:40.840 --> 00:04:44.338 So it's a long winded explanation,
NOTE Confidence: 0.878737807142857

00:04:44.340 --> 00:04:46.516 but we wear a lot of different hats,
NOTE Confidence: 0.878737807142857

00:04:46.520 --> 00:04:50.879 so there's no other way to put it.

NOTE Confidence: 0.878737807142857

00:04:50.880 --> 00:04:52.776 But really this is a profession.

NOTE Confidence: 0.878737807142857

00:04:52.780 --> 00:04:55.433 That was born out of the understanding

NOTE Confidence: 0.878737807142857

00:04:55.433 --> 00:04:57.659 that genetic information can be sensitive.

NOTE Confidence: 0.878737807142857

00:04:57.660 --> 00:05:00.222 It can be confusing at times

NOTE Confidence: 0.878737807142857

00:05:00.222 --> 00:05:01.503 and personal always,

NOTE Confidence: 0.878737807142857

00:05:01.510 --> 00:05:04.804 so a genetic counselor can help

NOTE Confidence: 0.878737807142857

00:05:04.804 --> 00:05:07.000 patients navigate this path.

NOTE Confidence: 0.878737807142857

00:05:07.000 --> 00:05:09.418 And they might talk about whether

NOTE Confidence: 0.878737807142857

00:05:09.418 --> 00:05:12.078 genetic testing is right for a patient.

NOTE Confidence: 0.878737807142857

00:05:12.080 --> 00:05:13.958 That might mean explaining the genetic

NOTE Confidence: 0.878737807142857

00:05:13.958 --> 00:05:16.150 test results and what they mean for

NOTE Confidence: 0.878737807142857

00:05:16.150 --> 00:05:17.620 the patient and their families.

NOTE Confidence: 0.878737807142857

00:05:17.620 --> 00:05:19.228 Identifying resources for

NOTE Confidence: 0.878737807142857

00:05:19.228 --> 00:05:20.836 the patients afterwards,

NOTE Confidence: 0.878737807142857

00:05:20.840 --> 00:05:21.560 etcetera.

NOTE Confidence: 0.885292538571428

00:05:25.210 --> 00:05:27.722 And it might also be helpful to think
NOTE Confidence: 0.885292538571428

00:05:27.722 --> 00:05:29.919 about what a genetic counselor is.
NOTE Confidence: 0.885292538571428

00:05:29.920 --> 00:05:33.064 Not so genetic counselors will typically
NOTE Confidence: 0.885292538571428

00:05:33.064 --> 00:05:37.441 have a masters degree and that focuses on
NOTE Confidence: 0.885292538571428

00:05:37.441 --> 00:05:40.735 both clinical genetics and counseling skills.
NOTE Confidence: 0.885292538571428

00:05:40.740 --> 00:05:43.484 Genetic counselors or GC's can work with
NOTE Confidence: 0.885292538571428

00:05:43.484 --> 00:05:45.836 patient, or they can work with doctors,
NOTE Confidence: 0.885292538571428

00:05:45.840 --> 00:05:48.040 or they can work independently,
NOTE Confidence: 0.885292538571428

00:05:48.040 --> 00:05:50.966 and this is compared to a medical
NOTE Confidence: 0.885292538571428

00:05:50.966 --> 00:05:53.091 geneticist or clinical geneticist who
NOTE Confidence: 0.885292538571428

00:05:53.091 --> 00:05:55.863 have an MD or MD equivalent degree
NOTE Confidence: 0.885292538571428

00:05:55.863 --> 00:05:58.798 and specialized training in genetics.
NOTE Confidence: 0.885292538571428

00:05:58.800 --> 00:06:01.290 Meaning maybe they did an additional
NOTE Confidence: 0.885292538571428

00:06:01.290 --> 00:06:02.950 fellowship in genetics after
NOTE Confidence: 0.885292538571428

00:06:03.015 --> 00:06:04.740 completing their residency.
NOTE Confidence: 0.885292538571428

00:06:04.740 --> 00:06:06.726 They also have a specific board

NOTE Confidence: 0.885292538571428
00:06:06.726 --> 00:06:08.640 exam that they have to pass,
NOTE Confidence: 0.885292538571428
00:06:08.640 --> 00:06:10.468 and unlike genetic counselors.
NOTE Confidence: 0.885292538571428
00:06:10.468 --> 00:06:14.360 And they're able to perform a physical exam.
NOTE Confidence: 0.885292538571428
00:06:14.360 --> 00:06:17.375 They're able to perform procedures
NOTE Confidence: 0.885292538571428
00:06:17.375 --> 00:06:19.184 and diagnose diseases.
NOTE Confidence: 0.885292538571428
00:06:19.190 --> 00:06:21.310 A laboratory do not assist.
NOTE Confidence: 0.885292538571428
00:06:21.310 --> 00:06:22.650 On the other hand,
NOTE Confidence: 0.885292538571428
00:06:22.650 --> 00:06:24.660 is someone who has maybe an
NOTE Confidence: 0.885292538571428
00:06:24.740 --> 00:06:26.710 MD or MD equivalent degree.
NOTE Confidence: 0.885292538571428
00:06:26.710 --> 00:06:28.600 They might have a PhD and they're
NOTE Confidence: 0.885292538571428
00:06:28.600 --> 00:06:30.468 working more so behind the scenes,
NOTE Confidence: 0.885292538571428
00:06:30.470 --> 00:06:33.266 so either with the testing technology
NOTE Confidence: 0.885292538571428
00:06:33.266 --> 00:06:35.915 itself or the interpretation of the
NOTE Confidence: 0.885292538571428
00:06:35.915 --> 00:06:39.110 findings but altogether genetic counselors,
NOTE Confidence: 0.885292538571428
00:06:39.110 --> 00:06:40.530 medical geneticists,
NOTE Confidence: 0.885292538571428

00:06:40.530 --> 00:06:41.616 laboratory geneticists,
NOTE Confidence: 0.885292538571428

00:06:41.616 --> 00:06:44.331 they work together to utilize
NOTE Confidence: 0.885292538571428

00:06:44.331 --> 00:06:47.753 genetic testing as part of someone's
NOTE Confidence: 0.885292538571428

00:06:47.753 --> 00:06:50.037 overall comprehensive medical care.
NOTE Confidence: 0.8013637

00:06:53.260 --> 00:06:55.300 But back to genetic counselors.
NOTE Confidence: 0.8013637

00:06:55.300 --> 00:06:57.720 So we're thinking about education,
NOTE Confidence: 0.8013637

00:06:57.720 --> 00:06:59.124 helping with diagnosis,
NOTE Confidence: 0.8013637

00:06:59.124 --> 00:07:02.400 and helping a families or individuals cope.
NOTE Confidence: 0.8013637

00:07:02.400 --> 00:07:04.680 Providing that soap psychosocial
NOTE Confidence: 0.8013637

00:07:04.680 --> 00:07:06.960 support advocating for patients,
NOTE Confidence: 0.8013637

00:07:06.960 --> 00:07:09.604 and contributing to risk
NOTE Confidence: 0.8013637

00:07:09.604 --> 00:07:12.248 estimation for inherited diseases.
NOTE Confidence: 0.9045116433333333

00:07:16.770 --> 00:07:18.475 But if you've googled genetic
NOTE Confidence: 0.9045116433333333

00:07:18.475 --> 00:07:21.334 counseling in the past, you were likely
NOTE Confidence: 0.9045116433333333

00:07:21.334 --> 00:07:23.326 inundated with different acronyms,
NOTE Confidence: 0.9045116433333333

00:07:23.330 --> 00:07:25.522 so I wanted to break that down a

NOTE Confidence: 0.9045116433333333
00:07:25.522 --> 00:07:27.902 little bit here in the ABC's of
NOTE Confidence: 0.9045116433333333
00:07:27.902 --> 00:07:30.557 the coming of genetic counselor.
NOTE Confidence: 0.9045116433333333
00:07:30.560 --> 00:07:32.284 As I mentioned earlier,
NOTE Confidence: 0.9045116433333333
00:07:32.284 --> 00:07:34.439 genetic counselors obtain a Masters
NOTE Confidence: 0.9045116433333333
00:07:34.439 --> 00:07:36.558 degree in genetic counseling that
NOTE Confidence: 0.9045116433333333
00:07:36.558 --> 00:07:38.988 typically lasts for about two years
NOTE Confidence: 0.9045116433333333
00:07:38.990 --> 00:07:41.895 and that is from a program that's
NOTE Confidence: 0.9045116433333333
00:07:41.895 --> 00:07:43.819 accredited by the Accreditation
NOTE Confidence: 0.9045116433333333
00:07:43.819 --> 00:07:47.377 Council for Genetic Counseling a CGC.
NOTE Confidence: 0.9045116433333333
00:07:47.380 --> 00:07:50.434 Currently there are 57 training programs
NOTE Confidence: 0.9045116433333333
00:07:50.434 --> 00:07:53.419 within the United States and Canada,
NOTE Confidence: 0.9045116433333333
00:07:53.420 --> 00:07:55.060 and as I mentioned earlier,
NOTE Confidence: 0.9045116433333333
00:07:55.060 --> 00:07:56.580 it's usually classroom based
NOTE Confidence: 0.9045116433333333
00:07:56.580 --> 00:07:58.339 as well as clinical rotation.
NOTE Confidence: 0.9045116433333333
00:07:58.339 --> 00:08:00.733 So going out and working with
NOTE Confidence: 0.9045116433333333

00:08:00.733 --> 00:08:02.660 genetic counselors in the field,
NOTE Confidence: 0.9045116433333333

00:08:02.660 --> 00:08:06.820 helping conduct sessions, etcetera.
NOTE Confidence: 0.9045116433333333

00:08:06.820 --> 00:08:08.660 Once someone graduates from one
NOTE Confidence: 0.9045116433333333

00:08:08.660 --> 00:08:10.132 of these accredited programs,
NOTE Confidence: 0.9045116433333333

00:08:10.140 --> 00:08:12.751 they sit for a board exam that's
NOTE Confidence: 0.9045116433333333

00:08:12.751 --> 00:08:15.406 put out by the American Board
NOTE Confidence: 0.9045116433333333

00:08:15.406 --> 00:08:18.298 of Genetic Counseling or AB GC,
NOTE Confidence: 0.9045116433333333

00:08:18.300 --> 00:08:22.218 and that's offered twice a year.
NOTE Confidence: 0.9045116433333333

00:08:22.220 --> 00:08:24.756 So once in February and once in August,
NOTE Confidence: 0.9045116433333333

00:08:24.760 --> 00:08:27.345 and once someone passes that
NOTE Confidence: 0.9045116433333333

00:08:27.345 --> 00:08:28.379 board examination,
NOTE Confidence: 0.9045116433333333

00:08:28.380 --> 00:08:31.796 they get the title of a certified
NOTE Confidence: 0.9045116433333333

00:08:31.796 --> 00:08:33.720 genetic counselor or CGC.
NOTE Confidence: 0.9045116433333333

00:08:33.720 --> 00:08:36.180 About 90% of genetic counselors.
NOTE Confidence: 0.9045116433333333

00:08:36.180 --> 00:08:38.348 Hold that CGC certification.
NOTE Confidence: 0.8863763975

00:08:40.750 --> 00:08:43.326 And depending on where someone goes to work,

NOTE Confidence: 0.8863763975

00:08:43.330 --> 00:08:46.776 they might be required to obtain

NOTE Confidence: 0.8863763975

00:08:46.776 --> 00:08:49.106 a state licensure as well.

NOTE Confidence: 0.8863763975

00:08:49.110 --> 00:08:49.869 Here in Connecticut,

NOTE Confidence: 0.8863763975

00:08:49.869 --> 00:08:51.830 that is something that we have to do,

NOTE Confidence: 0.8863763975

00:08:51.830 --> 00:08:54.910 but it's just a matter of providing

NOTE Confidence: 0.8863763975

00:08:54.910 --> 00:08:56.578 the appropriate documentation that

NOTE Confidence: 0.8863763975

00:08:56.578 --> 00:08:58.582 you are legitimate genetic counselor.

NOTE Confidence: 0.8863763975

00:08:58.582 --> 00:09:00.747 You have the appropriate training

NOTE Confidence: 0.8863763975

00:09:00.747 --> 00:09:03.120 as well as paying a small fee.

NOTE Confidence: 0.896031532727273

00:09:06.550 --> 00:09:08.902 And about 62% of genetic counselors

NOTE Confidence: 0.896031532727273

00:09:08.902 --> 00:09:11.220 have one of these licenses.

NOTE Confidence: 0.95255442

00:09:17.040 --> 00:09:19.640 Compared to some other professions,

NOTE Confidence: 0.95255442

00:09:19.640 --> 00:09:21.750 the genetic counseling field is

NOTE Confidence: 0.95255442

00:09:21.750 --> 00:09:24.244 relatively new and the first genetic

NOTE Confidence: 0.95255442

00:09:24.244 --> 00:09:26.299 counseling program was founded at

NOTE Confidence: 0.95255442

00:09:26.299 --> 00:09:28.477 Sarah Lawrence College in 1969.
NOTE Confidence: 0.95255442

00:09:28.477 --> 00:09:31.396 And since then, there have been many
NOTE Confidence: 0.95255442

00:09:31.396 --> 00:09:33.689 important milestones in the development
NOTE Confidence: 0.95255442

00:09:33.689 --> 00:09:36.004 of the genetic counseling profession.
NOTE Confidence: 0.95255442

00:09:36.010 --> 00:09:38.238 So our first professional
NOTE Confidence: 0.95255442

00:09:38.238 --> 00:09:40.957 organization was founded in 1979.
NOTE Confidence: 0.95255442

00:09:40.957 --> 00:09:43.392 That's the National Society of
NOTE Confidence: 0.95255442

00:09:43.392 --> 00:09:45.663 Genetic Counselors, or the NSGC,
NOTE Confidence: 0.95255442

00:09:45.663 --> 00:09:47.818 which you'll be hearing me
NOTE Confidence: 0.95255442

00:09:47.818 --> 00:09:49.690 reference multiple times throughout
NOTE Confidence: 0.95255442

00:09:49.690 --> 00:09:52.456 our talk and also of course,
NOTE Confidence: 0.95255442

00:09:52.456 --> 00:09:55.210 moving on from the first professional
NOTE Confidence: 0.95255442

00:09:55.298 --> 00:09:57.026 organization to obtaining
NOTE Confidence: 0.95255442

00:09:57.026 --> 00:09:59.734 state licensure in 2000, and.
NOTE Confidence: 0.95255442

00:09:59.734 --> 00:10:02.966 To Utah was the first state to provide
NOTE Confidence: 0.95255442

00:10:02.966 --> 00:10:06.101 licensing for genetic counselors and in 2022,

NOTE Confidence: 0.95255442

00:10:06.101 --> 00:10:07.394 about 31 states.

NOTE Confidence: 0.95255442

00:10:07.394 --> 00:10:11.358 The last time I checked offer one of these

NOTE Confidence: 0.95255442

00:10:11.358 --> 00:10:13.618 offer licensing for genetic counselors.

NOTE Confidence: 0.80988526

00:10:16.800 --> 00:10:19.380 So first poll for today.

NOTE Confidence: 0.80988526

00:10:19.380 --> 00:10:22.334 Let's see if I can access that.

NOTE Confidence: 0.9398842

00:10:31.580 --> 00:10:33.312 How many certified genetic counselors

NOTE Confidence: 0.9398842

00:10:33.312 --> 00:10:35.460 are there in the United States?

NOTE Confidence: 0.9398842

00:10:35.460 --> 00:10:39.380 So this is your closest estimate as of 2021.

NOTE Confidence: 0.838948271428571

00:10:45.240 --> 00:10:47.585 And now give maybe 10 more seconds

NOTE Confidence: 0.838948271428571

00:10:47.585 --> 00:10:50.227 or so to get your answers in.

NOTE Confidence: 0.6989328

00:11:00.630 --> 00:11:03.890 OK, so most people most

NOTE Confidence: 0.6989328

00:11:03.890 --> 00:11:07.338 people were on the nose.

NOTE Confidence: 0.6989328

00:11:07.340 --> 00:11:10.860 Most people said B are 5500.

NOTE Confidence: 0.6989328

00:11:10.860 --> 00:11:13.398 About 61% of you said that,

NOTE Confidence: 0.6989328

00:11:13.400 --> 00:11:16.640 and that's correct.

NOTE Confidence: 0.6989328

00:11:16.640 --> 00:11:19.846 There are currently a want to say
NOTE Confidence: 0.8209020533333333

00:11:23.460 --> 00:11:27.078 5629 CGC's within the United States.
NOTE Confidence: 0.8209020533333333

00:11:27.080 --> 00:11:29.354 There are maybe 2000 or so
NOTE Confidence: 0.8209020533333333

00:11:29.354 --> 00:11:30.491 practicing genetic counselors
NOTE Confidence: 0.8209020533333333

00:11:30.491 --> 00:11:32.179 outside of the United States.
NOTE Confidence: 0.8209020533333333

00:11:32.180 --> 00:11:34.480 According to a 2019 paper.
NOTE Confidence: 0.8209020533333333

00:11:34.480 --> 00:11:38.995 But yes, about 5500. So good job.
NOTE Confidence: 0.8209020533333333

00:11:39.000 --> 00:11:42.730 Umm? And this is a profession
NOTE Confidence: 0.8209020533333333

00:11:42.730 --> 00:11:44.870 that has continued to grow.
NOTE Confidence: 0.8209020533333333

00:11:44.870 --> 00:11:48.190 It's growing 100% since 2010,
NOTE Confidence: 0.8209020533333333

00:11:48.190 --> 00:11:50.692 and the projected growth rate for
NOTE Confidence: 0.8209020533333333

00:11:50.692 --> 00:11:52.360 the genetic counseling profession
NOTE Confidence: 0.8209020533333333

00:11:52.431 --> 00:11:54.595 is about 21% through 2029.
NOTE Confidence: 0.8209020533333333

00:11:54.595 --> 00:11:57.796 That's compared with a 7% average
NOTE Confidence: 0.8209020533333333

00:11:57.796 --> 00:11:59.926 growth rate for all occupations,
NOTE Confidence: 0.8209020533333333

00:11:59.930 --> 00:12:02.300 which is very reassuring to see.

NOTE Confidence: 0.88685849625

00:12:05.330 --> 00:12:07.242 No, this is a profession that has been

NOTE Confidence: 0.88685849625

00:12:07.242 --> 00:12:08.967 named one of the best jobs by U.S.

NOTE Confidence: 0.88685849625

00:12:08.970 --> 00:12:11.330 news for several years.

NOTE Confidence: 0.88685849625

00:12:11.330 --> 00:12:14.870 The NSGC puts out a professional

NOTE Confidence: 0.88685849625

00:12:14.979 --> 00:12:17.774 status survey to their membership and

NOTE Confidence: 0.88685849625

00:12:17.774 --> 00:12:20.357 nine out of 10 genetic counselors who

NOTE Confidence: 0.88685849625

00:12:20.357 --> 00:12:22.643 responded to that survey reported that

NOTE Confidence: 0.88685849625

00:12:22.643 --> 00:12:24.788 they are satisfied with their job,

NOTE Confidence: 0.88685849625

00:12:24.790 --> 00:12:27.208 and this satisfaction can come from

NOTE Confidence: 0.88685849625

00:12:27.208 --> 00:12:29.450 a variety of different reasons.

NOTE Confidence: 0.88685849625

00:12:29.450 --> 00:12:31.425 Whether it's from intellectual stimulation

NOTE Confidence: 0.88685849625

00:12:31.425 --> 00:12:34.329 on the job and or working with.

NOTE Confidence: 0.88685849625

00:12:34.330 --> 00:12:35.374 Patients et cetera.

NOTE Confidence: 0.88685849625

00:12:35.374 --> 00:12:37.810 And you can see the variety here.

NOTE Confidence: 0.936975263846154

00:12:41.500 --> 00:12:43.782 A genetic counselor can work in a

NOTE Confidence: 0.936975263846154

00:12:43.782 --> 00:12:45.899 different areas of practice as well.
NOTE Confidence: 0.936975263846154

00:12:45.900 --> 00:12:47.620 So the traditional role
NOTE Confidence: 0.936975263846154

00:12:47.620 --> 00:12:49.340 is direct patient care.
NOTE Confidence: 0.936975263846154

00:12:49.340 --> 00:12:52.119 So working with patients perhaps in clinic,
NOTE Confidence: 0.936975263846154

00:12:52.120 --> 00:12:54.830 I'm working an education and
NOTE Confidence: 0.936975263846154

00:12:54.830 --> 00:12:57.540 teaching of genetic counseling and
NOTE Confidence: 0.936975263846154

00:12:57.630 --> 00:13:00.068 about 51% of genetic counselors
NOTE Confidence: 0.936975263846154

00:13:00.068 --> 00:13:03.080 work in direct patient care roles.
NOTE Confidence: 0.936975263846154

00:13:03.080 --> 00:13:05.742 That's compared to the 27% that
NOTE Confidence: 0.936975263846154

00:13:05.742 --> 00:13:07.854 are in non direct patient care.
NOTE Confidence: 0.936975263846154

00:13:07.860 --> 00:13:09.420 So maybe a genetic counselor.
NOTE Confidence: 0.936975263846154

00:13:09.420 --> 00:13:12.192 Working in a laboratory as part of
NOTE Confidence: 0.936975263846154

00:13:12.192 --> 00:13:14.662 their variant curation team or even
NOTE Confidence: 0.936975263846154

00:13:14.662 --> 00:13:16.814 customer service and 22% of genetic
NOTE Confidence: 0.936975263846154

00:13:16.814 --> 00:13:19.360 counselors have the best of both worlds,
NOTE Confidence: 0.936975263846154

00:13:19.360 --> 00:13:21.808 so may be doing.

NOTE Confidence: 0.936975263846154

00:13:21.810 --> 00:13:23.760 Working in the with the patients

NOTE Confidence: 0.936975263846154

00:13:23.760 --> 00:13:25.940 as well as research on this side.

NOTE Confidence: 0.936975263846154

00:13:25.940 --> 00:13:28.408 So if 5050 split,

NOTE Confidence: 0.936975263846154

00:13:28.410 --> 00:13:30.765 most genetic counselors are working

NOTE Confidence: 0.936975263846154

00:13:30.765 --> 00:13:33.559 full time and the majority have

NOTE Confidence: 0.936975263846154

00:13:33.559 --> 00:13:35.701 worked remotely as part of or

NOTE Confidence: 0.936975263846154

00:13:35.701 --> 00:13:38.080 all of their position in 2021.

NOTE Confidence: 0.83137235875

00:13:41.870 --> 00:13:43.418 Genetic counselors can also

NOTE Confidence: 0.83137235875

00:13:43.418 --> 00:13:44.966 work in different specialties.

NOTE Confidence: 0.83137235875

00:13:44.970 --> 00:13:47.410 The majority of genetic counselors

NOTE Confidence: 0.83137235875

00:13:47.410 --> 00:13:49.850 are practicing in cancer genetics,

NOTE Confidence: 0.83137235875

00:13:49.850 --> 00:13:52.890 followed by prenatal or reproductive

NOTE Confidence: 0.83137235875

00:13:52.890 --> 00:13:55.322 genetics and pediatric genetics.

NOTE Confidence: 0.83137235875

00:13:55.330 --> 00:13:57.717 They can also work in different settings,

NOTE Confidence: 0.83137235875

00:13:57.720 --> 00:13:59.264 whether that's in the

NOTE Confidence: 0.83137235875

00:13:59.264 --> 00:14:01.194 laboratory or in the hospitals,
NOTE Confidence: 0.83137235875

00:14:01.200 --> 00:14:03.566 and we're lucky to have a lot
NOTE Confidence: 0.83137235875

00:14:03.566 --> 00:14:05.691 of speakers from these different
NOTE Confidence: 0.83137235875

00:14:05.691 --> 00:14:08.266 specialty areas joining us today.
NOTE Confidence: 0.83137235875

00:14:08.270 --> 00:14:10.190 Some people are practicing in
NOTE Confidence: 0.83137235875

00:14:10.190 --> 00:14:12.530 multiple areas at the same time,
NOTE Confidence: 0.83137235875

00:14:12.530 --> 00:14:15.120 all with the same genetic counseling degree.
NOTE Confidence: 0.886335238333333

00:14:17.680 --> 00:14:19.288 But I don't know how these
NOTE Confidence: 0.886335238333333

00:14:19.288 --> 00:14:20.998 people here are doing for more
NOTE Confidence: 0.886335238333333

00:14:20.998 --> 00:14:22.720 practice areas at the same time.
NOTE Confidence: 0.886335238333333

00:14:22.720 --> 00:14:24.796 But there is variety and flexibility
NOTE Confidence: 0.886335238333333

00:14:24.796 --> 00:14:26.650 to a genetic counseling degree.
NOTE Confidence: 0.834795005454545

00:14:29.150 --> 00:14:30.780 And the good old fashioned
NOTE Confidence: 0.834795005454545

00:14:30.780 --> 00:14:32.730 way is working in person one,
NOTE Confidence: 0.834795005454545

00:14:32.730 --> 00:14:34.470 providing direct patient care.
NOTE Confidence: 0.834795005454545

00:14:34.470 --> 00:14:37.770 So meeting with someone in clinic nowadays,

NOTE Confidence: 0.834795005454545

00:14:37.770 --> 00:14:39.870 especially with the onset of COVID-19,

NOTE Confidence: 0.834795005454545

00:14:39.870 --> 00:14:42.240 we've been utilizing telephone or

NOTE Confidence: 0.834795005454545

00:14:42.240 --> 00:14:45.134 web based service models, less so.

NOTE Confidence: 0.834795005454545

00:14:45.134 --> 00:14:48.600 Group counseling, understandably.

NOTE Confidence: 0.834795005454545

00:14:48.600 --> 00:14:51.064 But it makes it a little easier

NOTE Confidence: 0.834795005454545

00:14:51.064 --> 00:14:53.278 when we're able to obtain DNA

NOTE Confidence: 0.834795005454545

00:14:53.278 --> 00:14:55.268 sample through a saliva sample,

NOTE Confidence: 0.834795005454545

00:14:55.270 --> 00:14:57.280 which can be collected at home.

NOTE Confidence: 0.834795005454545

00:14:57.280 --> 00:14:58.640 A blood drive, of course,

NOTE Confidence: 0.834795005454545

00:14:58.640 --> 00:14:59.955 is a little more difficult

NOTE Confidence: 0.834795005454545

00:14:59.955 --> 00:15:01.007 to collect from home,

NOTE Confidence: 0.834795005454545

00:15:01.010 --> 00:15:02.470 but we'll talk about that

NOTE Confidence: 0.834795005454545

00:15:02.470 --> 00:15:03.638 a little more later,

NOTE Confidence: 0.834795005454545

00:15:03.640 --> 00:15:05.656 and genetic counselors are very flexible,

NOTE Confidence: 0.834795005454545

00:15:05.660 --> 00:15:07.640 so they're typically utilizing

NOTE Confidence: 0.834795005454545

00:15:07.640 --> 00:15:09.125 multiple service delivery
NOTE Confidence: 0.834795005454545

00:15:09.125 --> 00:15:11.569 models for their patient care.
NOTE Confidence: 0.885295036

00:15:15.820 --> 00:15:17.041 Thinking about salaries,
NOTE Confidence: 0.885295036

00:15:17.041 --> 00:15:19.483 which is of course an important
NOTE Confidence: 0.885295036

00:15:19.483 --> 00:15:21.486 factor when deciding whether this
NOTE Confidence: 0.885295036

00:15:21.486 --> 00:15:23.772 is the right profession for you.
NOTE Confidence: 0.885295036

00:15:23.780 --> 00:15:26.630 The average salary according to the
NOTE Confidence: 0.885295036

00:15:26.630 --> 00:15:29.100 most recent professional status survey.
NOTE Confidence: 0.885295036

00:15:29.100 --> 00:15:31.104 The results were just released to
NOTE Confidence: 0.885295036

00:15:31.104 --> 00:15:33.478 May 3rd this year, but the average
NOTE Confidence: 0.885295036

00:15:33.478 --> 00:15:35.208 salary is approximately 102 and
NOTE Confidence: 0.868617618571429

00:15:37.380 --> 00:15:40.132 but it's important to note that that can
NOTE Confidence: 0.868617618571429

00:15:40.132 --> 00:15:42.219 vary significantly depending on your role.
NOTE Confidence: 0.868617618571429

00:15:42.220 --> 00:15:44.209 So whether you work in an indirect or non.
NOTE Confidence: 0.868617618571429

00:15:44.210 --> 00:15:45.970 Direct patient care position
NOTE Confidence: 0.868617618571429

00:15:45.970 --> 00:15:47.730 and where you're located,

NOTE Confidence: 0.868617618571429

00:15:47.730 --> 00:15:49.890 geographically speaking, as well as

NOTE Confidence: 0.868617618571429

00:15:49.890 --> 00:15:52.930 your number of years of experience.

NOTE Confidence: 0.868617618571429

00:15:52.930 --> 00:15:55.492 The average starting salary for a genetic

NOTE Confidence: 0.868617618571429

00:15:55.492 --> 00:15:58.090 counselor out of school was about 78.

NOTE Confidence: 0.83427527125

00:16:01.620 --> 00:16:03.455 And as part of that

NOTE Confidence: 0.83427527125

00:16:03.455 --> 00:16:04.556 professional status survey,

NOTE Confidence: 0.83427527125

00:16:04.560 --> 00:16:06.786 the NSGC also asks about different

NOTE Confidence: 0.83427527125

00:16:06.786 --> 00:16:09.756 demographics to get a better sense of

NOTE Confidence: 0.83427527125

00:16:09.756 --> 00:16:12.116 the representation within the profession.

NOTE Confidence: 0.83427527125

00:16:12.120 --> 00:16:14.856 At this time, the majority of

NOTE Confidence: 0.83427527125

00:16:14.856 --> 00:16:16.680 respondents identified as female,

NOTE Confidence: 0.83427527125

00:16:16.680 --> 00:16:18.664 about 10% of respondents,

NOTE Confidence: 0.83427527125

00:16:18.664 --> 00:16:20.648 identified as non white.

NOTE Confidence: 0.83427527125

00:16:20.650 --> 00:16:22.246 Almost all respondents

NOTE Confidence: 0.83427527125

00:16:22.246 --> 00:16:24.374 reported they speak English,

NOTE Confidence: 0.83427527125

00:16:24.380 --> 00:16:27.040 but a total of 51 spoken languages
NOTE Confidence: 0.83427527125

00:16:27.040 --> 00:16:30.462 were noted by respondents as well so.
NOTE Confidence: 0.83427527125

00:16:30.462 --> 00:16:32.872 Recognizing that the diversity within
NOTE Confidence: 0.83427527125

00:16:32.872 --> 00:16:35.539 the genetic counseling field can stand
NOTE Confidence: 0.83427527125

00:16:35.539 --> 00:16:37.856 to improve and that as a profession
NOTE Confidence: 0.83427527125

00:16:37.856 --> 00:16:40.945 we need to be supportive of existing
NOTE Confidence: 0.83427527125

00:16:40.945 --> 00:16:43.335 minority genetic counselors and the
NOTE Confidence: 0.83427527125

00:16:43.335 --> 00:16:46.310 NSC has prioritized justice equity,
NOTE Confidence: 0.83427527125

00:16:46.310 --> 00:16:49.940 diversity and inclusion recently forming
NOTE Confidence: 0.83427527125

00:16:49.940 --> 00:16:56.318 a J EDI Committee to address these issues.
NOTE Confidence: 0.83427527125

00:16:56.320 --> 00:16:58.973 And you can see here the JDI
NOTE Confidence: 0.83427527125

00:16:58.973 --> 00:17:00.691 committee has identified various
NOTE Confidence: 0.83427527125

00:17:00.691 --> 00:17:03.196 strategies to support their goals,
NOTE Confidence: 0.83427527125

00:17:03.200 --> 00:17:06.632 including working to recruit and retain
NOTE Confidence: 0.83427527125

00:17:06.632 --> 00:17:09.854 diversity into the profession and the
NOTE Confidence: 0.83427527125

00:17:09.854 --> 00:17:12.189 issue of increasing diversity within

NOTE Confidence: 0.83427527125

00:17:12.189 --> 00:17:14.848 the genetic counseling field has also

NOTE Confidence: 0.83427527125

00:17:14.848 --> 00:17:17.218 been recognized outside of the NSGC.

NOTE Confidence: 0.83427527125

00:17:17.220 --> 00:17:20.920 Somewhere recently, the Warren Alpert

NOTE Confidence: 0.83427527125

00:17:20.920 --> 00:17:24.460 Foundation has given a five year,

NOTE Confidence: 0.83427527125

00:17:24.460 --> 00:17:25.714 \$9.5 million grant.

NOTE Confidence: 0.83427527125

00:17:25.714 --> 00:17:28.222 To create the alliance to increase

NOTE Confidence: 0.83427527125

00:17:28.222 --> 00:17:30.148 diversity in genetic counseling.

NOTE Confidence: 0.83427527125

00:17:30.150 --> 00:17:32.790 And this is a program that will recruit

NOTE Confidence: 0.83427527125

00:17:32.790 --> 00:17:36.228 and train 44 zero that is genetic counseling.

NOTE Confidence: 0.83427527125

00:17:36.230 --> 00:17:38.154 Students providing full tuition,

NOTE Confidence: 0.83427527125

00:17:38.154 --> 00:17:40.559 scholarships and stipends to cover

NOTE Confidence: 0.83427527125

00:17:40.559 --> 00:17:43.124 living expenses during that time and

NOTE Confidence: 0.83427527125

00:17:43.124 --> 00:17:45.533 this will be implemented through the

NOTE Confidence: 0.83427527125

00:17:45.533 --> 00:17:47.808 five programs that you can see here.

NOTE Confidence: 0.83427527125

00:17:47.810 --> 00:17:48.748 In addition,

NOTE Confidence: 0.83427527125

00:17:48.748 --> 00:17:50.624 the minority genetics professional
NOTE Confidence: 0.83427527125

00:17:50.624 --> 00:17:53.658 network or the MG PN was formed
NOTE Confidence: 0.83427527125

00:17:53.658 --> 00:17:58.608 in November 2018 to provide a.
NOTE Confidence: 0.83427527125

00:17:58.610 --> 00:18:02.468 To provide a space for minority
NOTE Confidence: 0.83427527125

00:18:02.468 --> 00:18:05.631 genetic counselors or diverse genetic
NOTE Confidence: 0.83427527125

00:18:05.631 --> 00:18:07.115 counselors from diverse backgrounds
NOTE Confidence: 0.83427527125

00:18:07.115 --> 00:18:08.970 to connect with one another,
NOTE Confidence: 0.83427527125

00:18:08.970 --> 00:18:10.980 and they also have a prospective
NOTE Confidence: 0.83427527125

00:18:10.980 --> 00:18:11.985 students slack channel,
NOTE Confidence: 0.83427527125

00:18:11.990 --> 00:18:15.836 so feel free to join there.
NOTE Confidence: 0.83427527125

00:18:15.840 --> 00:18:16.690 And finally,
NOTE Confidence: 0.83427527125

00:18:16.690 --> 00:18:19.240 as far as diversity of nationalities,
NOTE Confidence: 0.83427527125

00:18:19.240 --> 00:18:21.205 there is the International Special
NOTE Confidence: 0.83427527125

00:18:21.205 --> 00:18:23.761 Interest Group or SIG that's also
NOTE Confidence: 0.83427527125

00:18:23.761 --> 00:18:25.857 available for prospective international
NOTE Confidence: 0.83427527125

00:18:25.857 --> 00:18:27.953 students applying for graduate

NOTE Confidence: 0.83427527125

00:18:27.953 --> 00:18:29.917 training programs in the United

NOTE Confidence: 0.83427527125

00:18:29.917 --> 00:18:31.975 States and so if you're looking,

NOTE Confidence: 0.83427527125

00:18:31.980 --> 00:18:34.464 or if you're tuning in internationally

NOTE Confidence: 0.83427527125

00:18:34.464 --> 00:18:36.120 from Canada or elsewhere,

NOTE Confidence: 0.83427527125

00:18:36.120 --> 00:18:37.653 and this might be a great place

NOTE Confidence: 0.83427527125

00:18:37.653 --> 00:18:39.429 to look for additional resources.

NOTE Confidence: 0.829905851642857

00:18:41.890 --> 00:18:44.599 Umm? But let's talk a little bit more about

NOTE Confidence: 0.829905851642857

00:18:44.599 --> 00:18:47.469 the traditional genetic counseling session,

NOTE Confidence: 0.829905851642857

00:18:47.470 --> 00:18:49.990 just to give us a backbone before we

NOTE Confidence: 0.829905851642857

00:18:49.990 --> 00:18:52.690 hear from our other genetic counselors.

NOTE Confidence: 0.829905851642857

00:18:52.690 --> 00:18:54.760 So keep in mind that this can be very

NOTE Confidence: 0.829905851642857

00:18:54.760 --> 00:18:56.167 different depending on your role,

NOTE Confidence: 0.829905851642857

00:18:56.170 --> 00:18:59.910 but basically, or generally speaking,

NOTE Confidence: 0.829905851642857

00:18:59.910 --> 00:19:02.635 genetic counseling first starts with

NOTE Confidence: 0.829905851642857

00:19:02.635 --> 00:19:05.987 a detailed medical and family history,

NOTE Confidence: 0.829905851642857

00:19:05.990 --> 00:19:08.790 so the pedigree or the family tree.
NOTE Confidence: 0.829905851642857

00:19:08.790 --> 00:19:10.415 That's the bread and butter
NOTE Confidence: 0.829905851642857

00:19:10.415 --> 00:19:11.390 of genetic counseling.
NOTE Confidence: 0.829905851642857

00:19:11.390 --> 00:19:13.448 It's used to document many features.
NOTE Confidence: 0.829905851642857

00:19:13.450 --> 00:19:15.946 That are crucial to a genetic
NOTE Confidence: 0.829905851642857

00:19:15.946 --> 00:19:18.286 counseling session as far as
NOTE Confidence: 0.829905851642857

00:19:18.286 --> 00:19:20.294 different generations of individuals,
NOTE Confidence: 0.829905851642857

00:19:20.300 --> 00:19:23.060 how they're related and maybe even
NOTE Confidence: 0.829905851642857

00:19:23.060 --> 00:19:25.959 traits of interest all in one neat,
NOTE Confidence: 0.829905851642857

00:19:25.960 --> 00:19:27.910 concise little picture.
NOTE Confidence: 0.829905851642857

00:19:27.910 --> 00:19:32.175 But instead of using dinosaurs and amoebas,
NOTE Confidence: 0.829905851642857

00:19:32.175 --> 00:19:34.770 we use shapes.
NOTE Confidence: 0.829905851642857

00:19:34.770 --> 00:19:37.521 So those who are assigned male at
NOTE Confidence: 0.829905851642857

00:19:37.521 --> 00:19:39.649 birth are designated by a square,
NOTE Confidence: 0.829905851642857

00:19:39.650 --> 00:19:41.774 while those who are assigned female
NOTE Confidence: 0.829905851642857

00:19:41.774 --> 00:19:44.024 at birth are designated by a circle

NOTE Confidence: 0.829905851642857

00:19:44.024 --> 00:19:46.340 and a diamond shape can be used for

NOTE Confidence: 0.829905851642857

00:19:46.340 --> 00:19:48.590 individuals who are gender nonconforming,

NOTE Confidence: 0.829905851642857

00:19:48.590 --> 00:19:50.718 or when the sex assigned at birth

NOTE Confidence: 0.829905851642857

00:19:50.718 --> 00:19:51.630 is not known.

NOTE Confidence: 0.829905851642857

00:19:51.630 --> 00:19:54.206 A line through the sheep is indicating

NOTE Confidence: 0.829905851642857

00:19:54.206 --> 00:19:56.500 as someone who has passed away.

NOTE Confidence: 0.884760502083333

00:19:59.890 --> 00:20:01.606 After obtaining that information,

NOTE Confidence: 0.884760502083333

00:20:01.606 --> 00:20:05.193 we'll use that to perform a risk assessment

NOTE Confidence: 0.884760502083333

00:20:05.193 --> 00:20:08.019 or the likelihood of identifying a

NOTE Confidence: 0.884760502083333

00:20:08.019 --> 00:20:10.370 genetic mutation in a given patient.

NOTE Confidence: 0.884760502083333

00:20:10.370 --> 00:20:13.025 So genetic counselors are professionals

NOTE Confidence: 0.884760502083333

00:20:13.025 --> 00:20:15.149 trained in science communication,

NOTE Confidence: 0.884760502083333

00:20:15.150 --> 00:20:17.670 and we typically spend some time

NOTE Confidence: 0.884760502083333

00:20:17.670 --> 00:20:20.625 during a session to review genetics

NOTE Confidence: 0.884760502083333

00:20:20.625 --> 00:20:22.997 with the patient themselves.

NOTE Confidence: 0.884760502083333

00:20:23.000 --> 00:20:25.700 If genetic testing is indicated,
NOTE Confidence: 0.884760502083333

00:20:25.700 --> 00:20:27.956 genetic counselors can communicate the risks,
NOTE Confidence: 0.884760502083333

00:20:27.960 --> 00:20:28.820 the benefits,
NOTE Confidence: 0.884760502083333

00:20:28.820 --> 00:20:30.970 the limitations of genetic testing
NOTE Confidence: 0.884760502083333

00:20:30.970 --> 00:20:34.033 in order to obtain informed consent
NOTE Confidence: 0.884760502083333

00:20:34.033 --> 00:20:36.858 before coordinating the testing needed,
NOTE Confidence: 0.884760502083333

00:20:36.860 --> 00:20:39.534 but frenetic testing is not always needed.
NOTE Confidence: 0.941675058888889

00:20:43.190 --> 00:20:44.765 And there are many different
NOTE Confidence: 0.941675058888889

00:20:44.765 --> 00:20:46.025 types of genetic tests,
NOTE Confidence: 0.941675058888889

00:20:46.030 --> 00:20:48.742 so on the left hand side those are
NOTE Confidence: 0.941675058888889

00:20:48.742 --> 00:20:50.902 medical or clinical genetic tests
NOTE Confidence: 0.941675058888889

00:20:50.902 --> 00:20:53.325 that are typically involving a
NOTE Confidence: 0.941675058888889

00:20:53.325 --> 00:20:55.800 genetic counselor to some capacity.
NOTE Confidence: 0.941675058888889

00:20:55.800 --> 00:20:57.725 So we have diagnostic testing
NOTE Confidence: 0.941675058888889

00:20:57.725 --> 00:21:00.070 which can be used to confirm
NOTE Confidence: 0.941675058888889

00:21:00.070 --> 00:21:03.850 to rule out a genetic disorder.

NOTE Confidence: 0.941675058888889

00:21:03.850 --> 00:21:06.860 Carrier screening or carrier testing,

NOTE Confidence: 0.941675058888889

00:21:06.860 --> 00:21:10.235 and that is done prior to or during a

NOTE Confidence: 0.941675058888889

00:21:10.235 --> 00:21:13.040 pregnancy to see if the patient and

NOTE Confidence: 0.941675058888889

00:21:13.040 --> 00:21:16.028 or partner are carrying a gene that

NOTE Confidence: 0.941675058888889

00:21:16.028 --> 00:21:19.157 might cause a congenital defect or disorder.

NOTE Confidence: 0.941675058888889

00:21:19.160 --> 00:21:22.796 And there's also prenatal diagnosis testing,

NOTE Confidence: 0.941675058888889

00:21:22.800 --> 00:21:25.250 which is used to detect abnormalities in

NOTE Confidence: 0.941675058888889

00:21:25.250 --> 00:21:29.368 a fetus's genes before birth to identify

NOTE Confidence: 0.941675058888889

00:21:29.368 --> 00:21:32.720 congenital disorders or birth defects.

NOTE Confidence: 0.941675058888889

00:21:32.720 --> 00:21:34.640 Newborn screening is a routine

NOTE Confidence: 0.941675058888889

00:21:34.640 --> 00:21:37.466 test mandated by law to screen for

NOTE Confidence: 0.941675058888889

00:21:37.466 --> 00:21:39.944 a set of inheritable diseases or

NOTE Confidence: 0.941675058888889

00:21:39.944 --> 00:21:42.199 disorders such as cystic fibrosis.

NOTE Confidence: 0.941675058888889

00:21:42.200 --> 00:21:44.660 This is something that can

NOTE Confidence: 0.941675058888889

00:21:44.660 --> 00:21:46.136 differ between states.

NOTE Confidence: 0.941675058888889

00:21:46.140 --> 00:21:49.026 And then predictive diagnosis which is
NOTE Confidence: 0.941675058888889

00:21:49.026 --> 00:21:52.230 testing for known disorder in the family
NOTE Confidence: 0.941675058888889

00:21:52.230 --> 00:21:54.754 to understand risk for that disorder.
NOTE Confidence: 0.941675058888889

00:21:54.754 --> 00:21:56.047 So for example,
NOTE Confidence: 0.941675058888889

00:21:56.050 --> 00:21:58.714 if someone has a BRC A1 mutation in
NOTE Confidence: 0.941675058888889

00:21:58.714 --> 00:22:01.402 their mother and we're doing targeted
NOTE Confidence: 0.941675058888889

00:22:01.402 --> 00:22:03.832 testing for that patient individually.
NOTE Confidence: 0.926134706666667

00:22:06.190 --> 00:22:08.005 On the other hand, on the right hand
NOTE Confidence: 0.926134706666667

00:22:08.005 --> 00:22:10.286 side there are also non medical or non
NOTE Confidence: 0.926134706666667

00:22:10.286 --> 00:22:12.194 clinical tests that do not typically
NOTE Confidence: 0.926134706666667

00:22:12.194 --> 00:22:13.760 involve the genetic counselor,
NOTE Confidence: 0.926134706666667

00:22:13.760 --> 00:22:16.063 but something that you might hear of
NOTE Confidence: 0.926134706666667

00:22:16.063 --> 00:22:18.268 or patients might bring bring to you.
NOTE Confidence: 0.833658247777778

00:22:22.070 --> 00:22:22.919 Obtaining a sample.
NOTE Confidence: 0.833658247777778

00:22:22.919 --> 00:22:25.721 It's a bit of a pick your poison option
NOTE Confidence: 0.833658247777778

00:22:25.721 --> 00:22:27.983 or choose your own adventure here,

NOTE Confidence: 0.833658247777778
00:22:27.990 --> 00:22:31.170 but usually it's either done through
NOTE Confidence: 0.833658247777778
00:22:31.170 --> 00:22:35.030 a blood draw or a saliva sample.
NOTE Confidence: 0.833658247777778
00:22:35.030 --> 00:22:40.150 And finally, insurance companies are.
NOTE Confidence: 0.833658247777778
00:22:40.150 --> 00:22:41.894 Increasingly better about covering
NOTE Confidence: 0.833658247777778
00:22:41.894 --> 00:22:44.510 the top cost of genetic testing,
NOTE Confidence: 0.833658247777778
00:22:44.510 --> 00:22:46.382 especially when there's an
NOTE Confidence: 0.833658247777778
00:22:46.382 --> 00:22:48.510 indication such as a personal
NOTE Confidence: 0.833658247777778
00:22:48.510 --> 00:22:50.310 and or family history that's
NOTE Confidence: 0.833658247777778
00:22:50.310 --> 00:22:52.619 suggestive of an inherited disease.
NOTE Confidence: 0.85069358
00:22:55.820 --> 00:22:57.075 Of course, if you're ordering
NOTE Confidence: 0.85069358
00:22:57.075 --> 00:22:58.079 testing for a patient,
NOTE Confidence: 0.85069358
00:22:58.080 --> 00:23:00.648 you then have to disclose the
NOTE Confidence: 0.85069358
00:23:00.648 --> 00:23:03.150 test results to the patient.
NOTE Confidence: 0.85069358
00:23:03.150 --> 00:23:05.730 We review information as far
NOTE Confidence: 0.85069358
00:23:05.730 --> 00:23:07.794 as screening and management
NOTE Confidence: 0.85069358

00:23:07.794 --> 00:23:09.977 recommendations or next steps based

NOTE Confidence: 0.85069358

00:23:09.977 --> 00:23:11.967 on those genetic test results.

NOTE Confidence: 0.85069358

00:23:11.970 --> 00:23:14.550 You can help the patient by

NOTE Confidence: 0.85069358

00:23:14.550 --> 00:23:16.723 identifying research or resources for

NOTE Confidence: 0.85069358

00:23:16.723 --> 00:23:19.015 them and for their family members,

NOTE Confidence: 0.85069358

00:23:19.020 --> 00:23:21.960 as well as speaking through

NOTE Confidence: 0.85069358

00:23:21.960 --> 00:23:24.305 coordinating genetic testing and or

NOTE Confidence: 0.85069358

00:23:24.305 --> 00:23:26.650 counseling for at risk relatives

NOTE Confidence: 0.85069358

00:23:26.724 --> 00:23:29.188 who might also let's say have that

NOTE Confidence: 0.85069358

00:23:29.188 --> 00:23:31.464 mutation or need genetic testing

NOTE Confidence: 0.85069358

00:23:31.464 --> 00:23:33.432 otherwise and at the very end you

NOTE Confidence: 0.85069358

00:23:33.432 --> 00:23:35.862 wrap it all up and a nice bow and

NOTE Confidence: 0.85069358

00:23:35.862 --> 00:23:37.654 summarize it for the patient so

NOTE Confidence: 0.85069358

00:23:37.654 --> 00:23:39.684 they can have it for their records.

NOTE Confidence: 0.85423553

00:23:42.670 --> 00:23:44.141 So without further ado,

NOTE Confidence: 0.85423553

00:23:44.141 --> 00:23:46.523 now that you have a good

NOTE Confidence: 0.85423553

00:23:46.523 --> 00:23:48.548 foundation of genetic counseling,

NOTE Confidence: 0.85423553

00:23:48.550 --> 00:23:50.910 I'm going to pass it off to Maya.

NOTE Confidence: 0.85423553

00:23:50.910 --> 00:23:53.185 She'll be presenting on her role as

NOTE Confidence: 0.85423553

00:23:53.185 --> 00:23:54.902 a laboratory genetic counselor as

NOTE Confidence: 0.85423553

00:23:54.902 --> 00:23:56.948 the first of our many specialists,

NOTE Confidence: 0.85423553

00:23:56.950 --> 00:23:58.054 so let me see.

NOTE Confidence: 0.85423553

00:23:58.054 --> 00:24:01.180 Let me see if I can do this properly.

NOTE Confidence: 0.890081395

00:24:12.420 --> 00:24:15.800 Sorry, just one second. Yeah.

NOTE Confidence: 0.93609875

00:24:18.440 --> 00:24:18.820 OK.

NOTE Confidence: 0.82561745

00:24:30.670 --> 00:24:35.778 OK. So are you saying the PowerPoint?

NOTE Confidence: 0.742498875

00:24:36.660 --> 00:24:38.128 Yes, it looks great.

NOTE Confidence: 0.7387625275

00:24:38.180 --> 00:24:42.150 OK, good thanks. OK. Umm?

NOTE Confidence: 0.818922580952381

00:24:44.350 --> 00:24:47.905 Sorry OK. So my name is Maya and I'm

NOTE Confidence: 0.818922580952381

00:24:47.905 --> 00:24:51.780 one of the genetic counselors at the

NOTE Confidence: 0.818922580952381

00:24:51.780 --> 00:24:55.198 Yale BNA Diagnostics lab and I'm going

NOTE Confidence: 0.818922580952381

00:24:55.198 --> 00:24:57.886 to be speaking about what it's like
NOTE Confidence: 0.818922580952381

00:24:57.886 --> 00:25:01.230 to work for a clinical laboratory in
NOTE Confidence: 0.818922580952381

00:25:01.230 --> 00:25:03.966 a university setting and then our
NOTE Confidence: 0.818922580952381

00:25:03.966 --> 00:25:06.558 other genetic counselor at the lab.
NOTE Confidence: 0.818922580952381

00:25:06.560 --> 00:25:08.575 Emily Voiceline, is going to
NOTE Confidence: 0.818922580952381

00:25:08.575 --> 00:25:11.081 be moderating in the chat, so.
NOTE Confidence: 0.818922580952381

00:25:11.081 --> 00:25:14.027 Please feel free to ask any
NOTE Confidence: 0.818922580952381

00:25:14.027 --> 00:25:16.519 questions that you've got there.
NOTE Confidence: 0.8803934375

00:25:20.120 --> 00:25:22.620 So first we'll talk about
NOTE Confidence: 0.8803934375

00:25:22.620 --> 00:25:24.120 our own backgrounds.
NOTE Confidence: 0.8803934375

00:25:24.120 --> 00:25:27.230 I'm a certified genetic counselor
NOTE Confidence: 0.8803934375

00:25:27.230 --> 00:25:29.718 currently licensed in Connecticut.
NOTE Confidence: 0.8803934375

00:25:29.720 --> 00:25:31.608 I graduated in 2021.
NOTE Confidence: 0.8803934375

00:25:31.608 --> 00:25:33.968 From Long Island University Post
NOTE Confidence: 0.8803934375

00:25:33.968 --> 00:25:37.011 and I did my undergrad degree
NOTE Confidence: 0.8803934375

00:25:37.011 --> 00:25:38.999 at University of California,

NOTE Confidence: 0.8803934375

00:25:39.000 --> 00:25:41.992 Santa Barbara in biological

NOTE Confidence: 0.8803934375

00:25:41.992 --> 00:25:45.732 anthropology at largely focusing on

NOTE Confidence: 0.8803934375

00:25:45.732 --> 00:25:49.840 human evolution and human variation.

NOTE Confidence: 0.8803934375

00:25:49.840 --> 00:25:53.837 So I was a non traditional student

NOTE Confidence: 0.8803934375

00:25:53.837 --> 00:25:57.248 and took a five year gap between

NOTE Confidence: 0.8803934375

00:25:57.248 --> 00:25:59.649 graduating from undergrad and then

NOTE Confidence: 0.8803934375

00:25:59.649 --> 00:26:02.169 starting at my program in 2019.

NOTE Confidence: 0.862995767647059

00:26:04.680 --> 00:26:07.122 Out of undergrad, I shifted careers

NOTE Confidence: 0.862995767647059

00:26:07.122 --> 00:26:10.514 around a few times and then ended up

NOTE Confidence: 0.862995767647059

00:26:10.514 --> 00:26:13.280 becoming a copywriter for a marketing

NOTE Confidence: 0.862995767647059

00:26:13.280 --> 00:26:15.780 and public relations business for

NOTE Confidence: 0.862995767647059

00:26:15.780 --> 00:26:19.544 about five years worked there up until

NOTE Confidence: 0.862995767647059

00:26:19.544 --> 00:26:22.940 my last year of Graduate School.

NOTE Confidence: 0.862995767647059

00:26:22.940 --> 00:26:26.060 So I would be happy to speak about

NOTE Confidence: 0.862995767647059

00:26:26.060 --> 00:26:28.200 my experiences as a nontraditional

NOTE Confidence: 0.862995767647059

00:26:28.200 --> 00:26:30.750 student later on in the Q&A.

NOTE Confidence: 0.862995767647059

00:26:30.750 --> 00:26:34.040 Or, if you'd like to email me.

NOTE Confidence: 0.862995767647059

00:26:34.040 --> 00:26:36.422 But this was my first job

NOTE Confidence: 0.862995767647059

00:26:36.422 --> 00:26:38.010 out of Graduate School,

NOTE Confidence: 0.862995767647059

00:26:38.010 --> 00:26:40.390 so I've been working here

NOTE Confidence: 0.862995767647059

00:26:40.390 --> 00:26:42.770 since August of last year.

NOTE Confidence: 0.862995767647059

00:26:42.770 --> 00:26:45.994 So now I'm going to let Emily speak

NOTE Confidence: 0.862995767647059

00:26:45.994 --> 00:26:48.700 about herself and introduce herself.

NOTE Confidence: 0.790879898

00:26:50.400 --> 00:26:52.720 Hi everybody, my name's Emily.

NOTE Confidence: 0.790879898

00:26:52.720 --> 00:26:55.936 I am also a certified genetic counselor

NOTE Confidence: 0.790879898

00:26:55.936 --> 00:27:00.237 in B DNA lab and licensed in Connecticut.

NOTE Confidence: 0.790879898

00:27:00.240 --> 00:27:02.708 I graduated from the Brandeis

NOTE Confidence: 0.790879898

00:27:02.708 --> 00:27:06.780 University program in 2021 and my

NOTE Confidence: 0.790879898

00:27:06.780 --> 00:27:10.322 undergrad I got my BS in Biology

NOTE Confidence: 0.790879898

00:27:10.322 --> 00:27:13.400 from Allegheny College in 2016,

NOTE Confidence: 0.790879898

00:27:13.400 --> 00:27:15.157 and so if you can do math,

NOTE Confidence: 0.790879898

00:27:15.160 --> 00:27:16.080 you might have noticed.

NOTE Confidence: 0.790879898

00:27:16.080 --> 00:27:18.566 I also had a few gap years in between

NOTE Confidence: 0.790879898

00:27:18.566 --> 00:27:19.970 undergrad and Graduate School.

NOTE Confidence: 0.790879898

00:27:19.970 --> 00:27:22.754 However, I took a little bit more of

NOTE Confidence: 0.790879898

00:27:22.754 --> 00:27:24.886 a traditional route and I actually

NOTE Confidence: 0.790879898

00:27:24.886 --> 00:27:27.470 worked as an accession or at a

NOTE Confidence: 0.790879898

00:27:27.470 --> 00:27:29.334 combined cytogenetics and molecular

NOTE Confidence: 0.790879898

00:27:29.334 --> 00:27:31.664 genetics lab in between that.

NOTE Confidence: 0.790879898

00:27:31.670 --> 00:27:33.750 And this is also my first job out

NOTE Confidence: 0.962960218333333

00:27:33.760 --> 00:27:35.896 of Graduate School, so I started

NOTE Confidence: 0.781487588571429

00:27:36.310 --> 00:27:39.566 at the DNA lab in September of 2021

NOTE Confidence: 0.781487588571429

00:27:39.566 --> 00:27:41.454 and now we'll turn it back to Maya

NOTE Confidence: 0.781487588571429

00:27:41.454 --> 00:27:43.316 to talk about our daily duties.

NOTE Confidence: 0.9696015

00:27:45.750 --> 00:27:50.980 OK. Umm? There we.

NOTE Confidence: 0.9696015

00:27:50.980 --> 00:27:54.004 So at a small lap like ours,

NOTE Confidence: 0.9696015

00:27:54.010 --> 00:27:56.595 the genetic counselors take on
NOTE Confidence: 0.9696015

00:27:56.595 --> 00:27:59.186 some pretty versatile roles. Umm?
NOTE Confidence: 0.9696015

00:27:59.186 --> 00:28:01.250 So my primary responsibility
NOTE Confidence: 0.9696015

00:28:01.250 --> 00:28:04.509 is being a liaison between the
NOTE Confidence: 0.9696015

00:28:04.509 --> 00:28:07.474 ordering providers at the billing
NOTE Confidence: 0.9696015

00:28:07.474 --> 00:28:09.846 and prior authorizations teams,
NOTE Confidence: 0.9696015

00:28:09.850 --> 00:28:11.750 and then the different members
NOTE Confidence: 0.9696015

00:28:11.750 --> 00:28:12.890 of the laboratory.
NOTE Confidence: 0.9696015

00:28:12.890 --> 00:28:16.790 Like the lab techs or our
NOTE Confidence: 0.9696015

00:28:16.790 --> 00:28:18.740 molecular genetics tests.
NOTE Confidence: 0.9696015

00:28:18.740 --> 00:28:20.606 So as part of my job,
NOTE Confidence: 0.9696015

00:28:20.610 --> 00:28:23.358 my offer post has support for
NOTE Confidence: 0.9696015

00:28:23.358 --> 00:28:25.720 owner ordering providers who have
NOTE Confidence: 0.9696015

00:28:25.720 --> 00:28:27.970 any sort of additional questions
NOTE Confidence: 0.9696015

00:28:27.970 --> 00:28:30.640 about the result or follow up.
NOTE Confidence: 0.9696015

00:28:30.640 --> 00:28:34.520 And finally we also do

NOTE Confidence: 0.9696015
00:28:34.520 --> 00:28:38.590 interpretation of the data for.
NOTE Confidence: 0.9696015
00:28:38.590 --> 00:28:39.420 Panel tests,
NOTE Confidence: 0.9696015
00:28:39.420 --> 00:28:42.325 tumor tests and then single site tests.
NOTE Confidence: 0.9696015
00:28:42.330 --> 00:28:44.145 So we work on variant
NOTE Confidence: 0.9696015
00:28:44.145 --> 00:28:45.960 interpretation for the lab also.
NOTE Confidence: 0.867542686
00:28:48.740 --> 00:28:51.491 So as I said before, assisting
NOTE Confidence: 0.867542686
00:28:51.491 --> 00:28:54.677 ordering providers as my primary role,
NOTE Confidence: 0.867542686
00:28:54.680 --> 00:28:57.776 I take questions about future orders,
NOTE Confidence: 0.867542686
00:28:57.780 --> 00:29:03.080 such as if the lab can offer a certain test.
NOTE Confidence: 0.867542686
00:29:03.080 --> 00:29:05.859 For example, we get a lot of
NOTE Confidence: 0.867542686
00:29:05.859 --> 00:29:08.513 questions about whether we can do
NOTE Confidence: 0.867542686
00:29:08.513 --> 00:29:10.808 testing for pseudogenes where next
NOTE Confidence: 0.867542686
00:29:10.808 --> 00:29:13.027 generation data might not be the
NOTE Confidence: 0.867542686
00:29:13.027 --> 00:29:16.056 best or for non sequencing tests.
NOTE Confidence: 0.867542686
00:29:16.056 --> 00:29:19.680 One well known example would be
NOTE Confidence: 0.867542686

00:29:19.788 --> 00:29:23.120 fragile X testing where you're not
NOTE Confidence: 0.867542686

00:29:23.120 --> 00:29:26.340 looking so much at single changes in
NOTE Confidence: 0.867542686

00:29:26.340 --> 00:29:30.010 the gene so much as these repeats.
NOTE Confidence: 0.867542686

00:29:30.010 --> 00:29:32.863 So that's done with a different sort of test,
NOTE Confidence: 0.867542686

00:29:32.870 --> 00:29:34.780 and we do do that.
NOTE Confidence: 0.867542686

00:29:34.780 --> 00:29:38.452 It definitely helps to have a
NOTE Confidence: 0.867542686

00:29:38.452 --> 00:29:41.682 strong background and interest in
NOTE Confidence: 0.867542686

00:29:41.682 --> 00:29:45.190 molecular genetics to work at a lab.
NOTE Confidence: 0.867542686

00:29:45.190 --> 00:29:49.598 Then you definitely learn a lot more about
NOTE Confidence: 0.867542686

00:29:49.598 --> 00:29:52.330 molecular genetics as you work here.
NOTE Confidence: 0.867542686

00:29:52.330 --> 00:29:56.369 So I also assist in questions about
NOTE Confidence: 0.867542686

00:29:56.369 --> 00:29:59.600 insurance coverage and authorization.
NOTE Confidence: 0.867542686

00:29:59.600 --> 00:30:02.001 The lab has to review certain tests
NOTE Confidence: 0.867542686

00:30:02.001 --> 00:30:04.749 where we can't get authorization from
NOTE Confidence: 0.867542686

00:30:04.749 --> 00:30:07.868 insurance and it's my job to review
NOTE Confidence: 0.867542686

00:30:07.868 --> 00:30:10.508 the clinical notes from those orders

NOTE Confidence: 0.867542686
00:30:10.508 --> 00:30:13.292 to determine whether the patients meet
NOTE Confidence: 0.867542686
00:30:13.292 --> 00:30:16.338 criteria based on their payer as guidelines.
NOTE Confidence: 0.867542686
00:30:16.340 --> 00:30:19.273 So I do this with the assistance
NOTE Confidence: 0.867542686
00:30:19.273 --> 00:30:21.882 of somebody from the billing team
NOTE Confidence: 0.867542686
00:30:21.882 --> 00:30:24.815 or a coder who's expertise is in
NOTE Confidence: 0.867542686
00:30:24.910 --> 00:30:27.750 actually reading and interpreting
NOTE Confidence: 0.867542686
00:30:27.750 --> 00:30:29.880 the policies themselves.
NOTE Confidence: 0.867542686
00:30:29.880 --> 00:30:33.746 Our our lab offers something
NOTE Confidence: 0.867542686
00:30:33.746 --> 00:30:35.498 called virtual panels.
NOTE Confidence: 0.867542686
00:30:35.500 --> 00:30:38.986 So the entire exome is sequenced,
NOTE Confidence: 0.867542686
00:30:38.990 --> 00:30:42.248 then we only report on the genes
NOTE Confidence: 0.867542686
00:30:42.248 --> 00:30:45.218 or conditions that the providers
NOTE Confidence: 0.867542686
00:30:45.218 --> 00:30:47.979 specifically requests in the order.
NOTE Confidence: 0.867542686
00:30:47.980 --> 00:30:50.164 So I take calls from our
NOTE Confidence: 0.867542686
00:30:50.164 --> 00:30:51.620 providers or get emails.
NOTE Confidence: 0.867542686

00:30:51.620 --> 00:30:53.648 Sometimes requesting customize Gene
NOTE Confidence: 0.867542686

00:30:53.648 --> 00:30:57.812 lists or we have set gene lists that
NOTE Confidence: 0.867542686

00:30:57.812 --> 00:31:00.926 we're already using for some providers.
NOTE Confidence: 0.807352583333333

00:31:03.560 --> 00:31:07.426 And then as a follow up to positive
NOTE Confidence: 0.807352583333333

00:31:07.426 --> 00:31:09.791 test results, all email providers
NOTE Confidence: 0.807352583333333

00:31:09.791 --> 00:31:13.261 to let them know about a pathogenic
NOTE Confidence: 0.807352583333333

00:31:13.261 --> 00:31:16.201 test result before it's reported or
NOTE Confidence: 0.807352583333333

00:31:16.287 --> 00:31:19.136 at the same time that it's reported
NOTE Confidence: 0.807352583333333

00:31:19.136 --> 00:31:22.247 directly to a patient's chart and.
NOTE Confidence: 0.807352583333333

00:31:22.247 --> 00:31:26.650 Umm, I get requests about all preconditions
NOTE Confidence: 0.807352583333333

00:31:26.755 --> 00:31:30.175 and maybe which other specialties they
NOTE Confidence: 0.807352583333333

00:31:30.175 --> 00:31:34.430 might want to refer their patients too.
NOTE Confidence: 0.807352583333333

00:31:34.430 --> 00:31:38.318 And also take any sort of increase about
NOTE Confidence: 0.807352583333333

00:31:38.318 --> 00:31:41.119 existing orders and pending results.
NOTE Confidence: 0.807352583333333

00:31:41.120 --> 00:31:43.160 Such as what the expected turn
NOTE Confidence: 0.807352583333333

00:31:43.160 --> 00:31:44.180 around time is,

NOTE Confidence: 0.8073525833333333

00:31:44.180 --> 00:31:46.294 or if the test is already processed.

NOTE Confidence: 0.82421096

00:31:49.660 --> 00:31:52.432 So a laboratory stewardship is a

NOTE Confidence: 0.82421096

00:31:52.432 --> 00:31:56.094 really crucial part of working at a

NOTE Confidence: 0.82421096

00:31:56.094 --> 00:31:58.398 genetic genetic testing laboratory.

NOTE Confidence: 0.82421096

00:31:58.400 --> 00:32:01.165 A lot of labs are hiring genetic

NOTE Confidence: 0.82421096

00:32:01.165 --> 00:32:03.370 counselors because our training is

NOTE Confidence: 0.82421096

00:32:03.370 --> 00:32:06.214 really focused on selecting the most

NOTE Confidence: 0.82421096

00:32:06.214 --> 00:32:08.668 appropriate tests based on individual.

NOTE Confidence: 0.891674482

00:32:11.360 --> 00:32:15.200 Or personal. Sorry, personal or

NOTE Confidence: 0.891674482

00:32:15.200 --> 00:32:19.040 family history of these individuals.

NOTE Confidence: 0.891674482

00:32:19.040 --> 00:32:22.022 So we know how significantly these

NOTE Confidence: 0.891674482

00:32:22.022 --> 00:32:24.531 results can affect patients future

NOTE Confidence: 0.891674482

00:32:24.531 --> 00:32:27.129 health and management if they do

NOTE Confidence: 0.891674482

00:32:27.129 --> 00:32:30.119 end up getting a pathogenic result.

NOTE Confidence: 0.891674482

00:32:30.120 --> 00:32:32.192 So we need to make sure that the

NOTE Confidence: 0.891674482

00:32:32.192 --> 00:32:34.130 tests being ordered is appropriate,
NOTE Confidence: 0.891674482

00:32:34.130 --> 00:32:36.895 and then this also helps with insurance
NOTE Confidence: 0.891674482

00:32:36.895 --> 00:32:39.120 coverage because it can be very
NOTE Confidence: 0.891674482

00:32:39.120 --> 00:32:41.374 difficult to get some of these tests
NOTE Confidence: 0.891674482

00:32:41.441 --> 00:32:43.985 covered and we want to make sure that.
NOTE Confidence: 0.903106435714286

00:32:46.100 --> 00:32:48.284 Whatever is being ordered is going to
NOTE Confidence: 0.903106435714286

00:32:48.284 --> 00:32:51.008 be the most appropriate the first time.
NOTE Confidence: 0.903106435714286

00:32:51.010 --> 00:32:53.488 Because once you get a denial,
NOTE Confidence: 0.903106435714286

00:32:53.490 --> 00:32:56.832 resubmitting can be more and more
NOTE Confidence: 0.903106435714286

00:32:56.832 --> 00:32:59.060 difficult for additional tests.
NOTE Confidence: 0.903106435714286

00:32:59.060 --> 00:33:01.230 So I review every order
NOTE Confidence: 0.903106435714286

00:33:01.230 --> 00:33:03.400 that comes into the lab.
NOTE Confidence: 0.903106435714286

00:33:03.400 --> 00:33:04.772 Some of our ordering
NOTE Confidence: 0.903106435714286

00:33:04.772 --> 00:33:06.487 providers rely on the web,
NOTE Confidence: 0.903106435714286

00:33:06.490 --> 00:33:09.165 two select generalist based on
NOTE Confidence: 0.903106435714286

00:33:09.165 --> 00:33:11.840 the patients genotype or whatever

NOTE Confidence: 0.903106435714286
00:33:11.932 --> 00:33:15.122 sort of condition or different
NOTE Confidence: 0.903106435714286
00:33:15.122 --> 00:33:17.036 symptoms they're experiencing.
NOTE Confidence: 0.903106435714286
00:33:17.040 --> 00:33:22.380 And. So we are able to customize.
NOTE Confidence: 0.903106435714286
00:33:22.380 --> 00:33:24.012 As I said before,
NOTE Confidence: 0.903106435714286
00:33:24.012 --> 00:33:26.052 and we accommodate those requests
NOTE Confidence: 0.903106435714286
00:33:26.052 --> 00:33:28.852 and I work with our geneticist to
NOTE Confidence: 0.903106435714286
00:33:28.852 --> 00:33:31.304 determine what sort of gene list
NOTE Confidence: 0.903106435714286
00:33:31.304 --> 00:33:33.806 would be appropriate for the order.
NOTE Confidence: 0.903106435714286
00:33:33.810 --> 00:33:37.370 Another concern is that providers
NOTE Confidence: 0.903106435714286
00:33:37.370 --> 00:33:39.425 might simply place the wrong
NOTE Confidence: 0.903106435714286
00:33:39.425 --> 00:33:41.480 order because they can't figure
NOTE Confidence: 0.903106435714286
00:33:41.555 --> 00:33:43.760 out which one is the right option
NOTE Confidence: 0.903106435714286
00:33:43.760 --> 00:33:45.740 based on our lab test menu.
NOTE Confidence: 0.903106435714286
00:33:45.740 --> 00:33:49.796 And we do it a little bit differently
NOTE Confidence: 0.903106435714286
00:33:49.796 --> 00:33:52.025 here than the commercial labs,
NOTE Confidence: 0.903106435714286

00:33:52.025 --> 00:33:55.365 because we only have a set number of
NOTE Confidence: 0.903106435714286

00:33:55.365 --> 00:33:57.915 order tables and they order directly
NOTE Confidence: 0.903106435714286

00:33:57.915 --> 00:34:00.531 through our electronic medical system,
NOTE Confidence: 0.903106435714286

00:34:00.531 --> 00:34:03.466 which we use is EPIC.
NOTE Confidence: 0.903106435714286

00:34:03.470 --> 00:34:05.566 So maybe they want to place an order
NOTE Confidence: 0.903106435714286

00:34:05.566 --> 00:34:07.907 for a known familial variant only,
NOTE Confidence: 0.903106435714286

00:34:07.910 --> 00:34:10.835 but then they selected an
NOTE Confidence: 0.903106435714286

00:34:10.835 --> 00:34:12.590 extended gene panel.
NOTE Confidence: 0.903106435714286

00:34:12.590 --> 00:34:14.753 Because they didn't know that they needed
NOTE Confidence: 0.903106435714286

00:34:14.753 --> 00:34:17.029 to search for something else in epic,
NOTE Confidence: 0.903106435714286

00:34:17.030 --> 00:34:19.286 so they might write a comment
NOTE Confidence: 0.903106435714286

00:34:19.286 --> 00:34:20.790 about a specific gene,
NOTE Confidence: 0.903106435714286

00:34:20.790 --> 00:34:22.848 so I would be the one reaching
NOTE Confidence: 0.903106435714286

00:34:22.848 --> 00:34:25.527 out to the provider who's after
NOTE Confidence: 0.903106435714286

00:34:25.527 --> 00:34:27.823 reviewing the clinical information
NOTE Confidence: 0.903106435714286

00:34:27.823 --> 00:34:30.424 and presenting different test options

NOTE Confidence: 0.903106435714286

00:34:30.424 --> 00:34:32.966 and making sure that we actually do

NOTE Confidence: 0.903106435714286

00:34:32.966 --> 00:34:35.496 want to do an expanded test rather

NOTE Confidence: 0.903106435714286

00:34:35.496 --> 00:34:37.746 than that really targeted test.

NOTE Confidence: 0.903106435714286

00:34:37.750 --> 00:34:39.930 It's very important that the

NOTE Confidence: 0.903106435714286

00:34:39.930 --> 00:34:42.110 patient does not receive information

NOTE Confidence: 0.903106435714286

00:34:42.181 --> 00:34:43.389 that they did not.

NOTE Confidence: 0.903106435714286

00:34:43.390 --> 00:34:46.288 And sent to when they were counseled about

NOTE Confidence: 0.903106435714286

00:34:46.288 --> 00:34:48.976 the results that they would be getting.

NOTE Confidence: 0.898181924545454

00:34:51.050 --> 00:34:54.116 So Emily is going to talk

NOTE Confidence: 0.898181924545454

00:34:54.116 --> 00:34:57.020 about one of her roles.

NOTE Confidence: 0.898181924545454

00:34:57.020 --> 00:34:59.305 Which is not directly related

NOTE Confidence: 0.898181924545454

00:34:59.305 --> 00:35:00.676 to genetic counseling,

NOTE Confidence: 0.898181924545454

00:35:00.680 --> 00:35:02.744 but it shows how our education

NOTE Confidence: 0.898181924545454

00:35:02.744 --> 00:35:04.651 and expertise can be applied

NOTE Confidence: 0.898181924545454

00:35:04.651 --> 00:35:06.019 to different areas.

NOTE Confidence: 0.898181924545454

00:35:06.020 --> 00:35:08.192 And that's data management
NOTE Confidence: 0.898181924545454

00:35:08.192 --> 00:35:09.278 and bioinformatics.
NOTE Confidence: 0.898181924545454

00:35:09.280 --> 00:35:11.940 I'm gonna let Emily take over again.
NOTE Confidence: 0.33832526

00:35:14.410 --> 00:35:17.995 So yeah, my position as mayor
NOTE Confidence: 0.33832526

00:35:17.995 --> 00:35:19.840 just mentioned. One part
NOTE Confidence: 0.874710332

00:35:19.840 --> 00:35:22.070 of it is the definitely not a
NOTE Confidence: 0.874710332

00:35:22.070 --> 00:35:24.290 traditional genetic counseling role,
NOTE Confidence: 0.874710332

00:35:24.290 --> 00:35:26.905 but that is something that I honestly
NOTE Confidence: 0.874710332

00:35:26.905 --> 00:35:28.986 really liked about the position when I
NOTE Confidence: 0.874710332

00:35:28.986 --> 00:35:30.775 was applying and it really just goes
NOTE Confidence: 0.874710332

00:35:30.775 --> 00:35:33.935 to show how versatile what we learn in
NOTE Confidence: 0.874710332

00:35:33.935 --> 00:35:36.282 genetic counseling school is and how
NOTE Confidence: 0.874710332

00:35:36.282 --> 00:35:38.850 that skill set can be used in a bunch
NOTE Confidence: 0.874710332

00:35:38.850 --> 00:35:41.226 of different ways other than just seeing
NOTE Confidence: 0.874710332

00:35:41.226 --> 00:35:43.602 patients or even the more traditional
NOTE Confidence: 0.874710332

00:35:43.602 --> 00:35:45.878 laboratory genetic counseling role so.

NOTE Confidence: 0.874710332

00:35:45.878 --> 00:35:49.145 The biggest part of my job is

NOTE Confidence: 0.874710332

00:35:49.145 --> 00:35:51.230 bioinformatics and data management,

NOTE Confidence: 0.874710332

00:35:51.230 --> 00:35:53.775 so our lab does a lot of the

NOTE Confidence: 0.874710332

00:35:53.775 --> 00:35:55.080 lab work in house,

NOTE Confidence: 0.874710332

00:35:55.080 --> 00:35:58.086 so we extract the DNA ourselves.

NOTE Confidence: 0.874710332

00:35:58.086 --> 00:36:00.040 We do the analysis ourselves.

NOTE Confidence: 0.874710332

00:36:00.040 --> 00:36:01.980 We do Sanger sequencing ourselves,

NOTE Confidence: 0.874710332

00:36:01.980 --> 00:36:04.486 but one thing we don't do ourselves

NOTE Confidence: 0.874710332

00:36:04.486 --> 00:36:06.360 is next generation sequencing.

NOTE Confidence: 0.874710332

00:36:06.360 --> 00:36:09.484 So any sample that needs next generation

NOTE Confidence: 0.874710332

00:36:09.484 --> 00:36:11.232 sequencing is sent out to another part

NOTE Confidence: 0.874710332

00:36:11.232 --> 00:36:14.438 of the Yale and then when we get that

NOTE Confidence: 0.874710332

00:36:14.440 --> 00:36:16.429 next generation sequencing data back.

NOTE Confidence: 0.874710332

00:36:16.429 --> 00:36:20.480 It is my job to turn that sequencing data

NOTE Confidence: 0.874710332

00:36:20.480 --> 00:36:23.230 into data that is usable for our analysts

NOTE Confidence: 0.874710332

00:36:23.230 --> 00:36:26.890 to be able to write the reports and.

NOTE Confidence: 0.874710332

00:36:26.890 --> 00:36:28.130 Get that.

NOTE Confidence: 0.874710332

00:36:28.130 --> 00:36:30.378 Was those results back to

NOTE Confidence: 0.874710332

00:36:30.378 --> 00:36:31.599 the ordering providers?

NOTE Confidence: 0.882301731666667

00:36:31.770 --> 00:36:34.500 And also when the data is

NOTE Confidence: 0.9326592175

00:36:35.070 --> 00:36:36.580 made usable, making sure that

NOTE Confidence: 0.9326592175

00:36:36.580 --> 00:36:38.519 it is in an easily accessible

NOTE Confidence: 0.9326592175

00:36:38.520 --> 00:36:40.490 location for everybody to find.

NOTE Confidence: 0.9326592175

00:36:40.490 --> 00:36:42.318 So I'm the person who if

NOTE Confidence: 0.9326592175

00:36:42.318 --> 00:36:43.566 somebody's looking for something,

NOTE Confidence: 0.9326592175

00:36:43.570 --> 00:36:46.229 they come to me and at first glance

NOTE Confidence: 0.9326592175

00:36:46.229 --> 00:36:48.210 this might not seem like it is

NOTE Confidence: 0.9326592175

00:36:48.274 --> 00:36:50.489 super related to genetic counseling,

NOTE Confidence: 0.9326592175

00:36:50.490 --> 00:36:54.320 but in this process I'm also looking

NOTE Confidence: 0.9326592175

00:36:54.320 --> 00:36:56.850 over the orders for all the samples

NOTE Confidence: 0.9326592175

00:36:56.850 --> 00:36:58.500 that I'm working with that week.

NOTE Confidence: 0.9326592175

00:36:58.500 --> 00:37:01.062 And I'm kind of serving as yet another

NOTE Confidence: 0.9326592175

00:37:01.062 --> 00:37:03.860 check after Maya and other people

NOTE Confidence: 0.9326592175

00:37:03.860 --> 00:37:05.751 just to make sure that once again

NOTE Confidence: 0.9326592175

00:37:05.751 --> 00:37:07.740 the orders are appropriate and there

NOTE Confidence: 0.9326592175

00:37:07.740 --> 00:37:10.076 are no issues with insurance so.

NOTE Confidence: 0.9326592175

00:37:10.076 --> 00:37:12.770 My genetics knowledge that I gained

NOTE Confidence: 0.9326592175

00:37:12.770 --> 00:37:15.132 in Graduate School is definitely very

NOTE Confidence: 0.9326592175

00:37:15.132 --> 00:37:17.659 helpful for this and just allows me

NOTE Confidence: 0.9326592175

00:37:17.659 --> 00:37:20.229 to serve as yet another checkpoint,

NOTE Confidence: 0.9326592175

00:37:20.230 --> 00:37:22.127 because you can never have too many

NOTE Confidence: 0.9326592175

00:37:22.127 --> 00:37:24.190 to make sure that everything looks

NOTE Confidence: 0.9326592175

00:37:24.190 --> 00:37:26.142 good with these orders and we're

NOTE Confidence: 0.9326592175

00:37:26.142 --> 00:37:27.566 actually getting the providers

NOTE Confidence: 0.9326592175

00:37:27.566 --> 00:37:29.456 the information that they want,

NOTE Confidence: 0.9326592175

00:37:29.456 --> 00:37:31.470 and so I will turn it back to Maya for

NOTE Confidence: 0.9326592175

00:37:31.470 --> 00:37:33.246 the other part of my job and something

NOTE Confidence: 0.9326592175

00:37:33.246 --> 00:37:35.098 that we are both very involved in,

NOTE Confidence: 0.9326592175

00:37:35.098 --> 00:37:36.538 which is very an interpretation

NOTE Confidence: 0.9326592175

00:37:36.538 --> 00:37:37.402 and report writing.

NOTE Confidence: 0.831880513636364

00:37:42.610 --> 00:37:44.290 So as Emily mentioned,

NOTE Confidence: 0.831880513636364

00:37:44.290 --> 00:37:48.190 both of us work on variant interpretation.

NOTE Confidence: 0.831880513636364

00:37:48.190 --> 00:37:51.421 So what we do is we analyze the raw

NOTE Confidence: 0.831880513636364

00:37:51.421 --> 00:37:54.620 data that comes into the lab and

NOTE Confidence: 0.831880513636364

00:37:54.620 --> 00:37:57.726 follow a CMG guidelines to classify

NOTE Confidence: 0.831880513636364

00:37:57.726 --> 00:38:00.686 variants and this is standardized

NOTE Confidence: 0.831880513636364

00:38:00.686 --> 00:38:03.900 across every genetic testing

NOTE Confidence: 0.831880513636364

00:38:03.900 --> 00:38:06.830 laboratory in the United States.

NOTE Confidence: 0.875489852222222

00:38:09.190 --> 00:38:11.665 So we use various databases

NOTE Confidence: 0.875489852222222

00:38:11.665 --> 00:38:13.645 to back our interpretation.

NOTE Confidence: 0.875489852222222

00:38:13.650 --> 00:38:16.086 Some of you might be familiar with

NOTE Confidence: 0.875489852222222

00:38:16.086 --> 00:38:19.110 them if you worked in the lab at all,

NOTE Confidence: 0.875489852222222

00:38:19.110 --> 00:38:21.906 or had any undergrad experience in

NOTE Confidence: 0.875489852222222

00:38:21.906 --> 00:38:24.510 genetics in a clinical setting.

NOTE Confidence: 0.875489852222222

00:38:24.510 --> 00:38:28.829 So we use glenvar genome for example,

NOTE Confidence: 0.875489852222222

00:38:28.830 --> 00:38:30.996 and then our own internal database.

NOTE Confidence: 0.875489852222222

00:38:31.000 --> 00:38:34.152 So the lab has our own database for

NOTE Confidence: 0.875489852222222

00:38:34.152 --> 00:38:36.987 we record the specific changes in

NOTE Confidence: 0.875489852222222

00:38:36.987 --> 00:38:39.927 the gene that we've seen before.

NOTE Confidence: 0.875489852222222

00:38:39.930 --> 00:38:42.672 And the phenotype or the symptoms

NOTE Confidence: 0.875489852222222

00:38:42.672 --> 00:38:44.991 that accompany those changes or

NOTE Confidence: 0.875489852222222

00:38:44.991 --> 00:38:47.076 what it's been correlated with?

NOTE Confidence: 0.875489852222222

00:38:47.080 --> 00:38:49.540 Because they're not always related,

NOTE Confidence: 0.875489852222222

00:38:49.540 --> 00:38:52.396 but it is good to have that backup

NOTE Confidence: 0.875489852222222

00:38:52.396 --> 00:38:57.128 if it's a very rare sort of change.

NOTE Confidence: 0.875489852222222

00:38:57.130 --> 00:39:00.679 So we also assist the lab directors

NOTE Confidence: 0.875489852222222

00:39:00.679 --> 00:39:03.802 in reviewing the reports that are

NOTE Confidence: 0.875489852222222

00:39:03.802 --> 00:39:07.187 ready for sign out. And which hack?
NOTE Confidence: 0.875489852222222

00:39:07.187 --> 00:39:10.400 Or we look at the clinical information
NOTE Confidence: 0.875489852222222

00:39:10.485 --> 00:39:13.579 and make sure that it's clear and
NOTE Confidence: 0.875489852222222

00:39:13.579 --> 00:39:16.214 is appropriate for the condition
NOTE Confidence: 0.875489852222222

00:39:16.214 --> 00:39:18.050 that's being reported,
NOTE Confidence: 0.875489852222222

00:39:18.050 --> 00:39:22.180 and that there are no major errors.
NOTE Confidence: 0.875489852222222

00:39:22.180 --> 00:39:24.020 For example, spelling errors,
NOTE Confidence: 0.875489852222222

00:39:24.020 --> 00:39:25.860 we try to catch,
NOTE Confidence: 0.875489852222222

00:39:25.860 --> 00:39:28.457 or if there's any sort of error
NOTE Confidence: 0.875489852222222

00:39:28.457 --> 00:39:30.519 in the gene name like,
NOTE Confidence: 0.875489852222222

00:39:30.520 --> 00:39:32.124 because some of them,
NOTE Confidence: 0.875489852222222

00:39:32.124 --> 00:39:35.559 it's just a series of letters and numbers.
NOTE Confidence: 0.875489852222222

00:39:35.560 --> 00:39:37.936 It can be really easy to miss those
NOTE Confidence: 0.875489852222222

00:39:37.936 --> 00:39:40.712 sort of typos if you're staring at that
NOTE Confidence: 0.875489852222222

00:39:40.712 --> 00:39:43.230 report for hours as you're working.
NOTE Confidence: 0.637223015

00:39:46.730 --> 00:39:49.354 So variant interpretation is

NOTE Confidence: 0.637223015

00:39:49.354 --> 00:39:51.626 a role that a lot of labs are

NOTE Confidence: 0.637223015

00:39:51.626 --> 00:39:53.668 hiring genetic counselors for,

NOTE Confidence: 0.637223015

00:39:53.670 --> 00:39:56.428 and I personally was not aware of

NOTE Confidence: 0.637223015

00:39:56.428 --> 00:39:59.460 that prior to starting my graduate

NOTE Confidence: 0.637223015

00:39:59.460 --> 00:40:03.150 program and some of the programs

NOTE Confidence: 0.637223015

00:40:03.150 --> 00:40:05.630 do introduce very interpretation.

NOTE Confidence: 0.637223015

00:40:05.630 --> 00:40:08.143 So for example at Long Island University

NOTE Confidence: 0.637223015

00:40:08.143 --> 00:40:11.541 we had a course with one of the major

NOTE Confidence: 0.637223015

00:40:11.541 --> 00:40:13.792 commercial labs and we had weekly

NOTE Confidence: 0.637223015

00:40:13.792 --> 00:40:15.178 data interpretation assignments.

NOTE Confidence: 0.637223015

00:40:15.178 --> 00:40:18.973 But a lot of the labs are also

NOTE Confidence: 0.637223015

00:40:18.973 --> 00:40:20.853 training genetic counselors to

NOTE Confidence: 0.637223015

00:40:20.853 --> 00:40:23.288 analyze and write test reports

NOTE Confidence: 0.637223015

00:40:23.288 --> 00:40:26.144 because they have their own methods,

NOTE Confidence: 0.637223015

00:40:26.150 --> 00:40:28.730 their own data systems, so.

NOTE Confidence: 0.637223015

00:40:28.730 --> 00:40:31.068 They really are just looking for this
NOTE Confidence: 0.637223015

00:40:31.068 --> 00:40:33.360 sort of clinical and molecular expertise
NOTE Confidence: 0.637223015

00:40:33.360 --> 00:40:35.808 that genetic counselor is doing up
NOTE Confidence: 0.637223015

00:40:35.808 --> 00:40:38.080 getting through our graduate degrees.
NOTE Confidence: 0.913037523809524

00:40:42.080 --> 00:40:44.366 So you'll be hearing from some
NOTE Confidence: 0.913037523809524

00:40:44.366 --> 00:40:46.390 of our other genetic counselors
NOTE Confidence: 0.913037523809524

00:40:46.390 --> 00:40:48.904 about what their roles are like
NOTE Confidence: 0.913037523809524

00:40:48.904 --> 00:40:51.824 in a clinical setting and overall,
NOTE Confidence: 0.913037523809524

00:40:51.824 --> 00:40:54.484 laboratory genetic counseling is fairly
NOTE Confidence: 0.913037523809524

00:40:54.484 --> 00:40:58.067 different in a non patient facing role.
NOTE Confidence: 0.913037523809524

00:40:58.070 --> 00:41:04.000 And so I'm not in a patient facing role and
NOTE Confidence: 0.913037523809524

00:41:04.000 --> 00:41:07.374 my interaction with patients is very limited.
NOTE Confidence: 0.913037523809524

00:41:07.380 --> 00:41:10.866 I will sometimes take calls from anxious
NOTE Confidence: 0.913037523809524

00:41:10.866 --> 00:41:13.606 patients who are requesting updates
NOTE Confidence: 0.913037523809524

00:41:13.606 --> 00:41:17.068 on test results and my psychosocial
NOTE Confidence: 0.913037523809524

00:41:17.068 --> 00:41:20.670 skills that I've learned from genetic

NOTE Confidence: 0.913037523809524
00:41:20.670 --> 00:41:24.600 counseling school come into play there.
NOTE Confidence: 0.913037523809524
00:41:24.600 --> 00:41:27.316 But I also need to redirect them
NOTE Confidence: 0.913037523809524
00:41:27.316 --> 00:41:29.280 to contact their ordering.
NOTE Confidence: 0.913037523809524
00:41:29.280 --> 00:41:32.130 Provider or secret approval to genetics,
NOTE Confidence: 0.913037523809524
00:41:32.130 --> 00:41:35.363 so I am not in the sort of role where you
NOTE Confidence: 0.913037523809524
00:41:35.363 --> 00:41:38.443 would be counseling or speaking to patients.
NOTE Confidence: 0.87478041
00:41:40.540 --> 00:41:43.804 So I do get to see every test
NOTE Confidence: 0.87478041
00:41:43.804 --> 00:41:46.100 order that comes into our lab.
NOTE Confidence: 0.87478041
00:41:46.100 --> 00:41:50.034 I need to review each test order.
NOTE Confidence: 0.87478041
00:41:50.040 --> 00:41:52.821 So I get to learn about a lot of
NOTE Confidence: 0.87478041
00:41:52.821 --> 00:41:55.043 different conditions and what genes
NOTE Confidence: 0.87478041
00:41:55.043 --> 00:41:57.333 might be associated with them,
NOTE Confidence: 0.87478041
00:41:57.340 --> 00:41:58.920 because as I said before,
NOTE Confidence: 0.87478041
00:41:58.920 --> 00:42:01.350 I'm reviewing those orders to find
NOTE Confidence: 0.87478041
00:42:01.350 --> 00:42:03.740 appropriate gene lists that the
NOTE Confidence: 0.87478041

00:42:03.740 --> 00:42:06.627 provider is not specific about what
NOTE Confidence: 0.87478041

00:42:06.627 --> 00:42:09.135 gene lists they do want included.
NOTE Confidence: 0.87478041

00:42:09.140 --> 00:42:13.739 It's a great way to continue learning.
NOTE Confidence: 0.87478041

00:42:13.740 --> 00:42:18.364 In the jaw and I'm exposed to some
NOTE Confidence: 0.87478041

00:42:18.364 --> 00:42:21.488 really interesting and unique cases.
NOTE Confidence: 0.87478041

00:42:21.490 --> 00:42:25.288 So the skills that we learn in our graduate
NOTE Confidence: 0.87478041

00:42:25.288 --> 00:42:28.147 programs also get applied in new ways.
NOTE Confidence: 0.87478041

00:42:28.150 --> 00:42:30.290 Instead of reviewing clinical notes
NOTE Confidence: 0.87478041

00:42:30.290 --> 00:42:33.090 to prepare to counsel a patient,
NOTE Confidence: 0.87478041

00:42:33.090 --> 00:42:33.840 for example,
NOTE Confidence: 0.87478041

00:42:33.840 --> 00:42:36.840 I'm going to be reviewing those notes to
NOTE Confidence: 0.87478041

00:42:36.915 --> 00:42:39.512 determine what gene list can be applied
NOTE Confidence: 0.87478041

00:42:39.512 --> 00:42:42.670 to based on the differential diagnosis.
NOTE Confidence: 0.87478041

00:42:42.670 --> 00:42:44.610 Or, as I said before,
NOTE Confidence: 0.87478041

00:42:44.610 --> 00:42:47.466 seeing if they meet criteria for testing.
NOTE Confidence: 0.87478041

00:42:47.470 --> 00:42:49.346 If their insurance company

NOTE Confidence: 0.87478041

00:42:49.346 --> 00:42:52.160 is leaving it up to us.

NOTE Confidence: 0.87478041

00:42:52.160 --> 00:42:55.142 And in those cases where we

NOTE Confidence: 0.87478041

00:42:55.142 --> 00:42:57.130 can't get prior authorization.

NOTE Confidence: 0.87478041

00:42:57.130 --> 00:42:59.188 So we also get to interact with

NOTE Confidence: 0.87478041

00:42:59.188 --> 00:43:01.489 a lot of different providers and

NOTE Confidence: 0.87478041

00:43:01.489 --> 00:43:04.177 a system as they're following up

NOTE Confidence: 0.87478041

00:43:04.177 --> 00:43:07.330 with on results or want to learn

NOTE Confidence: 0.87478041

00:43:07.330 --> 00:43:10.309 more about what the result or

NOTE Confidence: 0.87478041

00:43:10.309 --> 00:43:14.110 the test is or what it means.

NOTE Confidence: 0.87478041

00:43:14.110 --> 00:43:14.716 For example,

NOTE Confidence: 0.87478041

00:43:14.716 --> 00:43:16.837 I once received a phone call from

NOTE Confidence: 0.87478041

00:43:16.837 --> 00:43:19.095 a primary care Doctor Who wanted me

NOTE Confidence: 0.87478041

00:43:19.095 --> 00:43:21.738 to help him come up with a strategy

NOTE Confidence: 0.87478041

00:43:21.738 --> 00:43:23.706 for explaining the results of his

NOTE Confidence: 0.87478041

00:43:23.710 --> 00:43:26.120 patient and advising on following

NOTE Confidence: 0.87478041

00:43:26.120 --> 00:43:28.530 up testing for family members.
NOTE Confidence: 0.87478041

00:43:28.530 --> 00:43:31.110 Because he was an older doctor,
NOTE Confidence: 0.87478041

00:43:31.110 --> 00:43:34.886 he admitted to me that his education in
NOTE Confidence: 0.87478041

00:43:34.886 --> 00:43:37.510 genetics was very basic and he really
NOTE Confidence: 0.87478041

00:43:37.510 --> 00:43:40.070 didn't know how to handle that status.
NOTE Confidence: 0.87478041

00:43:40.070 --> 00:43:42.776 So I really enjoy being able
NOTE Confidence: 0.87478041

00:43:42.776 --> 00:43:45.201 to collaborate with and educate
NOTE Confidence: 0.87478041

00:43:45.201 --> 00:43:48.375 some of the physicians or other
NOTE Confidence: 0.87478041

00:43:48.375 --> 00:43:50.924 providers like nurses or physicians
NOTE Confidence: 0.87478041

00:43:50.924 --> 00:43:53.700 assistants about genetic counseling.
NOTE Confidence: 0.8859308

00:43:55.710 --> 00:43:58.811 And helping them come up with strategies
NOTE Confidence: 0.8859308

00:43:58.811 --> 00:44:01.409 for speaking to their patients.
NOTE Confidence: 0.8859308

00:44:01.410 --> 00:44:05.472 So Emily's work in bioinformatics also
NOTE Confidence: 0.8859308

00:44:05.472 --> 00:44:08.334 showcases that we get the opportunity
NOTE Confidence: 0.8859308

00:44:08.334 --> 00:44:11.093 to learn new skills that would not
NOTE Confidence: 0.8859308

00:44:11.093 --> 00:44:13.649 necessarily be learned in a clinical

NOTE Confidence: 0.8859308

00:44:13.649 --> 00:44:15.937 setting where we're facing patients

NOTE Confidence: 0.8859308

00:44:15.937 --> 00:44:18.745 and also shows that genetic counseling

NOTE Confidence: 0.8859308

00:44:18.745 --> 00:44:22.500 degrees can be applied in some pretty

NOTE Confidence: 0.8859308

00:44:22.500 --> 00:44:25.310 interesting and diverse work settings.

NOTE Confidence: 0.8859308

00:44:25.310 --> 00:44:27.718 I think many of us pictured being

NOTE Confidence: 0.8859308

00:44:27.718 --> 00:44:30.198 in a clinical setting long term

NOTE Confidence: 0.8859308

00:44:30.198 --> 00:44:32.483 when we entered Graduate School.

NOTE Confidence: 0.8859308

00:44:32.490 --> 00:44:34.782 But sometimes you find that maybe

NOTE Confidence: 0.8859308

00:44:34.782 --> 00:44:37.706 that's not what you want to do long

NOTE Confidence: 0.8859308

00:44:37.706 --> 00:44:39.692 term or you want to experience

NOTE Confidence: 0.8859308

00:44:39.770 --> 00:44:41.860 some other areas of genetics.

NOTE Confidence: 0.8859308

00:44:41.860 --> 00:44:45.190 And working in a genetics lab

NOTE Confidence: 0.8859308

00:44:45.190 --> 00:44:48.807 is really a great way to learn.

NOTE Confidence: 0.8859308

00:44:48.807 --> 00:44:52.209 To apply those skills that you've

NOTE Confidence: 0.8859308

00:44:52.209 --> 00:44:56.380 learned in a new and different way,

NOTE Confidence: 0.8859308

00:44:56.380 --> 00:44:58.944 and it's pretty rewarding.

NOTE Confidence: 0.8859308

00:44:58.944 --> 00:45:01.508 And it's very interesting.

NOTE Confidence: 0.8859308

00:45:01.510 --> 00:45:05.774 So I'm going to stop sharing my screen,

NOTE Confidence: 0.8859308

00:45:05.780 --> 00:45:08.642 but I would be happy to take a look

NOTE Confidence: 0.8859308

00:45:08.642 --> 00:45:11.087 and see if there's any questions

NOTE Confidence: 0.8859308

00:45:11.087 --> 00:45:13.560 that we've got in the Q&A.

NOTE Confidence: 0.87033052

00:45:16.810 --> 00:45:17.380 Let's see.

NOTE Confidence: 0.838020929869565

00:45:23.480 --> 00:45:24.820 I think there's one,

NOTE Confidence: 0.838020929869565

00:45:24.820 --> 00:45:27.255 and if maybe both of you would

NOTE Confidence: 0.838020929869565

00:45:27.255 --> 00:45:29.999 be able to comment on how did you

NOTE Confidence: 0.838020929869565

00:45:29.999 --> 00:45:33.490 decide or what was maybe the the

NOTE Confidence: 0.838020929869565

00:45:33.490 --> 00:45:35.640 I'm lacking the word now,

NOTE Confidence: 0.838020929869565

00:45:35.640 --> 00:45:37.600 but what precipitated the decision

NOTE Confidence: 0.838020929869565

00:45:37.600 --> 00:45:39.560 to move into laboratory genetic

NOTE Confidence: 0.838020929869565

00:45:39.623 --> 00:45:41.440 counselor after Graduate School?

NOTE Confidence: 0.92571433

00:45:43.980 --> 00:45:45.530 So I can answer first,

NOTE Confidence: 0.92571433

00:45:45.530 --> 00:45:47.490 since I'm already unmuted.

NOTE Confidence: 0.92591412125

00:45:50.070 --> 00:45:54.766 But it wasn't necessarily a plan for me.

NOTE Confidence: 0.92591412125

00:45:54.770 --> 00:45:58.712 I applied to a lot of different roles and

NOTE Confidence: 0.92591412125

00:45:58.712 --> 00:46:01.550 interviewed with a few different places,

NOTE Confidence: 0.92591412125

00:46:01.550 --> 00:46:05.306 but I really liked just that.

NOTE Confidence: 0.92591412125

00:46:05.310 --> 00:46:08.586 That sort of versatility of this role.

NOTE Confidence: 0.92591412125

00:46:08.590 --> 00:46:10.965 I've always had an interest

NOTE Confidence: 0.92591412125

00:46:10.965 --> 00:46:12.390 in molecular genetics,

NOTE Confidence: 0.92591412125

00:46:12.390 --> 00:46:15.118 so more than just looking at the sort

NOTE Confidence: 0.92591412125

00:46:15.118 --> 00:46:17.512 of symptoms and counseling people I

NOTE Confidence: 0.92591412125

00:46:17.512 --> 00:46:19.972 really like knowing what goes into.

NOTE Confidence: 0.869553078333333

00:46:22.390 --> 00:46:25.228 What comes out of a test?

NOTE Confidence: 0.869553078333333

00:46:25.230 --> 00:46:28.692 Basically like how is that data

NOTE Confidence: 0.869553078333333

00:46:28.692 --> 00:46:31.620 being interpreted to say that?

NOTE Confidence: 0.869553078333333

00:46:31.620 --> 00:46:33.805 Because of this sort of

NOTE Confidence: 0.869553078333333

00:46:33.805 --> 00:46:35.324 genetic change, this is.
NOTE Confidence: 0.8695530783333333

00:46:35.324 --> 00:46:37.578 This is what might happen with this
NOTE Confidence: 0.8695530783333333

00:46:37.578 --> 00:46:42.000 person as far as their health. Goes.
NOTE Confidence: 0.8695530783333333

00:46:42.000 --> 00:46:44.058 And something about my position is
NOTE Confidence: 0.8695530783333333

00:46:44.058 --> 00:46:46.676 that I will be getting the opportunity
NOTE Confidence: 0.8695530783333333

00:46:46.676 --> 00:46:49.420 to do more of a hybrid position.
NOTE Confidence: 0.8695530783333333

00:46:49.420 --> 00:46:53.578 In that I'll be seeing patients once a week,
NOTE Confidence: 0.8695530783333333

00:46:53.580 --> 00:46:55.155 so that was another thing
NOTE Confidence: 0.8695530783333333

00:46:55.155 --> 00:46:56.415 that I really liked.
NOTE Confidence: 0.8695530783333333

00:46:56.420 --> 00:46:59.206 I wasn't really drawn to a full
NOTE Confidence: 0.8695530783333333

00:46:59.206 --> 00:47:01.360 time clinical position necessarily,
NOTE Confidence: 0.8695530783333333

00:47:01.360 --> 00:47:03.676 because I do like being in
NOTE Confidence: 0.8695530783333333

00:47:03.676 --> 00:47:04.834 the laboratory setting,
NOTE Confidence: 0.8695530783333333

00:47:04.840 --> 00:47:07.465 but I just love the fact that.
NOTE Confidence: 0.8695530783333333

00:47:07.470 --> 00:47:08.898 I could really.
NOTE Confidence: 0.9137840425

00:47:11.340 --> 00:47:14.956 Go in any direction that I wanted to.

NOTE Confidence: 0.9137840425

00:47:14.960 --> 00:47:16.560 By working at the lab,

NOTE Confidence: 0.9137840425

00:47:16.560 --> 00:47:18.580 within reason, of course,

NOTE Confidence: 0.9137840425

00:47:18.580 --> 00:47:22.000 but it's it just allowed me to.

NOTE Confidence: 0.9137840425

00:47:22.000 --> 00:47:24.072 Really look how all this sort of

NOTE Confidence: 0.9137840425

00:47:24.072 --> 00:47:25.330 different interests that I had.

NOTE Confidence: 0.878960825

00:47:32.160 --> 00:47:33.488 Emily, do you have?

NOTE Confidence: 0.590914774333333

00:47:33.780 --> 00:47:37.248 Yeah, so I think for me a big

NOTE Confidence: 0.590914774333333

00:47:37.248 --> 00:47:39.528 part of it was actually my work

NOTE Confidence: 0.590914774333333

00:47:39.530 --> 00:47:41.790 that I did before Graduate School,

NOTE Confidence: 0.808687043333333

00:47:41.920 --> 00:47:44.206 so I was in a lab

NOTE Confidence: 0.880289061666667

00:47:44.220 --> 00:47:46.830 for two years and working with

NOTE Confidence: 0.880289061666667

00:47:46.830 --> 00:47:48.570 laboratory genetic counselors there

NOTE Confidence: 0.880289061666667

00:47:48.636 --> 00:47:51.480 and they knew I wanted to be a genetic

NOTE Confidence: 0.880289061666667

00:47:51.480 --> 00:47:53.510 counselor so they were really great

NOTE Confidence: 0.880289061666667

00:47:53.510 --> 00:47:55.686 about like keeping me in the loop

NOTE Confidence: 0.880289061666667

00:47:55.686 --> 00:47:57.264 with everything that they were doing
NOTE Confidence: 0.880289061666667

00:47:57.264 --> 00:47:59.056 and kind of showing you the ropes.
NOTE Confidence: 0.880289061666667

00:47:59.060 --> 00:48:01.434 A little bit, and through that I came
NOTE Confidence: 0.880289061666667

00:48:01.434 --> 00:48:03.815 to really appreciate just how varied
NOTE Confidence: 0.880289061666667

00:48:03.815 --> 00:48:06.270 the genetic counselor role can be.
NOTE Confidence: 0.880289061666667

00:48:06.270 --> 00:48:08.318 Prior to that, I really only had
NOTE Confidence: 0.880289061666667

00:48:08.318 --> 00:48:10.436 exposure to clinical genetic counselors,
NOTE Confidence: 0.880289061666667

00:48:10.436 --> 00:48:12.690 so I really found it fascinating
NOTE Confidence: 0.880289061666667

00:48:12.690 --> 00:48:14.586 that I could be genetic counselor,
NOTE Confidence: 0.880289061666667

00:48:14.590 --> 00:48:17.276 but still kind of help behind the scenes,
NOTE Confidence: 0.880289061666667

00:48:17.276 --> 00:48:19.814 almost not necessarily seeing patients,
NOTE Confidence: 0.880289061666667

00:48:19.814 --> 00:48:22.403 but with the testing itself and
NOTE Confidence: 0.880289061666667

00:48:22.403 --> 00:48:24.825 that kind of drove me to think
NOTE Confidence: 0.880289061666667

00:48:24.825 --> 00:48:26.540 about maybe going into laboratory
NOTE Confidence: 0.880289061666667

00:48:26.609 --> 00:48:28.680 straight out from Graduate School.
NOTE Confidence: 0.94496872375

00:48:31.030 --> 00:48:34.230 And then I also see some other questions,

NOTE Confidence: 0.94496872375

00:48:34.230 --> 00:48:37.370 one specific to bioinformatics.

NOTE Confidence: 0.94496872375

00:48:37.370 --> 00:48:42.816 So I actually worked with a bioinformatics

NOTE Confidence: 0.94496872375

00:48:42.816 --> 00:48:45.272 expert and he kind of taught me

NOTE Confidence: 0.94496872375

00:48:45.272 --> 00:48:48.090 the ropes to do what I need to do.

NOTE Confidence: 0.94496872375

00:48:48.090 --> 00:48:51.590 I'm definitely not an expert whatsoever,

NOTE Confidence: 0.94496872375

00:48:51.590 --> 00:48:54.558 but I can do the job and I think the

NOTE Confidence: 0.94496872375

00:48:54.560 --> 00:48:57.040 reason that I was tired was they were

NOTE Confidence: 0.94496872375

00:48:57.040 --> 00:48:59.089 more looking for somebody who could

NOTE Confidence: 0.94496872375

00:48:59.090 --> 00:49:01.222 kind who had that genetic knowledge.

NOTE Confidence: 0.94496872375

00:49:01.222 --> 00:49:03.960 And they figured it would be easier to

NOTE Confidence: 0.9193524075

00:49:04.110 --> 00:49:05.218 have somebody who already

NOTE Confidence: 0.88765602125

00:49:05.230 --> 00:49:07.400 had that, like I learned in genetic

NOTE Confidence: 0.88765602125

00:49:07.400 --> 00:49:09.858 counseling school and teach me the little

NOTE Confidence: 0.88765602125

00:49:09.858 --> 00:49:12.249 bit of bioinformatics that I needed to know,

NOTE Confidence: 0.88765602125

00:49:12.250 --> 00:49:14.654 rather than getting a bioinformatics

NOTE Confidence: 0.88765602125

00:49:14.654 --> 00:49:17.223 person and teaching them everything about
NOTE Confidence: 0.88765602125

00:49:17.223 --> 00:49:19.370 genetics that is needed for my job.
NOTE Confidence: 0.943979475555556

00:49:22.490 --> 00:49:24.020 Excellent and we do have
NOTE Confidence: 0.943979475555556

00:49:24.020 --> 00:49:25.244 some other great questions,
NOTE Confidence: 0.943979475555556

00:49:25.250 --> 00:49:28.014 but I have to be strict about
NOTE Confidence: 0.943979475555556

00:49:28.014 --> 00:49:30.198 our timing since we have such a
NOTE Confidence: 0.943979475555556

00:49:30.198 --> 00:49:32.092 busy schedule, so I'm pleased.
NOTE Confidence: 0.943979475555556

00:49:32.092 --> 00:49:33.976 Stay tuned afterwards and when we
NOTE Confidence: 0.943979475555556

00:49:33.976 --> 00:49:36.212 have the general Q&A we'll try to
NOTE Confidence: 0.943979475555556

00:49:36.212 --> 00:49:38.089 answer as many questions as we can,
NOTE Confidence: 0.943979475555556

00:49:38.090 --> 00:49:39.922 but I think we'll pass it over to
NOTE Confidence: 0.943979475555556

00:49:39.922 --> 00:49:41.702 Julie for our talk about reproductive
NOTE Confidence: 0.943979475555556

00:49:41.702 --> 00:49:43.970 genetics and thank you Maya and Emily.
NOTE Confidence: 0.943979475555556

00:49:43.970 --> 00:49:45.910 That was a great presentation,
NOTE Confidence: 0.943979475555556

00:49:45.910 --> 00:49:47.470 and we've been doing this for
NOTE Confidence: 0.943979475555556

00:49:47.470 --> 00:49:49.678 three years now and I feel like I

NOTE Confidence: 0.943979475555556

00:49:49.678 --> 00:49:51.063 learned something new every time.

NOTE Confidence: 0.943979475555556

00:49:51.070 --> 00:49:52.130 So thank you again.

NOTE Confidence: 0.8218844

00:49:53.880 --> 00:49:55.690 Great hi everyone.

NOTE Confidence: 0.87033842

00:49:56.860 --> 00:50:00.766 Julie, let me get you on the

NOTE Confidence: 0.87033842

00:50:00.766 --> 00:50:03.780 spotlight. There we go. Perfect.

NOTE Confidence: 0.85403526

00:50:10.860 --> 00:50:13.820 So hello, my name is Julie.

NOTE Confidence: 0.85403526

00:50:13.820 --> 00:50:15.900 I'm a reproductive genetic counselor

NOTE Confidence: 0.894314941

00:50:15.900 --> 00:50:18.854 at Yale and I work in the

NOTE Confidence: 0.894314941

00:50:18.854 --> 00:50:20.120 Department of Obstetrics,

NOTE Confidence: 0.894314941

00:50:20.120 --> 00:50:22.488 Gynecology and Reproductive Sciences.

NOTE Confidence: 0.894314941

00:50:22.488 --> 00:50:26.040 Specifically in the section of maternal

NOTE Confidence: 0.894314941

00:50:26.123 --> 00:50:29.260 fetal medicine and I frankly could not

NOTE Confidence: 0.894314941

00:50:29.260 --> 00:50:32.819 do what I do without Maya and Emily.

NOTE Confidence: 0.894314941

00:50:32.820 --> 00:50:34.872 And the work that they do

NOTE Confidence: 0.894314941

00:50:34.872 --> 00:50:36.640 because we may be the.

NOTE Confidence: 0.894314941

00:50:36.640 --> 00:50:38.608 People in front of the patients,
NOTE Confidence: 0.894314941

00:50:38.610 --> 00:50:41.186 but they are doing the work as
NOTE Confidence: 0.894314941

00:50:41.186 --> 00:50:43.642 they said behind the scene that
NOTE Confidence: 0.894314941

00:50:43.642 --> 00:50:45.757 allows us to really provide
NOTE Confidence: 0.894314941

00:50:45.757 --> 00:50:48.328 answers for many of our patients.
NOTE Confidence: 0.7793304

00:50:50.730 --> 00:50:54.090 So with regard to my professional background,
NOTE Confidence: 0.7793304

00:50:54.090 --> 00:50:56.352 I graduated from the Joan Marks
NOTE Confidence: 0.7793304

00:50:56.352 --> 00:50:58.395 graduate program in Human Genetics
NOTE Confidence: 0.7793304

00:50:58.395 --> 00:51:00.247 at Sarah Lawrence College.
NOTE Confidence: 0.7793304

00:51:00.250 --> 00:51:03.537 I am not going to say what year I
NOTE Confidence: 0.7793304

00:51:03.537 --> 00:51:06.219 have been working in maternal fetal
NOTE Confidence: 0.7793304

00:51:06.219 --> 00:51:09.307 medicine at Yale for over five years.
NOTE Confidence: 0.7793304

00:51:09.310 --> 00:51:11.998 And I would say that over 90%,
NOTE Confidence: 0.7793304

00:51:11.998 --> 00:51:15.407 probably more than 95% of the individuals
NOTE Confidence: 0.7793304

00:51:15.407 --> 00:51:19.198 that I see are considered high risk with
NOTE Confidence: 0.7793304

00:51:19.198 --> 00:51:22.593 regard to either their maternal or fetal

NOTE Confidence: 0.7793304

00:51:22.593 --> 00:51:25.776 concerns or a combination of the two.

NOTE Confidence: 0.7793304

00:51:25.780 --> 00:51:28.360 And I previously worked at two

NOTE Confidence: 0.7793304

00:51:28.360 --> 00:51:30.554 different medical centers and over

NOTE Confidence: 0.7793304

00:51:30.554 --> 00:51:32.960 the years have had the opportunity

NOTE Confidence: 0.7793304

00:51:32.960 --> 00:51:35.866 to specialize in not only prenatal

NOTE Confidence: 0.7793304

00:51:35.866 --> 00:51:38.034 or reproductive genetic counseling,

NOTE Confidence: 0.7793304

00:51:38.040 --> 00:51:42.115 but cancer, pediatric and adult

NOTE Confidence: 0.7793304

00:51:42.115 --> 00:51:44.560 genetic counseling services.

NOTE Confidence: 0.7793304

00:51:44.560 --> 00:51:47.190 So my jobs have predominantly

NOTE Confidence: 0.7793304

00:51:47.190 --> 00:51:49.294 involved direct patient care.

NOTE Confidence: 0.7793304

00:51:49.300 --> 00:51:52.955 I've also engaged in various

NOTE Confidence: 0.7793304

00:51:52.955 --> 00:51:55.879 clinical research studies and.

NOTE Confidence: 0.7793304

00:51:55.880 --> 00:51:58.286 Currently and with my last job,

NOTE Confidence: 0.7793304

00:51:58.290 --> 00:52:02.012 I would say at least 5% of my

NOTE Confidence: 0.7793304

00:52:02.012 --> 00:52:04.010 position involves teaching.

NOTE Confidence: 0.7793304

00:52:04.010 --> 00:52:06.510 Currently I'm teaching the maternal
NOTE Confidence: 0.7793304

00:52:06.510 --> 00:52:09.530 fetal medicine fellows every two weeks.
NOTE Confidence: 0.7793304

00:52:09.530 --> 00:52:11.917 I provide a lecture so that they
NOTE Confidence: 0.7793304

00:52:11.917 --> 00:52:13.769 can be introduced to various
NOTE Confidence: 0.7793304

00:52:13.769 --> 00:52:16.025 genetic topics that will help them
NOTE Confidence: 0.7793304

00:52:16.025 --> 00:52:18.050 when they are out in the field,
NOTE Confidence: 0.7793304

00:52:18.050 --> 00:52:20.906 as well as help pass their board exams.
NOTE Confidence: 0.7793304

00:52:20.910 --> 00:52:23.260 But sometimes I'm called in
NOTE Confidence: 0.7793304

00:52:23.260 --> 00:52:25.395 to speak with nurses.
NOTE Confidence: 0.7793304

00:52:25.395 --> 00:52:27.570 Social workers sonographers,
NOTE Confidence: 0.7793304

00:52:27.570 --> 00:52:32.484 et cetera to really educate them about
NOTE Confidence: 0.7793304

00:52:32.484 --> 00:52:36.552 what I do and how I can support their
NOTE Confidence: 0.7793304

00:52:36.659 --> 00:52:40.129 job and their patient population.
NOTE Confidence: 0.7793304

00:52:40.130 --> 00:52:42.514 In the past I served as the Director
NOTE Confidence: 0.7793304

00:52:42.514 --> 00:52:45.159 of Clinical training and as a clinical
NOTE Confidence: 0.7793304

00:52:45.159 --> 00:52:46.747 rotation supervisor for students

NOTE Confidence: 0.7793304

00:52:46.747 --> 00:52:49.072 that were enrolled in the genetic

NOTE Confidence: 0.7793304

00:52:49.072 --> 00:52:50.932 counseling program at the Icahn

NOTE Confidence: 0.7793304

00:52:50.940 --> 00:52:53.976 School of Medicine at Mount Sinai,

NOTE Confidence: 0.7793304

00:52:53.980 --> 00:52:57.859 and to date I have had the pleasure of

NOTE Confidence: 0.7793304

00:52:57.859 --> 00:53:01.177 working with and supervising over 200

NOTE Confidence: 0.7793304

00:53:01.177 --> 00:53:03.362 genetic counseling interns who were

NOTE Confidence: 0.7793304

00:53:03.362 --> 00:53:05.642 enrolled in various genetic counseling

NOTE Confidence: 0.7793304

00:53:05.642 --> 00:53:07.977 training programs across the US,

NOTE Confidence: 0.7793304

00:53:07.980 --> 00:53:09.930 so.

NOTE Confidence: 0.7793304

00:53:09.930 --> 00:53:12.405 I would say they keep me on my toes

NOTE Confidence: 0.7793304

00:53:12.405 --> 00:53:14.653 and make sure that I'm staying on

NOTE Confidence: 0.7793304

00:53:14.653 --> 00:53:17.518 top of everything within my field,

NOTE Confidence: 0.7793304

00:53:17.518 --> 00:53:19.189 which is great.

NOTE Confidence: 0.7793304

00:53:19.190 --> 00:53:22.356 So I wanted to step back and talk about

NOTE Confidence: 0.7793304

00:53:22.356 --> 00:53:25.107 the difference between when I say a

NOTE Confidence: 0.7793304

00:53:25.107 --> 00:53:28.009 prenatal or reproductive genetic counselor,
NOTE Confidence: 0.7793304

00:53:28.010 --> 00:53:30.262 since sometimes you'll see
NOTE Confidence: 0.7793304

00:53:30.262 --> 00:53:31.887 those used interchangeably,
NOTE Confidence: 0.7793304

00:53:31.887 --> 00:53:35.366 but in if we start with prenatal,
NOTE Confidence: 0.7793304

00:53:35.370 --> 00:53:37.546 that's really talking about
NOTE Confidence: 0.7793304

00:53:37.546 --> 00:53:40.266 what is occurring or existing
NOTE Confidence: 0.7793304

00:53:40.270 --> 00:53:42.206 during pregnancy before birth.
NOTE Confidence: 0.7793304

00:53:42.206 --> 00:53:45.723 So prenatal care is the health care
NOTE Confidence: 0.7793304

00:53:45.723 --> 00:53:48.743 that women receive during pregnancy and.
NOTE Confidence: 0.7793304

00:53:48.743 --> 00:53:50.608 Some genetic counselors refer to
NOTE Confidence: 0.7793304

00:53:50.608 --> 00:53:52.240 themselves as prenatal genetic
NOTE Confidence: 0.7793304

00:53:52.240 --> 00:53:54.365 counselors because they are either
NOTE Confidence: 0.7793304

00:53:54.365 --> 00:53:56.065 predominantly or exclusively working
NOTE Confidence: 0.7793304

00:53:56.065 --> 00:53:58.278 with individuals and their partners,
NOTE Confidence: 0.7793304

00:53:58.280 --> 00:54:01.700 while a pregnancy is in progress.
NOTE Confidence: 0.7793304

00:54:01.700 --> 00:54:03.970 Other genetic counselors refer to

NOTE Confidence: 0.7793304

00:54:03.970 --> 00:54:06.240 themselves more broadly as reproductive

NOTE Confidence: 0.7793304

00:54:06.309 --> 00:54:08.237 genetic counselors because they

NOTE Confidence: 0.7793304

00:54:08.237 --> 00:54:10.165 are collectively working with.

NOTE Confidence: 0.7793304

00:54:10.170 --> 00:54:12.570 Individuals who are pregnant planning

NOTE Confidence: 0.7793304

00:54:12.570 --> 00:54:15.372 to become pregnant or interested

NOTE Confidence: 0.7793304

00:54:15.372 --> 00:54:18.677 in discussing concerns that arose

NOTE Confidence: 0.7793304

00:54:18.677 --> 00:54:21.780 during a previous pregnancy.

NOTE Confidence: 0.7793304

00:54:21.780 --> 00:54:24.265 And genetic counselors have filled

NOTE Confidence: 0.7793304

00:54:24.265 --> 00:54:26.750 an important role in supporting

NOTE Confidence: 0.7793304

00:54:26.827 --> 00:54:30.337 patients to make informed and value

NOTE Confidence: 0.7793304

00:54:30.337 --> 00:54:32.092 consistent reproductive decisions.

NOTE Confidence: 0.7793304

00:54:32.100 --> 00:54:34.355 Since prenatal screening and diagnostic

NOTE Confidence: 0.7793304

00:54:34.355 --> 00:54:36.159 testing were first possible.

NOTE Confidence: 0.918581934444444

00:54:38.630 --> 00:54:40.922 So in my specialty,

NOTE Confidence: 0.918581934444444

00:54:40.922 --> 00:54:44.436 some common reasons for referral include

NOTE Confidence: 0.918581934444444

00:54:44.436 --> 00:54:47.666 advanced maternal or paternal age,
NOTE Confidence: 0.918581934444444

00:54:47.670 --> 00:54:49.945 which generally means that someone
NOTE Confidence: 0.918581934444444

00:54:49.945 --> 00:54:53.501 is 35 years old of age or older
NOTE Confidence: 0.918581934444444

00:54:53.501 --> 00:54:55.486 at the time of delivery.
NOTE Confidence: 0.918581934444444

00:54:55.490 --> 00:54:57.512 If someone has a personal or
NOTE Confidence: 0.918581934444444

00:54:57.512 --> 00:54:59.969 family history of a known or
NOTE Confidence: 0.918581934444444

00:54:59.969 --> 00:55:01.526 suspected genetic condition,
NOTE Confidence: 0.918581934444444

00:55:01.530 --> 00:55:03.219 intellectual disability or
NOTE Confidence: 0.918581934444444

00:55:03.219 --> 00:55:04.908 congenital structural difference
NOTE Confidence: 0.918581934444444

00:55:04.908 --> 00:55:08.150 such as a congenital heart defect.
NOTE Confidence: 0.918581934444444

00:55:08.150 --> 00:55:11.870 Cleft lip or palate etc.
NOTE Confidence: 0.918581934444444

00:55:11.870 --> 00:55:15.464 There can be atypical fetal ultrasound
NOTE Confidence: 0.918581934444444

00:55:15.464 --> 00:55:17.860 findings or abnormal prenatal
NOTE Confidence: 0.918581934444444

00:55:17.950 --> 00:55:20.770 screening or diagnostic results.
NOTE Confidence: 0.918581934444444

00:55:20.770 --> 00:55:23.490 Concern about whether medications,
NOTE Confidence: 0.918581934444444

00:55:23.490 --> 00:55:24.803 drugs, alcohol,

NOTE Confidence: 0.918581934444444

00:55:24.803 --> 00:55:27.335 environmental exposures that occurred

NOTE Confidence: 0.918581934444444

00:55:27.335 --> 00:55:31.175 prior to or during pregnancy may

NOTE Confidence: 0.918581934444444

00:55:31.175 --> 00:55:34.125 impact fertility or fetal development.

NOTE Confidence: 0.918581934444444

00:55:34.130 --> 00:55:35.878 Pregnancy outcome.

NOTE Confidence: 0.918581934444444

00:55:35.878 --> 00:55:40.248 Someone might be a carrier

NOTE Confidence: 0.878736416666667

00:55:38.550 --> 00:55:40.240 for an inherited condition

NOTE Confidence: 0.92384905

00:55:40.250 --> 00:55:42.395 or chromosome rearrangement and would

NOTE Confidence: 0.92384905

00:55:42.395 --> 00:55:45.288 like to discuss what this means for

NOTE Confidence: 0.92384905

00:55:45.288 --> 00:55:49.460 their family planning and another common

NOTE Confidence: 0.92384905

00:55:49.460 --> 00:55:52.520 reason is history of recurrent pregnancy

NOTE Confidence: 0.92384905

00:55:52.520 --> 00:55:55.978 loss or subfertility and infertility.

NOTE Confidence: 0.92384905

00:55:55.980 --> 00:55:59.380 And one question that I wanted to

NOTE Confidence: 0.92384905

00:55:59.380 --> 00:56:02.967 ask everyone is what percentage of

NOTE Confidence: 0.92384905

00:56:02.967 --> 00:56:06.102 pregnancies that result in first

NOTE Confidence: 0.92384905

00:56:06.102 --> 00:56:08.068 trimester miscarriage are found

NOTE Confidence: 0.92384905

00:56:08.068 --> 00:56:09.838 to have a chromosome disorder,
NOTE Confidence: 0.92384905

00:56:09.840 --> 00:56:12.700 which means either extra or
NOTE Confidence: 0.92384905

00:56:12.700 --> 00:56:15.970 missing chromosome material.
NOTE Confidence: 0.92384905

00:56:15.970 --> 00:56:18.294 And this is ranging from the low
NOTE Confidence: 0.92384905

00:56:18.294 --> 00:56:20.847 end of being five to six percent,
NOTE Confidence: 0.92384905

00:56:20.850 --> 00:56:22.494 10 to 15 percent,
NOTE Confidence: 0.92384905

00:56:22.494 --> 00:56:25.690 25 to 30, or 50 to 55%.
NOTE Confidence: 0.798559694

00:56:29.070 --> 00:56:31.050 Oh, we're getting quite a
NOTE Confidence: 0.798559694

00:56:31.050 --> 00:56:33.030 range for our poll answers.
NOTE Confidence: 0.798559694

00:56:33.030 --> 00:56:35.144 We'll give it maybe 10 more seconds.
NOTE Confidence: 0.90984215

00:56:42.940 --> 00:56:52.420 All right, 321. And can you see that I can?
NOTE Confidence: 0.894756637142857

00:56:52.420 --> 00:56:54.675 Right, that's that's very interesting
NOTE Confidence: 0.894756637142857

00:56:54.675 --> 00:56:57.728 to see. So the correct answer.
NOTE Confidence: 0.8561384

00:57:00.150 --> 00:57:04.284 Would be 50 to 55%, which I know
NOTE Confidence: 0.8561384

00:57:04.284 --> 00:57:07.130 is shocking to a lot of people and
NOTE Confidence: 0.8561384

00:57:07.130 --> 00:57:09.170 this was something that was really

NOTE Confidence: 0.8561384

00:57:09.170 --> 00:57:11.239 flying under the radar years ago

NOTE Confidence: 0.8561384

00:57:11.239 --> 00:57:14.050 before there was testing available

NOTE Confidence: 0.8561384

00:57:14.050 --> 00:57:18.296 on DNA that we received from cells.

NOTE Confidence: 0.8561384

00:57:18.300 --> 00:57:21.660 From pregnancies that have miscarried.

NOTE Confidence: 0.8561384

00:57:21.660 --> 00:57:23.820 So I think you know one thing that

NOTE Confidence: 0.8561384

00:57:23.820 --> 00:57:26.507 we try to tell patients when a

NOTE Confidence: 0.8561384

00:57:26.507 --> 00:57:28.167 chromosome problem is identified

NOTE Confidence: 0.8561384

00:57:28.167 --> 00:57:30.425 during pregnancy is not necessarily

NOTE Confidence: 0.8561384

00:57:30.425 --> 00:57:33.077 something that makes them feel better.

NOTE Confidence: 0.8561384

00:57:33.080 --> 00:57:35.576 The fact that this is a common occurrence

NOTE Confidence: 0.8561384

00:57:35.576 --> 00:57:38.019 but can help them to feel that

NOTE Confidence: 0.8561384

00:57:38.019 --> 00:57:40.160 there's not something wrong with them,

NOTE Confidence: 0.8561384

00:57:40.160 --> 00:57:42.592 and that there's hope that they can go

NOTE Confidence: 0.8561384

00:57:42.592 --> 00:57:44.969 forward and have a successful pregnancy.

NOTE Confidence: 0.8561384

00:57:44.970 --> 00:57:47.256 Other common reasons for referral

NOTE Confidence: 0.8561384

00:57:47.256 --> 00:57:49.966 are individuals that are requiring
NOTE Confidence: 0.8561384

00:57:49.966 --> 00:57:51.970 assisted reproductive technologies
NOTE Confidence: 0.8561384

00:57:51.970 --> 00:57:53.005 to achieve pregnancy.
NOTE Confidence: 0.8561384

00:57:53.005 --> 00:57:55.280 Individuals who are donating eggs
NOTE Confidence: 0.8561384

00:57:55.280 --> 00:57:58.149 or sperm for these purposes.
NOTE Confidence: 0.8561384

00:57:58.150 --> 00:58:01.070 People who have multifetal pregnancies,
NOTE Confidence: 0.8561384

00:58:01.070 --> 00:58:02.939 including twins, triplets,
NOTE Confidence: 0.8561384

00:58:02.939 --> 00:58:04.808 quadruplets, and more.
NOTE Confidence: 0.8561384

00:58:04.810 --> 00:58:07.496 Those with specific ethnic or racial groups,
NOTE Confidence: 0.8561384

00:58:07.496 --> 00:58:09.834 or geographic areas with a higher
NOTE Confidence: 0.8561384

00:58:09.834 --> 00:58:11.589 incidence of certain genetic conditions
NOTE Confidence: 0.8561384

00:58:11.589 --> 00:58:13.991 who are interested in having genetic
NOTE Confidence: 0.8561384

00:58:13.991 --> 00:58:16.113 carrier screening for those conditions,
NOTE Confidence: 0.8561384

00:58:16.113 --> 00:58:18.318 and then just general interest
NOTE Confidence: 0.8561384

00:58:18.318 --> 00:58:20.652 in discussing test options that
NOTE Confidence: 0.8561384

00:58:20.652 --> 00:58:22.957 are available for individuals or

NOTE Confidence: 0.8561384

00:58:22.957 --> 00:58:24.795 their reproductive partners prior

NOTE Confidence: 0.8561384

00:58:24.795 --> 00:58:26.487 to or during pregnancy.

NOTE Confidence: 0.8561384

00:58:26.490 --> 00:58:28.345 So this can include things such as.

NOTE Confidence: 0.8561384

00:58:28.350 --> 00:58:32.280 Genetic carrier screening testing for

NOTE Confidence: 0.8561384

00:58:32.280 --> 00:58:34.800 chromosome conditions during pregnancy,

NOTE Confidence: 0.8561384

00:58:34.800 --> 00:58:35.520 etcetera.

NOTE Confidence: 0.757935746

00:58:37.690 --> 00:58:40.810 So as Alex had mentioned,

NOTE Confidence: 0.757935746

00:58:40.810 --> 00:58:43.504 some things that happened during a

NOTE Confidence: 0.757935746

00:58:43.504 --> 00:58:45.300 reproductive genetic counseling session

NOTE Confidence: 0.757935746

00:58:45.368 --> 00:58:49.148 are very common in other settings as well,

NOTE Confidence: 0.757935746

00:58:49.150 --> 00:58:51.808 but typically we are obtaining medical,

NOTE Confidence: 0.757935746

00:58:51.810 --> 00:58:54.168 reproductive and environmental

NOTE Confidence: 0.757935746

00:58:54.168 --> 00:58:55.740 exposure histories.

NOTE Confidence: 0.757935746

00:58:55.740 --> 00:58:58.827 Taking a family history depending

NOTE Confidence: 0.757935746

00:58:58.827 --> 00:59:00.920 on the reason for referral,

NOTE Confidence: 0.757935746

00:59:00.920 --> 00:59:04.910 we may go back multiple generations.
NOTE Confidence: 0.757935746

00:59:04.910 --> 00:59:07.222 Other times we may not have the time
NOTE Confidence: 0.757935746

00:59:07.222 --> 00:59:09.718 to allot to that and it may not be
NOTE Confidence: 0.757935746

00:59:09.718 --> 00:59:11.590 relevant to the reason for referral.
NOTE Confidence: 0.757935746

00:59:11.590 --> 00:59:14.950 So it may be a much smaller pedigree.
NOTE Confidence: 0.757935746

00:59:14.950 --> 00:59:18.342 We are explaining the risk for or the
NOTE Confidence: 0.757935746

00:59:18.342 --> 00:59:20.979 diagnosis of a genetic condition.
NOTE Confidence: 0.757935746

00:59:20.980 --> 00:59:23.760 Talk about inheritance recurrence risks,
NOTE Confidence: 0.757935746

00:59:23.760 --> 00:59:25.065 the benefits, limitations,
NOTE Confidence: 0.757935746

00:59:25.065 --> 00:59:28.520 and risks of test options that people have,
NOTE Confidence: 0.757935746

00:59:28.520 --> 00:59:30.104 prognosis management,
NOTE Confidence: 0.757935746

00:59:30.104 --> 00:59:34.739 current treatment options as well as
NOTE Confidence: 0.757935746

00:59:34.739 --> 00:59:38.504 prevention and current research options.
NOTE Confidence: 0.757935746

00:59:38.510 --> 00:59:40.757 We will interpret the results of this
NOTE Confidence: 0.757935746

00:59:40.757 --> 00:59:42.668 testing that they've elected to have.
NOTE Confidence: 0.757935746

00:59:42.670 --> 00:59:45.130 Discuss the implications for the

NOTE Confidence: 0.757935746

00:59:45.130 --> 00:59:47.590 current fetus and future pregnancies,

NOTE Confidence: 0.757935746

00:59:47.590 --> 00:59:51.190 and talk about next steps.

NOTE Confidence: 0.757935746

00:59:51.190 --> 00:59:54.816 We will talk to them about assisted

NOTE Confidence: 0.757935746

00:59:54.816 --> 00:59:56.877 reproductive technologies and we will

NOTE Confidence: 0.757935746

00:59:56.877 --> 00:59:59.250 also try our best to support them

NOTE Confidence: 0.757935746

00:59:59.250 --> 01:00:02.350 while they're making these decisions.

NOTE Confidence: 0.757935746

01:00:02.350 --> 01:00:04.888 And trying to, by the way,

NOTE Confidence: 0.757935746

01:00:04.890 --> 01:00:06.306 forgive the sound in the background.

NOTE Confidence: 0.757935746

01:00:06.310 --> 01:00:10.840 That's my dog growling.

NOTE Confidence: 0.757935746

01:00:10.840 --> 01:00:13.970 So we'll talk to them about decision making

NOTE Confidence: 0.757935746

01:00:13.970 --> 01:00:17.234 and try to take into account their personal,

NOTE Confidence: 0.757935746

01:00:17.240 --> 01:00:17.980 their religious,

NOTE Confidence: 0.757935746

01:00:17.980 --> 01:00:19.830 their ethical and moral values,

NOTE Confidence: 0.757935746

01:00:19.830 --> 01:00:20.702 et cetera.

NOTE Confidence: 0.757935746

01:00:20.702 --> 01:00:24.919 And I would say our biggest goal has to

NOTE Confidence: 0.757935746

01:00:24.919 --> 01:00:28.089 be establishing rapport with patients.
NOTE Confidence: 0.757935746

01:00:28.090 --> 01:00:30.322 The faster the better because we can't
NOTE Confidence: 0.757935746

01:00:30.322 --> 01:00:32.720 do the other things on this list.
NOTE Confidence: 0.757935746

01:00:32.720 --> 01:00:35.276 We can't achieve the other goals
NOTE Confidence: 0.757935746

01:00:35.276 --> 01:00:37.630 unless we have established rapport.
NOTE Confidence: 0.757935746

01:00:37.630 --> 01:00:40.108 We'll try to assess their needs,
NOTE Confidence: 0.757935746

01:00:40.110 --> 01:00:42.565 exchange and discuss relevant information
NOTE Confidence: 0.757935746

01:00:42.565 --> 01:00:46.229 that's specific to them and their situation.
NOTE Confidence: 0.757935746

01:00:46.230 --> 01:00:48.534 We will try to elicit their
NOTE Confidence: 0.757935746

01:00:48.534 --> 01:00:49.686 thoughts and feelings,
NOTE Confidence: 0.757935746

01:00:49.690 --> 01:00:51.061 support their autonomy
NOTE Confidence: 0.757935746

01:00:51.061 --> 01:00:52.889 and their decision making,
NOTE Confidence: 0.757935746

01:00:52.890 --> 01:00:56.856 and we provide short term psychosocial
NOTE Confidence: 0.757935746

01:00:56.856 --> 01:00:59.500 support and patient advocacy.
NOTE Confidence: 0.757935746

01:00:59.500 --> 01:01:02.034 And we know our limits as well,
NOTE Confidence: 0.757935746

01:01:02.040 --> 01:01:04.360 so that we identify situations

NOTE Confidence: 0.757935746

01:01:04.360 --> 01:01:06.680 where someone might need additional

NOTE Confidence: 0.757935746

01:01:06.750 --> 01:01:09.034 medical referrals or psychological

NOTE Confidence: 0.757935746

01:01:09.034 --> 01:01:11.318 referrals or support services.

NOTE Confidence: 0.757935746

01:01:11.320 --> 01:01:13.095 You know whether that includes

NOTE Confidence: 0.757935746

01:01:13.095 --> 01:01:15.330 referring them to actual support groups,

NOTE Confidence: 0.757935746

01:01:15.330 --> 01:01:19.160 individual counselors referring them

NOTE Confidence: 0.757935746

01:01:19.160 --> 01:01:21.535 out to other medical specialists?

NOTE Confidence: 0.757935746

01:01:21.540 --> 01:01:24.660 And we try to serve as an ongoing

NOTE Confidence: 0.757935746

01:01:24.660 --> 01:01:27.568 resource as their needs and their

NOTE Confidence: 0.757935746

01:01:27.568 --> 01:01:29.604 desires evolve over time.

NOTE Confidence: 0.757935746

01:01:29.610 --> 01:01:32.592 And I selected a case that actually

NOTE Confidence: 0.757935746

01:01:32.592 --> 01:01:34.739 took place several years ago,

NOTE Confidence: 0.757935746

01:01:34.740 --> 01:01:37.395 but I thought that it is a really good

NOTE Confidence: 0.757935746

01:01:37.395 --> 01:01:38.952 example of someone's how someone's

NOTE Confidence: 0.757935746

01:01:38.952 --> 01:01:41.430 needs and desires may evolve over time,

NOTE Confidence: 0.757935746

01:01:41.430 --> 01:01:43.936 and how we have to pivot with
NOTE Confidence: 0.757935746

01:01:43.936 --> 01:01:46.568 them along that journey.
NOTE Confidence: 0.757935746

01:01:46.570 --> 01:01:48.730 So for this particular patient,
NOTE Confidence: 0.757935746

01:01:48.730 --> 01:01:51.794 she was 40 years old and referred for
NOTE Confidence: 0.757935746

01:01:51.794 --> 01:01:53.527 genetic counseling at approximately
NOTE Confidence: 0.757935746

01:01:53.527 --> 01:01:55.307 12 weeks in pregnancy.
NOTE Confidence: 0.757935746

01:01:55.310 --> 01:01:58.460 Due to advanced maternal age.
NOTE Confidence: 0.757935746

01:01:58.460 --> 01:01:58.772 So.
NOTE Confidence: 0.757935746

01:01:58.772 --> 01:02:01.268 We know that this or we learn that
NOTE Confidence: 0.757935746

01:02:01.268 --> 01:02:04.451 this patient and her partner had one
NOTE Confidence: 0.757935746

01:02:04.451 --> 01:02:06.789 previous pregnancy that resulted in
NOTE Confidence: 0.757935746

01:02:06.789 --> 01:02:09.166 miscarriage at a that happened about
NOTE Confidence: 0.757935746

01:02:09.166 --> 01:02:12.434 six months prior to my meeting with them.
NOTE Confidence: 0.757935746

01:02:12.434 --> 01:02:14.639 And chromosome analysis that was
NOTE Confidence: 0.757935746

01:02:14.639 --> 01:02:17.326 performed on the products of conception
NOTE Confidence: 0.757935746

01:02:17.326 --> 01:02:19.496 from that pregnancy revealed that

NOTE Confidence: 0.757935746
01:02:19.573 --> 01:02:21.847 the fetus had a sporadic meaning,
NOTE Confidence: 0.757935746
01:02:21.850 --> 01:02:22.926 not inherited.
NOTE Confidence: 0.757935746
01:02:22.926 --> 01:02:25.078 Chromosome condition that is
NOTE Confidence: 0.757935746
01:02:25.078 --> 01:02:26.692 called trisomy 13.
NOTE Confidence: 0.9001233333333333
01:02:29.000 --> 01:02:30.900 So you know just rapidly
NOTE Confidence: 0.9001233333333333
01:02:30.900 --> 01:02:32.420 giving a little background.
NOTE Confidence: 0.9001233333333333
01:02:32.420 --> 01:02:34.860 Individuals typically have 23 pairs
NOTE Confidence: 0.9001233333333333
01:02:34.860 --> 01:02:37.859 of chromosomes for a total of 46.
NOTE Confidence: 0.9001233333333333
01:02:37.860 --> 01:02:40.723 The 1st 22 pairs are numbered one
NOTE Confidence: 0.9001233333333333
01:02:40.723 --> 01:02:43.579 through 22 and the 23rd pair are.
NOTE Confidence: 0.9001233333333333
01:02:43.580 --> 01:02:45.980 Called the sex chromosomes,
NOTE Confidence: 0.9001233333333333
01:02:45.980 --> 01:02:48.426 which are X&Y chromosomes.
NOTE Confidence: 0.9001233333333333
01:02:48.426 --> 01:02:52.164 Most females have two X chromosomes
NOTE Confidence: 0.9001233333333333
01:02:52.164 --> 01:02:55.687 and most males have 1X and Y1Y
NOTE Confidence: 0.9001233333333333
01:02:55.687 --> 01:02:57.395 chromosome and chromosome aneuploidy
NOTE Confidence: 0.9001233333333333

01:02:57.395 --> 01:03:00.824 is a term that's given when there is
NOTE Confidence: 0.9001233333333333

01:03:00.824 --> 01:03:02.859 an abnormal number of chromosomes.
NOTE Confidence: 0.9001233333333333

01:03:02.860 --> 01:03:06.046 So for example there are 45
NOTE Confidence: 0.9001233333333333

01:03:06.046 --> 01:03:08.660 or 47 instead of 46.
NOTE Confidence: 0.9001233333333333

01:03:08.660 --> 01:03:10.345 Most of these chromosome conditions
NOTE Confidence: 0.9001233333333333

01:03:10.345 --> 01:03:12.837 occur by chance as a result of an
NOTE Confidence: 0.9001233333333333

01:03:12.837 --> 01:03:15.006 egg or a sperm cell that was created
NOTE Confidence: 0.9001233333333333

01:03:15.006 --> 01:03:17.274 with an extra or missing chromosome.
NOTE Confidence: 0.9001233333333333

01:03:17.280 --> 01:03:19.340 And as women get older,
NOTE Confidence: 0.9001233333333333

01:03:19.340 --> 01:03:22.238 there is an increased chance to have
NOTE Confidence: 0.9001233333333333

01:03:22.238 --> 01:03:25.679 a child with a chromosome abnormality.
NOTE Confidence: 0.9001233333333333

01:03:25.680 --> 01:03:27.941 But I would like to point out
NOTE Confidence: 0.9001233333333333

01:03:27.941 --> 01:03:29.799 that this risk is gradual.
NOTE Confidence: 0.9001233333333333

01:03:29.800 --> 01:03:34.150 So for example, someone who is.
NOTE Confidence: 0.9001233333333333

01:03:34.150 --> 01:03:36.398 20 years old has less than a one
NOTE Confidence: 0.9001233333333333

01:03:36.398 --> 01:03:39.206 in 400 chance to have a child with

NOTE Confidence: 0.9001233333333333

01:03:39.206 --> 01:03:41.998 a chromosome disorder and at the

NOTE Confidence: 0.9001233333333333

01:03:41.998 --> 01:03:46.368 age of 38 it has gone up to 1%.

NOTE Confidence: 0.9001233333333333

01:03:46.370 --> 01:03:48.092 But I would like to view that

NOTE Confidence: 0.9001233333333333

01:03:48.092 --> 01:03:49.902 as a 99% chance that there would

NOTE Confidence: 0.9001233333333333

01:03:49.902 --> 01:03:53.310 not be a chromosome condition.

NOTE Confidence: 0.9001233333333333

01:03:53.310 --> 01:03:56.082 So trisomy 13 is considered one of

NOTE Confidence: 0.9001233333333333

01:03:56.082 --> 01:03:59.019 the more severe chromosome disorders,

NOTE Confidence: 0.9001233333333333

01:03:59.020 --> 01:04:02.303 and it can result in miscarriage or

NOTE Confidence: 0.9001233333333333

01:04:02.303 --> 01:04:07.078 the birth of a child who has severe

NOTE Confidence: 0.9001233333333333

01:04:07.078 --> 01:04:09.694 intellectual disability and medical

NOTE Confidence: 0.9001233333333333

01:04:09.694 --> 01:04:13.089 concerns and physical abnormalities.

NOTE Confidence: 0.9001233333333333

01:04:13.090 --> 01:04:13.850 Years ago,

NOTE Confidence: 0.9001233333333333

01:04:13.850 --> 01:04:16.510 they used to think that this condition

NOTE Confidence: 0.9001233333333333

01:04:16.510 --> 01:04:19.226 was universally fatal within the

NOTE Confidence: 0.9001233333333333

01:04:19.226 --> 01:04:23.768 first weeks of life, but now with.

NOTE Confidence: 0.9001233333333333

01:04:23.770 --> 01:04:26.750 Improved technology approximately 5 to
NOTE Confidence: 0.9001233333333333

01:04:26.750 --> 01:04:29.720 10% of children with this condition
NOTE Confidence: 0.9001233333333333

01:04:29.720 --> 01:04:32.580 can survive past the first year.
NOTE Confidence: 0.9001233333333333

01:04:32.580 --> 01:04:36.410 I am going to skip ahead.
NOTE Confidence: 0.9001233333333333

01:04:36.410 --> 01:04:39.044 To say that during the counseling
NOTE Confidence: 0.9001233333333333

01:04:39.044 --> 01:04:41.758 session we were talking about how
NOTE Confidence: 0.9001233333333333

01:04:41.758 --> 01:04:43.958 this usually occurs by chance.
NOTE Confidence: 0.9001233333333333

01:04:43.960 --> 01:04:46.600 This patient was 40 years old,
NOTE Confidence: 0.9001233333333333

01:04:46.600 --> 01:04:48.854 so we talked about that her chance
NOTE Confidence: 0.9001233333333333

01:04:48.854 --> 01:04:50.889 of having another pregnancy with a
NOTE Confidence: 0.9001233333333333

01:04:50.889 --> 01:04:53.227 chromosome problem was not felt to be
NOTE Confidence: 0.9001233333333333

01:04:53.297 --> 01:04:55.837 significantly different than anyone else.
NOTE Confidence: 0.9001233333333333

01:04:55.840 --> 01:04:57.700 Her age in the general population,
NOTE Confidence: 0.9001233333333333

01:04:57.700 --> 01:05:00.343 which is in a 1 to 2% range and we
NOTE Confidence: 0.9001233333333333

01:05:00.343 --> 01:05:02.509 offered her some screening tests that
NOTE Confidence: 0.9001233333333333

01:05:02.509 --> 01:05:05.228 can assess risk for some of the more

NOTE Confidence: 0.9001233333333333
01:05:05.228 --> 01:05:08.074 common chromosome conditions as well
NOTE Confidence: 0.9001233333333333
01:05:08.074 --> 01:05:10.456 as diagnostic tests that permit us
NOTE Confidence: 0.9001233333333333
01:05:10.456 --> 01:05:13.100 to actually look at the chromosomes.
NOTE Confidence: 0.9001233333333333
01:05:13.100 --> 01:05:16.058 For the pregnancy under a microscope
NOTE Confidence: 0.9001233333333333
01:05:16.058 --> 01:05:19.058 with over 99% accuracy and we
NOTE Confidence: 0.9001233333333333
01:05:19.058 --> 01:05:21.066 talked about the benefits,
NOTE Confidence: 0.9001233333333333
01:05:21.070 --> 01:05:23.510 limitations and risks of both
NOTE Confidence: 0.9001233333333333
01:05:23.510 --> 01:05:25.462 of these diagnostic tests,
NOTE Confidence: 0.9001233333333333
01:05:25.470 --> 01:05:28.332 including the one in 400 risk
NOTE Confidence: 0.9001233333333333
01:05:28.332 --> 01:05:30.878 for miscarriage that these tests
NOTE Confidence: 0.9001233333333333
01:05:30.878 --> 01:05:32.537 are associated with.
NOTE Confidence: 0.9001233333333333
01:05:32.540 --> 01:05:34.186 So she expressed that although she
NOTE Confidence: 0.9001233333333333
01:05:34.186 --> 01:05:35.854 would love to have the information
NOTE Confidence: 0.9001233333333333
01:05:35.854 --> 01:05:37.859 that the diagnostic test can provide,
NOTE Confidence: 0.9001233333333333
01:05:37.860 --> 01:05:39.900 she did not want to have a test
NOTE Confidence: 0.9001233333333333

01:05:39.900 --> 01:05:42.100 that had a risk of miscarriage and
NOTE Confidence: 0.9001233333333333

01:05:42.100 --> 01:05:44.430 elected to have cell free screening.
NOTE Confidence: 0.882777494

01:05:46.690 --> 01:05:48.770 So by the way, the details that I've
NOTE Confidence: 0.882777494

01:05:48.770 --> 01:05:50.996 provided on these slides are really for
NOTE Confidence: 0.882777494

01:05:50.996 --> 01:05:53.020 later when you're looking through them
NOTE Confidence: 0.882777494

01:05:53.020 --> 01:05:55.218 in case you needed some background to
NOTE Confidence: 0.882777494

01:05:55.218 --> 01:05:56.894 understand what we're talking about.
NOTE Confidence: 0.882777494

01:05:56.894 --> 01:06:00.776 But I am just going to kind of cut to the
NOTE Confidence: 0.882777494

01:06:00.776 --> 01:06:03.410 chase for what happened with this couple.
NOTE Confidence: 0.882777494

01:06:03.410 --> 01:06:06.400 It turned out that she was not able to get
NOTE Confidence: 0.882777494

01:06:06.476 --> 01:06:09.468 a result from the cell free DNA screening,
NOTE Confidence: 0.882777494

01:06:09.470 --> 01:06:12.585 and that by itself indicates that the
NOTE Confidence: 0.882777494

01:06:12.585 --> 01:06:15.435 pregnancy could be at increased risk
NOTE Confidence: 0.882777494

01:06:15.435 --> 01:06:17.522 for certain. Chromosome disorders.
NOTE Confidence: 0.882777494

01:06:17.522 --> 01:06:21.484 So we again offered her diagnostic testing
NOTE Confidence: 0.882777494

01:06:21.484 --> 01:06:25.216 and she elected to have an amniocentesis,

NOTE Confidence: 0.882777494

01:06:25.220 --> 01:06:27.965 and when she arrived on the day of the

NOTE Confidence: 0.882777494

01:06:27.965 --> 01:06:30.467 test prior to performing the AMNIO,

NOTE Confidence: 0.882777494

01:06:30.470 --> 01:06:33.505 ultrasound revealed that the fetus

NOTE Confidence: 0.882777494

01:06:33.505 --> 01:06:38.087 had a brain abnormality that is called

NOTE Confidence: 0.882777494

01:06:38.087 --> 01:06:40.979 semi lobar lobar holoprosencephaly.

NOTE Confidence: 0.882777494

01:06:40.980 --> 01:06:44.020 So the counseling session involved

NOTE Confidence: 0.882777494

01:06:44.020 --> 01:06:47.983 talking to the couple about what

NOTE Confidence: 0.882777494

01:06:47.983 --> 01:06:51.270 holoprosencephaly is talking to them

NOTE Confidence: 0.882777494

01:06:51.270 --> 01:06:54.020 about the different outcomes that

NOTE Confidence: 0.882777494

01:06:54.020 --> 01:06:57.584 can occur depending upon the extent

NOTE Confidence: 0.882777494

01:06:57.584 --> 01:07:00.842 to which the abnormality exists and

NOTE Confidence: 0.882777494

01:07:00.842 --> 01:07:02.654 we talked about that this condition

NOTE Confidence: 0.882777494

01:07:02.654 --> 01:07:04.080 is not always genetic,

NOTE Confidence: 0.882777494

01:07:04.080 --> 01:07:07.888 it can be caused because of environmental

NOTE Confidence: 0.882777494

01:07:07.888 --> 01:07:11.524 problems or exposures it can occur.

NOTE Confidence: 0.882777494

01:07:11.524 --> 01:07:15.532 Due to sporadic chromosomal or genetic
NOTE Confidence: 0.882777494

01:07:15.540 --> 01:07:18.606 conditions and it can be associated
NOTE Confidence: 0.882777494

01:07:18.606 --> 01:07:21.350 with some inherited conditions as well.
NOTE Confidence: 0.882777494

01:07:21.350 --> 01:07:24.785 They elected to proceed with
NOTE Confidence: 0.882777494

01:07:24.785 --> 01:07:26.159 the amniocentesis.
NOTE Confidence: 0.882777494

01:07:26.160 --> 01:07:26.440 And.
NOTE Confidence: 0.882777494

01:07:26.440 --> 01:07:29.395 The first thing that we found out is that the
NOTE Confidence: 0.882777494

01:07:29.395 --> 01:07:31.957 fetus had the correct number of chromosomes,
NOTE Confidence: 0.882777494

01:07:31.960 --> 01:07:33.307 which is 46.
NOTE Confidence: 0.882777494

01:07:33.307 --> 01:07:36.001 An additional test on that specimen
NOTE Confidence: 0.882777494

01:07:36.001 --> 01:07:39.127 revealed that there was no little pieces
NOTE Confidence: 0.882777494

01:07:39.127 --> 01:07:42.279 of chromosomes that are extra or missing,
NOTE Confidence: 0.882777494

01:07:42.280 --> 01:07:45.556 so that reduced the chance for over
NOTE Confidence: 0.882777494

01:07:45.560 --> 01:07:47.484 150 different genetic syndromes.
NOTE Confidence: 0.882777494

01:07:47.484 --> 01:07:51.607 Only a small group of which could be
NOTE Confidence: 0.882777494

01:07:51.607 --> 01:07:54.226 linked to holoprosencephaly and then,

NOTE Confidence: 0.882777494

01:07:54.226 --> 01:07:56.884 with the help of a laboratory

NOTE Confidence: 0.882777494

01:07:56.890 --> 01:07:58.350 genetic counselor,

NOTE Confidence: 0.882777494

01:07:58.350 --> 01:08:01.438 we were able to determine a panel of

NOTE Confidence: 0.882777494

01:08:01.438 --> 01:08:04.676 genes that would be appropriate to test.

NOTE Confidence: 0.882777494

01:08:04.680 --> 01:08:08.306 This fetus 4 these genes were all

NOTE Confidence: 0.882777494

01:08:08.306 --> 01:08:09.860 associated with holoprosencephaly

NOTE Confidence: 0.882777494

01:08:09.942 --> 01:08:12.525 and it revealed that the fetus had

NOTE Confidence: 0.882777494

01:08:12.525 --> 01:08:15.544 one copy of a pathogenic variant in a

NOTE Confidence: 0.882777494

01:08:15.544 --> 01:08:18.100 specific gene that was called zic 2.

NOTE Confidence: 0.882777494

01:08:18.100 --> 01:08:21.404 And this disorders in one copy of this

NOTE Confidence: 0.882777494

01:08:21.404 --> 01:08:25.022 gene are associated with the condition

NOTE Confidence: 0.882777494

01:08:25.022 --> 01:08:28.392 that's called holoprosencephaly type 5,

NOTE Confidence: 0.882777494

01:08:28.400 --> 01:08:31.832 and in this condition we commonly

NOTE Confidence: 0.882777494

01:08:31.832 --> 01:08:34.120 see semi lobar holoprosencephaly.

NOTE Confidence: 0.882777494

01:08:34.120 --> 01:08:36.647 So we felt quite confident that this

NOTE Confidence: 0.882777494

01:08:36.647 --> 01:08:39.414 variant was what caused the fetus to
NOTE Confidence: 0.882777494

01:08:39.414 --> 01:08:41.424 have holoprosencephaly and we each
NOTE Confidence: 0.882777494

01:08:41.424 --> 01:08:44.162 have two opportunities to have this
NOTE Confidence: 0.882777494

01:08:44.162 --> 01:08:47.508 gene working properly. If one is not.
NOTE Confidence: 0.882777494

01:08:47.508 --> 01:08:51.132 Then the person would be predicted to
NOTE Confidence: 0.882777494

01:08:51.132 --> 01:08:54.396 be at risk to have holoprosencephaly,
NOTE Confidence: 0.882777494

01:08:54.400 --> 01:08:56.479 but this gene is not fully penetrant,
NOTE Confidence: 0.882777494

01:08:56.480 --> 01:08:59.006 which means that some people with
NOTE Confidence: 0.882777494

01:08:59.006 --> 01:09:02.116 variants in this gene that are considered
NOTE Confidence: 0.882777494

01:09:02.116 --> 01:09:05.224 to be gene disrupting variants appear
NOTE Confidence: 0.882777494

01:09:05.224 --> 01:09:08.599 to have no symptoms or have such
NOTE Confidence: 0.882777494

01:09:08.599 --> 01:09:11.525 mild symptoms that they are never
NOTE Confidence: 0.882777494

01:09:11.525 --> 01:09:14.475 diagnosed as having this condition.
NOTE Confidence: 0.882777494

01:09:14.480 --> 01:09:17.344 So we recommended that the parents be tested.
NOTE Confidence: 0.882777494

01:09:17.350 --> 01:09:20.170 And it turned out that the
NOTE Confidence: 0.882777494

01:09:20.170 --> 01:09:22.960 partner had the same variant,

NOTE Confidence: 0.882777494

01:09:22.960 --> 01:09:26.215 and although we certainly did not have

NOTE Confidence: 0.882777494

01:09:26.215 --> 01:09:28.409 information regarding his brain MRI,

NOTE Confidence: 0.882777494

01:09:28.410 --> 01:09:32.135 outwardly he had no signs

NOTE Confidence: 0.882777494

01:09:32.135 --> 01:09:34.370 of having holoprosencephaly.

NOTE Confidence: 0.882777494

01:09:34.370 --> 01:09:36.734 They were informed that with each

NOTE Confidence: 0.882777494

01:09:36.734 --> 01:09:38.658 pregnancy there's a 50% chance

NOTE Confidence: 0.882777494

01:09:38.658 --> 01:09:40.950 that the fetus would inherit this

NOTE Confidence: 0.852805355833333

01:09:41.025 --> 01:09:42.369 pathogenic variant,

NOTE Confidence: 0.852805355833333

01:09:42.370 --> 01:09:44.764 but that not every fetus with the

NOTE Confidence: 0.852805355833333

01:09:44.764 --> 01:09:47.050 variant would have holoprosencephaly,

NOTE Confidence: 0.852805355833333

01:09:47.050 --> 01:09:50.546 and we also let them know that fetal

NOTE Confidence: 0.852805355833333

01:09:50.546 --> 01:09:53.035 ultrasound may not always show us

NOTE Confidence: 0.852805355833333

01:09:53.035 --> 01:09:55.900 that a fetus will have complications

NOTE Confidence: 0.852805355833333

01:09:55.900 --> 01:09:58.808 secondary to this variant.

NOTE Confidence: 0.852805355833333

01:09:58.810 --> 01:10:00.777 So we wanted to make sure they

NOTE Confidence: 0.852805355833333

01:10:00.777 --> 01:10:02.692 had the they were aware that
NOTE Confidence: 0.852805355833333

01:10:02.692 --> 01:10:04.696 they had the option of having.
NOTE Confidence: 0.852805355833333

01:10:04.700 --> 01:10:07.292 In vitro fertilization where the egg
NOTE Confidence: 0.852805355833333

01:10:07.292 --> 01:10:09.860 is fertilized outside of the body
NOTE Confidence: 0.852805355833333

01:10:09.860 --> 01:10:12.152 would then genetic testing on that
NOTE Confidence: 0.852805355833333

01:10:12.152 --> 01:10:14.838 pre embryo to see if it was affected.
NOTE Confidence: 0.852805355833333

01:10:14.840 --> 01:10:17.216 Or they could have targeted prenatal
NOTE Confidence: 0.852805355833333

01:10:17.216 --> 01:10:19.208 testing during pregnancy to see
NOTE Confidence: 0.852805355833333

01:10:19.208 --> 01:10:21.272 whether or not the fetus inherited
NOTE Confidence: 0.852805355833333

01:10:21.272 --> 01:10:23.888 the variant and they elected to
NOTE Confidence: 0.852805355833333

01:10:23.888 --> 01:10:26.780 conceive their third pregnancy via IVF.
NOTE Confidence: 0.852805355833333

01:10:26.780 --> 01:10:29.490 There was targeted prenatal excuse
NOTE Confidence: 0.852805355833333

01:10:29.490 --> 01:10:31.658 me preimplantation genetic testing
NOTE Confidence: 0.852805355833333

01:10:31.658 --> 01:10:33.249 for this variant.
NOTE Confidence: 0.852805355833333

01:10:33.250 --> 01:10:36.634 And they were able to have a successful
NOTE Confidence: 0.852805355833333

01:10:36.634 --> 01:10:39.588 transfer and implantation of what was

NOTE Confidence: 0.852805355833333
01:10:39.588 --> 01:10:42.618 predicted to be an unaffected embryo.
NOTE Confidence: 0.852805355833333
01:10:42.620 --> 01:10:44.320 They elected to have prenatal
NOTE Confidence: 0.852805355833333
01:10:44.320 --> 01:10:47.844 testing early in pregnancy at around
NOTE Confidence: 0.852805355833333
01:10:47.844 --> 01:10:51.000 11 weeks to confirm the accuracy
NOTE Confidence: 0.852805355833333
01:10:51.000 --> 01:10:54.726 and it confirmed the fetus was.
NOTE Confidence: 0.852805355833333
01:10:54.730 --> 01:10:56.840 Not carrying this variant and
NOTE Confidence: 0.852805355833333
01:10:56.840 --> 01:10:59.310 they delivered a healthy baby boy,
NOTE Confidence: 0.852805355833333
01:10:59.310 --> 01:11:02.518 so this was really a very long haul
NOTE Confidence: 0.852805355833333
01:11:02.518 --> 01:11:05.430 for this couple to have a baby.
NOTE Confidence: 0.852805355833333
01:11:05.430 --> 01:11:08.710 It was over five years.
NOTE Confidence: 0.852805355833333
01:11:08.710 --> 01:11:12.490 But it was certainly a wonderful outcome.
NOTE Confidence: 0.852805355833333
01:11:12.490 --> 01:11:14.578 So in my last couple of slides I
NOTE Confidence: 0.852805355833333
01:11:14.578 --> 01:11:16.511 wanted to say that you know pregnancy
NOTE Confidence: 0.852805355833333
01:11:16.511 --> 01:11:19.009 can be a lot of things that can
NOTE Confidence: 0.852805355833333
01:11:19.009 --> 01:11:21.164 be planned and unplanned, desired,
NOTE Confidence: 0.852805355833333

01:11:21.164 --> 01:11:22.552 not desired,
NOTE Confidence: 0.852805355833333

01:11:22.552 --> 01:11:26.716 can be wonderful and exciting scary.
NOTE Confidence: 0.852805355833333

01:11:26.720 --> 01:11:28.262 Anxiety provoking etc.
NOTE Confidence: 0.852805355833333

01:11:28.262 --> 01:11:32.280 The list could go on and on and
NOTE Confidence: 0.852805355833333

01:11:32.280 --> 01:11:34.048 reproductive genetic counselors
NOTE Confidence: 0.852805355833333

01:11:34.048 --> 01:11:36.643 have both the responsibility and
NOTE Confidence: 0.852805355833333

01:11:36.643 --> 01:11:39.040 the privilege of educating,
NOTE Confidence: 0.852805355833333

01:11:39.040 --> 01:11:41.285 supporting and working with individuals
NOTE Confidence: 0.852805355833333

01:11:41.285 --> 01:11:44.202 who are faced with making really
NOTE Confidence: 0.852805355833333

01:11:44.202 --> 01:11:46.645 difficult decisions both prior to
NOTE Confidence: 0.852805355833333

01:11:46.645 --> 01:11:48.720 pregnancy and during pregnancy and
NOTE Confidence: 0.852805355833333

01:11:48.720 --> 01:11:51.260 working with this patient population,
NOTE Confidence: 0.852805355833333

01:11:51.260 --> 01:11:55.028 I can say has been extremely
NOTE Confidence: 0.852805355833333

01:11:55.028 --> 01:11:56.912 rewarding and challenging.
NOTE Confidence: 0.852805355833333

01:11:56.920 --> 01:11:58.942 And I have stayed consistent as
NOTE Confidence: 0.852805355833333

01:11:58.942 --> 01:12:00.838 a genetic counselor who does

NOTE Confidence: 0.852805355833333

01:12:00.838 --> 01:12:02.766 reproductive genetic counseling from

NOTE Confidence: 0.852805355833333

01:12:02.766 --> 01:12:05.516 the beginning and it's something

NOTE Confidence: 0.852805355833333

01:12:05.516 --> 01:12:09.332 that forces me to consistently be

NOTE Confidence: 0.852805355833333

01:12:09.332 --> 01:12:13.090 learning every step of the way.

NOTE Confidence: 0.852805355833333

01:12:13.090 --> 01:12:15.700 So sorry, I know I ran over by a few minutes.

NOTE Confidence: 0.852805355833333

01:12:16.070 --> 01:12:17.080 That's alright.

NOTE Confidence: 0.856878307777778

01:12:17.090 --> 01:12:20.218 That was a great a great talk as

NOTE Confidence: 0.856878307777778

01:12:20.218 --> 01:12:22.626 always and I wanted to maybe pose a

NOTE Confidence: 0.856878307777778

01:12:22.626 --> 01:12:25.422 question to you before we hop over to

NOTE Confidence: 0.856878307777778

01:12:25.422 --> 01:12:27.287 Sarah's talk about cardio genetics.

NOTE Confidence: 0.856878307777778

01:12:27.290 --> 01:12:29.830 Someone had asked about carrier

NOTE Confidence: 0.856878307777778

01:12:29.830 --> 01:12:31.862 testing specifically and whether

NOTE Confidence: 0.856878307777778

01:12:31.862 --> 01:12:34.088 that's doing mostly sequencing

NOTE Confidence: 0.856878307777778

01:12:34.090 --> 01:12:35.959 of the genome or are there other

NOTE Confidence: 0.856878307777778

01:12:35.959 --> 01:12:37.650 ways to test for a carrier?

NOTE Confidence: 0.856878307777778

01:12:37.650 --> 01:12:38.955 Could you just maybe expand
NOTE Confidence: 0.856878307777778

01:12:38.955 --> 01:12:40.260 upon that a little bit?
NOTE Confidence: 0.95091427

01:12:42.750 --> 01:12:46.110 I would say. The majority of genetic
NOTE Confidence: 0.95091427

01:12:46.110 --> 01:12:49.050 care carriers testing is being
NOTE Confidence: 0.853809477857143

01:12:49.157 --> 01:12:52.049 done through gene sequencing.
NOTE Confidence: 0.853809477857143

01:12:52.050 --> 01:12:55.095 Although for some of the more common
NOTE Confidence: 0.853809477857143

01:12:55.095 --> 01:12:57.154 genetic conditions that someone can
NOTE Confidence: 0.853809477857143

01:12:57.154 --> 01:12:59.396 be a carrier for other technology
NOTE Confidence: 0.853809477857143

01:12:59.396 --> 01:13:01.960 is actually better for identifying
NOTE Confidence: 0.853809477857143

01:13:01.960 --> 01:13:04.265 carriers than gene sequencing,
NOTE Confidence: 0.853809477857143

01:13:04.265 --> 01:13:07.295 so you know that is part
NOTE Confidence: 0.853809477857143

01:13:07.295 --> 01:13:10.178 of our responsibility is.
NOTE Confidence: 0.853809477857143

01:13:10.180 --> 01:13:12.776 Knowing what screening is appropriate
NOTE Confidence: 0.853809477857143

01:13:12.776 --> 01:13:16.389 for someone in general and how we might
NOTE Confidence: 0.853809477857143

01:13:16.389 --> 01:13:18.903 modify that based on personal history
NOTE Confidence: 0.853809477857143

01:13:18.903 --> 01:13:23.290 or family history or ethnicity so.

NOTE Confidence: 0.853809477857143
01:13:23.290 --> 01:13:25.576 There's not one straight answer, but yeah,
NOTE Confidence: 0.853809477857143
01:13:25.576 --> 01:13:27.662 overall gene sequencing is our go to
NOTE Confidence: 0.853809477857143
01:13:27.662 --> 01:13:29.840 for the vast majority of conditions.
NOTE Confidence: 0.3237861
01:13:31.530 --> 01:13:31.960 Great.
NOTE Confidence: 0.96381515
01:13:34.170 --> 01:13:36.820 Thank you again and we'll certainly
NOTE Confidence: 0.96381515
01:13:36.820 --> 01:13:39.590 tab back during the general Q&A,
NOTE Confidence: 0.903519822857143
01:13:39.590 --> 01:13:43.378 but let me see if I can get Sarah
NOTE Confidence: 0.903519822857143
01:13:43.378 --> 01:13:46.358 up and running. There we go, there
NOTE Confidence: 0.907441756
01:13:46.370 --> 01:13:50.810 we go. Yep, right there. OK, so let me just.
NOTE Confidence: 0.93333156
01:14:01.280 --> 01:14:04.000 OK, there we go.
NOTE Confidence: 0.93333156
01:14:04.000 --> 01:14:06.418 So high everyone as Alex said,
NOTE Confidence: 0.93333156
01:14:06.420 --> 01:14:09.468 my name is Sarah and I am a
NOTE Confidence: 0.93333156
01:14:09.468 --> 01:14:10.999 genetic counselor at Yale,
NOTE Confidence: 0.93333156
01:14:11.000 --> 01:14:13.700 New Haven Hospital, who specifically
NOTE Confidence: 0.93333156
01:14:13.700 --> 01:14:18.338 works in a cardiovascular genetics.
NOTE Confidence: 0.93333156

01:14:18.340 --> 01:14:21.740 So first you know just a little bit about me.

NOTE Confidence: 0.93333156

01:14:21.740 --> 01:14:24.155 I am originally a jersey girl and

NOTE Confidence: 0.93333156

01:14:24.155 --> 01:14:26.701 from New Jersey I did my undergrad

NOTE Confidence: 0.93333156

01:14:26.701 --> 01:14:29.213 at Montclair State in New Jersey and

NOTE Confidence: 0.93333156

01:14:29.213 --> 01:14:32.037 then after two years I went back to

NOTE Confidence: 0.93333156

01:14:32.037 --> 01:14:35.273 grad school and I did the genetic

NOTE Confidence: 0.93333156

01:14:35.273 --> 01:14:38.560 counseling masters program at Rutgers,

NOTE Confidence: 0.93333156

01:14:38.560 --> 01:14:42.040 which is a relatively newer program.

NOTE Confidence: 0.93333156

01:14:42.040 --> 01:14:42.924 Which was, you know,

NOTE Confidence: 0.93333156

01:14:42.924 --> 01:14:44.440 interesting to be a part of it.

NOTE Confidence: 0.93333156

01:14:44.440 --> 01:14:47.500 A new program.

NOTE Confidence: 0.93333156

01:14:47.500 --> 01:14:51.238 So I graduated from Rutgers in 2020,

NOTE Confidence: 0.93333156

01:14:51.240 --> 01:14:53.522 so working at Yale similar to some

NOTE Confidence: 0.93333156

01:14:53.522 --> 01:14:56.218 of the other presenters has been my

NOTE Confidence: 0.93333156

01:14:56.218 --> 01:14:58.678 first and only job since graduating,

NOTE Confidence: 0.93333156

01:14:58.680 --> 01:14:59.856 so they must have, you know,

NOTE Confidence: 0.93333156

01:14:59.860 --> 01:15:03.070 good retention here, which is Nice.

NOTE Confidence: 0.93333156

01:15:03.070 --> 01:15:06.010 So I work more specifically in the

NOTE Confidence: 0.93333156

01:15:06.010 --> 01:15:08.194 heart and Vascular Center within

NOTE Confidence: 0.93333156

01:15:08.194 --> 01:15:11.134 the Yale New Haven Health System and

NOTE Confidence: 0.93333156

01:15:11.134 --> 01:15:13.979 to get more specifically than that

NOTE Confidence: 0.93333156

01:15:13.979 --> 01:15:17.031 I'm in the congestive heart failure

NOTE Confidence: 0.93333156

01:15:17.031 --> 01:15:21.297 program as well as the inherited

NOTE Confidence: 0.93333156

01:15:21.297 --> 01:15:23.430 hypertrophic cardiomyopathy program.

NOTE Confidence: 0.93333156

01:15:23.430 --> 01:15:25.734 That's the program that my role

NOTE Confidence: 0.93333156

01:15:25.734 --> 01:15:27.270 is specifically built into,

NOTE Confidence: 0.93333156

01:15:27.270 --> 01:15:30.134 although I do see a lot of other

NOTE Confidence: 0.93333156

01:15:30.134 --> 01:15:33.780 indications outside of just HCM.

NOTE Confidence: 0.93333156

01:15:33.780 --> 01:15:34.574 So yeah,

NOTE Confidence: 0.93333156

01:15:34.574 --> 01:15:37.353 we do have an HCM that's called

NOTE Confidence: 0.93333156

01:15:37.353 --> 01:15:39.740 the center of Excellence,

NOTE Confidence: 0.93333156

01:15:39.740 --> 01:15:43.754 meaning that we have a clinic here that is,

NOTE Confidence: 0.93333156

01:15:43.760 --> 01:15:44.792 you know,

NOTE Confidence: 0.93333156

01:15:44.792 --> 01:15:47.372 essentially a designated by the

NOTE Confidence: 0.93333156

01:15:47.372 --> 01:15:48.920 Hypertrophic Cardiomyopathy Association

NOTE Confidence: 0.93333156

01:15:48.993 --> 01:15:50.777 as being a multidisciplinary

NOTE Confidence: 0.93333156

01:15:50.777 --> 01:15:52.115 Center for patients.

NOTE Confidence: 0.93333156

01:15:52.120 --> 01:15:53.296 With this condition,

NOTE Confidence: 0.93333156

01:15:53.296 --> 01:15:54.080 you know,

NOTE Confidence: 0.93333156

01:15:54.080 --> 01:15:56.320 including services such as genetic

NOTE Confidence: 0.93333156

01:15:56.320 --> 01:15:58.112 counseling and assistance with

NOTE Confidence: 0.93333156

01:15:58.112 --> 01:15:59.908 testing and family screening.

NOTE Confidence: 0.9532504

01:16:02.760 --> 01:16:05.802 OK so first just to kind of give

NOTE Confidence: 0.9532504

01:16:05.802 --> 01:16:08.430 an overview of what my role is

NOTE Confidence: 0.9532504

01:16:08.430 --> 01:16:10.692 like in the world of cardiology.

NOTE Confidence: 0.9532504

01:16:10.700 --> 01:16:13.017 Firstly, the people that I work with

NOTE Confidence: 0.9532504

01:16:13.017 --> 01:16:15.154 there is another genetic counselor

NOTE Confidence: 0.9532504

01:16:15.154 --> 01:16:17.298 who specializes in cardiovascular

NOTE Confidence: 0.9532504

01:16:17.298 --> 01:16:20.096 genetics and if you attended this talk,

NOTE Confidence: 0.9532504

01:16:20.100 --> 01:16:21.796 you know a year or two years ago.

NOTE Confidence: 0.9532504

01:16:21.800 --> 01:16:24.854 I believe Arpita was the one, you know,

NOTE Confidence: 0.9532504

01:16:24.854 --> 01:16:26.696 giving the talk about cardiac genetics.

NOTE Confidence: 0.9532504

01:16:26.700 --> 01:16:29.358 So if you were here at the year or two years

NOTE Confidence: 0.9532504

01:16:29.358 --> 01:16:32.006 ago you might remember some things from her.

NOTE Confidence: 0.9532504

01:16:32.010 --> 01:16:34.594 Call per and I have a pretty

NOTE Confidence: 0.9532504

01:16:34.594 --> 01:16:36.796 similar roles that overlap a lot,

NOTE Confidence: 0.9532504

01:16:36.800 --> 01:16:40.080 but aren't entirely the same.

NOTE Confidence: 0.9532504

01:16:40.080 --> 01:16:43.468 So I work with a lot of

NOTE Confidence: 0.9532504

01:16:43.468 --> 01:16:44.436 different cardiologists.

NOTE Confidence: 0.9532504

01:16:44.440 --> 01:16:46.408 Actually, some cardiologists who

NOTE Confidence: 0.9532504

01:16:46.408 --> 01:16:48.868 are just general cardiologists and

NOTE Confidence: 0.9532504

01:16:48.868 --> 01:16:51.418 then also specialty cardiologists,

NOTE Confidence: 0.9532504

01:16:51.420 --> 01:16:52.520 including electrophysiologists,
NOTE Confidence: 0.9532504

01:16:52.520 --> 01:16:55.820 so doctors who work with us,
NOTE Confidence: 0.9532504

01:16:55.820 --> 01:16:56.694 you know,
NOTE Confidence: 0.9532504

01:16:56.694 --> 01:16:58.879 problems with the hearts electrical
NOTE Confidence: 0.9532504

01:16:58.879 --> 01:17:01.618 system specialists in cardiomyopathies,
NOTE Confidence: 0.9532504

01:17:01.618 --> 01:17:03.150 you know,
NOTE Confidence: 0.9532504

01:17:03.150 --> 01:17:05.990 there are a lot of different types of
NOTE Confidence: 0.9532504

01:17:05.990 --> 01:17:07.590 genetic cardiomyopathies that all kind
NOTE Confidence: 0.9532504

01:17:07.590 --> 01:17:09.515 of briefly go over later and then.
NOTE Confidence: 0.9532504

01:17:09.520 --> 01:17:09.944 Finally,
NOTE Confidence: 0.9532504

01:17:09.944 --> 01:17:12.064 sometimes we work with cardiologists
NOTE Confidence: 0.9532504

01:17:12.064 --> 01:17:14.232 who specialize in treating patients
NOTE Confidence: 0.9532504

01:17:14.232 --> 01:17:17.630 with advanced heart failures.
NOTE Confidence: 0.9532504

01:17:17.630 --> 01:17:17.996 Additionally,
NOTE Confidence: 0.9532504

01:17:17.996 --> 01:17:21.290 you know we do work with admins when it
NOTE Confidence: 0.9532504

01:17:21.360 --> 01:17:24.328 comes to you know how we schedule patients,

NOTE Confidence: 0.9532504

01:17:24.330 --> 01:17:26.046 how we build out our schedules.

NOTE Confidence: 0.9532504

01:17:26.050 --> 01:17:27.838 You know some programmatic

NOTE Confidence: 0.9532504

01:17:27.838 --> 01:17:30.073 concerns and things like that.

NOTE Confidence: 0.9532504

01:17:30.080 --> 01:17:32.600 You know there is a lot of

NOTE Confidence: 0.9532504

01:17:32.600 --> 01:17:34.130 collaboration with laboratory staff.

NOTE Confidence: 0.9532504

01:17:34.130 --> 01:17:34.517 Both.

NOTE Confidence: 0.9532504

01:17:34.517 --> 01:17:36.839 You know here at like the

NOTE Confidence: 0.9532504

01:17:36.839 --> 01:17:39.149 Yale DNA lab or you know,

NOTE Confidence: 0.9532504

01:17:39.150 --> 01:17:41.920 in some external genetics labs,

NOTE Confidence: 0.9532504

01:17:41.920 --> 01:17:44.632 you know we send some tests kind of

NOTE Confidence: 0.9532504

01:17:44.632 --> 01:17:47.260 through the L DNA lab as well as some.

NOTE Confidence: 0.9532504

01:17:47.260 --> 01:17:47.765 Uh,

NOTE Confidence: 0.9532504

01:17:47.765 --> 01:17:50.795 larger like commercial outside genetics labs.

NOTE Confidence: 0.9532504

01:17:50.800 --> 01:17:52.570 You know often just depends

NOTE Confidence: 0.9532504

01:17:52.570 --> 01:17:53.986 on things like insurance,

NOTE Confidence: 0.9532504

01:17:53.990 --> 01:17:56.530 turnaround time, things like that.

NOTE Confidence: 0.9532504

01:17:56.530 --> 01:17:58.966 And then finally I do work

NOTE Confidence: 0.9532504

01:17:58.966 --> 01:18:00.990 with some other research staff.

NOTE Confidence: 0.9532504

01:18:00.990 --> 01:18:03.790 There are a couple of research projects

NOTE Confidence: 0.9532504

01:18:03.790 --> 01:18:06.189 that I'm a little bit involved in,

NOTE Confidence: 0.9532504

01:18:06.190 --> 01:18:08.956 so I often work with, you, know,

NOTE Confidence: 0.9532504

01:18:08.956 --> 01:18:11.288 various researchers as well.

NOTE Confidence: 0.9532504

01:18:11.290 --> 01:18:13.778 And then I think a lot of people

NOTE Confidence: 0.9532504

01:18:13.778 --> 01:18:15.324 question how patients actually

NOTE Confidence: 0.9532504

01:18:15.324 --> 01:18:17.868 get to see a genetic counselor.

NOTE Confidence: 0.9532504

01:18:17.870 --> 01:18:20.026 So many of our patients will get

NOTE Confidence: 0.9532504

01:18:20.026 --> 01:18:22.850 referred to us, maybe through their PCP.

NOTE Confidence: 0.9532504

01:18:22.850 --> 01:18:23.800 For example,

NOTE Confidence: 0.9532504

01:18:23.800 --> 01:18:25.535 if their General practitioner happened

NOTE Confidence: 0.9532504

01:18:25.535 --> 01:18:27.706 to notice something like a cardiac

NOTE Confidence: 0.9532504

01:18:27.706 --> 01:18:29.616 murmur during a regular evaluation,

NOTE Confidence: 0.9532504

01:18:29.620 --> 01:18:31.368 that's something that might

NOTE Confidence: 0.9532504

01:18:31.368 --> 01:18:33.553 prompt further cardiac workup and

NOTE Confidence: 0.9532504

01:18:33.553 --> 01:18:35.309 potentially some genetic testing.

NOTE Confidence: 0.9532504

01:18:35.310 --> 01:18:36.850 These patients might get

NOTE Confidence: 0.9532504

01:18:36.850 --> 01:18:38.390 referred by a cardiologist.

NOTE Confidence: 0.9532504

01:18:38.390 --> 01:18:40.749 If they're already seeing one for something.

NOTE Confidence: 0.9532504

01:18:40.750 --> 01:18:43.394 Like high blood pressure,

NOTE Confidence: 0.9532504

01:18:43.394 --> 01:18:44.716 you know,

NOTE Confidence: 0.9532504

01:18:44.720 --> 01:18:46.800 high cholesterol if they identify

NOTE Confidence: 0.9532504

01:18:46.800 --> 01:18:49.483 some other problem that needs more

NOTE Confidence: 0.9532504

01:18:49.483 --> 01:18:51.599 specialized testing and discussion,

NOTE Confidence: 0.9532504

01:18:51.600 --> 01:18:56.224 they might refer to to our specialty group.

NOTE Confidence: 0.9532504

01:18:56.230 --> 01:18:58.630 Some patients do self refer.

NOTE Confidence: 0.9532504

01:18:58.630 --> 01:19:00.208 We do get some self referrals.

NOTE Confidence: 0.9532504

01:19:00.210 --> 01:19:02.808 You know if you Google scale

NOTE Confidence: 0.9532504

01:19:02.808 --> 01:19:04.107 cardiology genetic testing,
NOTE Confidence: 0.9532504

01:19:04.110 --> 01:19:06.889 you know you'll come to our page
NOTE Confidence: 0.9532504

01:19:06.889 --> 01:19:08.927 and some patients contact us
NOTE Confidence: 0.9532504

01:19:08.927 --> 01:19:11.213 that way also through the NSGC
NOTE Confidence: 0.9532504

01:19:11.213 --> 01:19:13.888 find a genetic counselor tool.
NOTE Confidence: 0.9532504

01:19:13.890 --> 01:19:16.826 There have been a handful of patients who
NOTE Confidence: 0.9532504

01:19:16.826 --> 01:19:19.230 have utilized that to reach out to us.
NOTE Confidence: 0.9532504

01:19:19.230 --> 01:19:19.784 You know,
NOTE Confidence: 0.9532504

01:19:19.784 --> 01:19:22.516 if they feel that there may be a need
NOTE Confidence: 0.9532504

01:19:22.516 --> 01:19:25.174 for genetic testing within their families.
NOTE Confidence: 0.827922347391304

01:19:25.180 --> 01:19:28.386 Additionally, you know we do a lot
NOTE Confidence: 0.827922347391304

01:19:28.386 --> 01:19:30.744 of predictive testing for family
NOTE Confidence: 0.827922347391304

01:19:30.744 --> 01:19:33.444 members when the proband tests
NOTE Confidence: 0.827922347391304

01:19:33.444 --> 01:19:35.979 positive for a genetic mutation,
NOTE Confidence: 0.827922347391304

01:19:35.980 --> 01:19:38.036 so a lot of our patients do come
NOTE Confidence: 0.827922347391304

01:19:38.036 --> 01:19:40.272 to us because they're related to

NOTE Confidence: 0.827922347391304
01:19:40.272 --> 01:19:42.750 someone else that I saw previously
NOTE Confidence: 0.827922347391304
01:19:42.818 --> 01:19:44.510 and provided testing for.
NOTE Confidence: 0.827922347391304
01:19:44.510 --> 01:19:47.135 And finally we do do some cross
NOTE Confidence: 0.827922347391304
01:19:47.135 --> 01:19:49.582 referring here between the different
NOTE Confidence: 0.827922347391304
01:19:49.582 --> 01:19:51.457 genetic counseling specialties.
NOTE Confidence: 0.827922347391304
01:19:51.460 --> 01:19:52.344 For example,
NOTE Confidence: 0.827922347391304
01:19:52.344 --> 01:19:55.438 a cancer genetic counselor might uncover a.
NOTE Confidence: 0.827922347391304
01:19:55.440 --> 01:19:57.232 Family history of cardiomyopathy
NOTE Confidence: 0.827922347391304
01:19:57.232 --> 01:19:58.576 or an arrhythmia?
NOTE Confidence: 0.827922347391304
01:19:58.580 --> 01:19:59.585 Something like that,
NOTE Confidence: 0.827922347391304
01:19:59.585 --> 01:20:01.260 and recommend that a patient
NOTE Confidence: 0.827922347391304
01:20:01.260 --> 01:20:03.560 sees you know a cardiac genetic
NOTE Confidence: 0.827922347391304
01:20:03.560 --> 01:20:05.128 counselor for more specialized
NOTE Confidence: 0.827922347391304
01:20:05.128 --> 01:20:06.880 testing and then vice versa.
NOTE Confidence: 0.827922347391304
01:20:06.880 --> 01:20:07.560 You know,
NOTE Confidence: 0.827922347391304

01:20:07.560 --> 01:20:09.235 we often find family history
NOTE Confidence: 0.827922347391304

01:20:09.235 --> 01:20:11.402 of something such as a cancer
NOTE Confidence: 0.827922347391304

01:20:11.402 --> 01:20:13.507 syndrome where they refer to
NOTE Confidence: 0.827922347391304

01:20:13.507 --> 01:20:15.646 another genetic counselor in a
NOTE Confidence: 0.827922347391304

01:20:15.646 --> 01:20:17.974 different specialty so we do have
NOTE Confidence: 0.827922347391304

01:20:17.974 --> 01:20:19.461 some collaboration here between
NOTE Confidence: 0.827922347391304

01:20:19.461 --> 01:20:21.066 all the all the disciplines.
NOTE Confidence: 0.8024989945

01:20:23.280 --> 01:20:25.332 So and a question, I do get a lot
NOTE Confidence: 0.8024989945

01:20:25.332 --> 01:20:27.040 from prospective students is just
NOTE Confidence: 0.8024989945

01:20:27.040 --> 01:20:29.164 what does your week look like?
NOTE Confidence: 0.8024989945

01:20:29.170 --> 01:20:31.610 You know, like what's an average kind of
NOTE Confidence: 0.8024989945

01:20:31.610 --> 01:20:34.379 week in the life for you as a cardiac GC.
NOTE Confidence: 0.8024989945

01:20:34.380 --> 01:20:36.858 So obviously a large kind of
NOTE Confidence: 0.8024989945

01:20:36.858 --> 01:20:40.850 chunk of my time gets taken up by
NOTE Confidence: 0.8024989945

01:20:40.850 --> 01:20:43.098 the genetic counseling consults.
NOTE Confidence: 0.8024989945

01:20:43.100 --> 01:20:45.488 And as mentioned earlier,

NOTE Confidence: 0.8024989945

01:20:45.488 --> 01:20:47.752 we do have, you know,

NOTE Confidence: 0.8024989945

01:20:47.752 --> 01:20:49.640 kind of different ways we do the consoles.

NOTE Confidence: 0.8024989945

01:20:49.640 --> 01:20:51.215 Currently we are doing a

NOTE Confidence: 0.8024989945

01:20:51.215 --> 01:20:52.790 lot of virtual phone visits.

NOTE Confidence: 0.8024989945

01:20:52.790 --> 01:20:56.130 Patients since the COVID pandemic,

NOTE Confidence: 0.8024989945

01:20:56.130 --> 01:20:57.834 and then occasionally we do also

NOTE Confidence: 0.8024989945

01:20:57.834 --> 01:21:00.685 have in person, consults with a

NOTE Confidence: 0.8024989945

01:21:00.685 --> 01:21:04.010 cardiologist in the clinic potentially.

NOTE Confidence: 0.8024989945

01:21:04.010 --> 01:21:05.190 In addition to that,

NOTE Confidence: 0.8024989945

01:21:05.190 --> 01:21:07.606 you know a lot of my time taken

NOTE Confidence: 0.8024989945

01:21:07.606 --> 01:21:08.434 up by charting.

NOTE Confidence: 0.8024989945

01:21:08.434 --> 01:21:10.810 You know, putting in the visit nose,

NOTE Confidence: 0.8024989945

01:21:10.810 --> 01:21:13.610 placing in the orders for genetic testing,

NOTE Confidence: 0.8024989945

01:21:13.610 --> 01:21:15.398 and then of course everything you

NOTE Confidence: 0.8024989945

01:21:15.398 --> 01:21:17.987 send to the lab will come back to you.

NOTE Confidence: 0.8024989945

01:21:17.990 --> 01:21:20.894 So a lot of time is taken up
NOTE Confidence: 0.8024989945

01:21:20.894 --> 01:21:23.130 by reviewing patient results,
NOTE Confidence: 0.8024989945

01:21:23.130 --> 01:21:24.398 and then of course,
NOTE Confidence: 0.8024989945

01:21:24.398 --> 01:21:25.983 calling those out and discussing
NOTE Confidence: 0.8024989945

01:21:25.983 --> 01:21:27.951 those with the patient and their
NOTE Confidence: 0.8024989945

01:21:27.951 --> 01:21:29.640 families to make sure that we
NOTE Confidence: 0.8024989945

01:21:29.640 --> 01:21:31.800 have a plan for their management.
NOTE Confidence: 0.8024989945

01:21:31.800 --> 01:21:34.145 We have a weekly cardiovascular
NOTE Confidence: 0.8024989945

01:21:34.145 --> 01:21:36.490 genetics case conference with I
NOTE Confidence: 0.8024989945

01:21:36.568 --> 01:21:38.803 and the other genetic counselor
NOTE Confidence: 0.8024989945

01:21:38.803 --> 01:21:41.584 and a group of cardiologists where
NOTE Confidence: 0.8024989945

01:21:41.584 --> 01:21:43.939 we discuss you know interesting
NOTE Confidence: 0.8024989945

01:21:43.939 --> 01:21:45.352 or difficult cases.
NOTE Confidence: 0.8024989945

01:21:45.360 --> 01:21:47.985 And then finally on Fridays I am
NOTE Confidence: 0.8024989945

01:21:47.985 --> 01:21:50.200 always doing case Prep for Mondays
NOTE Confidence: 0.8024989945

01:21:50.200 --> 01:21:52.559 so you can go and just start

NOTE Confidence: 0.8024989945

01:21:52.643 --> 01:21:54.518 the cycle all over again.

NOTE Confidence: 0.8024989945

01:21:54.520 --> 01:21:58.304 And then outside of kind of the more

NOTE Confidence: 0.8024989945

01:21:58.304 --> 01:22:01.852 typical you know GC duties like I mentioned,

NOTE Confidence: 0.8024989945

01:22:01.852 --> 01:22:05.938 I do have some some research duties as well.

NOTE Confidence: 0.8024989945

01:22:05.940 --> 01:22:07.572 I've helped out with a couple

NOTE Confidence: 0.8024989945

01:22:07.572 --> 01:22:08.660 projects here and there.

NOTE Confidence: 0.8024989945

01:22:08.660 --> 01:22:11.992 I have had the opportunity to supervise

NOTE Confidence: 0.8024989945

01:22:11.992 --> 01:22:14.559 some students which I love doing.

NOTE Confidence: 0.8024989945

01:22:14.560 --> 01:22:16.674 I've had some students shadow with me,

NOTE Confidence: 0.8024989945

01:22:16.680 --> 01:22:17.976 which was, you know,

NOTE Confidence: 0.8024989945

01:22:17.976 --> 01:22:19.920 a great opportunity for someone who

NOTE Confidence: 0.8024989945

01:22:19.987 --> 01:22:21.955 is not even too far out of school.

NOTE Confidence: 0.8024989945

01:22:21.960 --> 01:22:25.068 Myself, you know, we do have.

NOTE Confidence: 0.8024989945

01:22:25.070 --> 01:22:26.278 Within Yale,

NOTE Confidence: 0.8024989945

01:22:26.278 --> 01:22:28.090 multidisciplinary genetic counseling

NOTE Confidence: 0.8024989945

01:22:28.090 --> 01:22:31.110 conferences and addition to that,
NOTE Confidence: 0.8024989945

01:22:31.110 --> 01:22:33.375 the National Society of Genetic
NOTE Confidence: 0.8024989945

01:22:33.375 --> 01:22:35.542 Counselors has a yearly conference,
NOTE Confidence: 0.8024989945

01:22:35.542 --> 01:22:38.110 so occasionally I may be working
NOTE Confidence: 0.8024989945

01:22:38.186 --> 01:22:40.586 on a poster for that conference.
NOTE Confidence: 0.8024989945

01:22:40.590 --> 01:22:43.124 We we did mention special interest groups.
NOTE Confidence: 0.8024989945

01:22:43.130 --> 01:22:44.940 Earlier there is a cardiac
NOTE Confidence: 0.8024989945

01:22:44.940 --> 01:22:46.026 special interest group.
NOTE Confidence: 0.8024989945

01:22:46.030 --> 01:22:48.846 I am not personally super involved in it,
NOTE Confidence: 0.8024989945

01:22:48.850 --> 01:22:50.572 but it's a great resource which
NOTE Confidence: 0.8024989945

01:22:50.572 --> 01:22:52.065 is something I really wanted
NOTE Confidence: 0.8024989945

01:22:52.065 --> 01:22:53.510 to include on this slide.
NOTE Confidence: 0.893053622

01:22:55.700 --> 01:22:56.522 Like I mentioned,
NOTE Confidence: 0.893053622

01:22:56.522 --> 01:22:58.440 a lot of our consoles are virtual,
NOTE Confidence: 0.893053622

01:22:58.440 --> 01:23:00.778 but we do also have inpatient consults.
NOTE Confidence: 0.893053622

01:23:00.780 --> 01:23:03.828 Sometimes with the patient in the

NOTE Confidence: 0.893053622

01:23:03.830 --> 01:23:06.616 cardiac intensive care unit we might go.

NOTE Confidence: 0.893053622

01:23:06.620 --> 01:23:08.516 You know, we might be asked to go

NOTE Confidence: 0.893053622

01:23:08.516 --> 01:23:10.785 see them and speak with them about

NOTE Confidence: 0.893053622

01:23:10.785 --> 01:23:12.306 potentially doing genetic testing.

NOTE Confidence: 0.893053622

01:23:12.306 --> 01:23:14.371 And finally, you know occasionally

NOTE Confidence: 0.893053622

01:23:14.371 --> 01:23:16.898 I might have meetings with more,

NOTE Confidence: 0.893053622

01:23:16.900 --> 01:23:19.749 so with outside labs staff to discuss.

NOTE Confidence: 0.893053622

01:23:19.750 --> 01:23:21.591 You know, maybe new new testing panels

NOTE Confidence: 0.893053622

01:23:21.591 --> 01:23:23.698 that they are piloting and things like.

NOTE Confidence: 0.90862958

01:23:26.190 --> 01:23:28.409 OK, so we'll just give kind of

NOTE Confidence: 0.90862958

01:23:28.409 --> 01:23:30.760 a brief overview of some of the

NOTE Confidence: 0.90862958

01:23:30.760 --> 01:23:32.746 most common conditions that I see.

NOTE Confidence: 0.90862958

01:23:32.750 --> 01:23:35.585 So first of all, of course we

NOTE Confidence: 0.90862958

01:23:35.585 --> 01:23:36.800 have hypertrophic cardiomyopathy.

NOTE Confidence: 0.90862958

01:23:36.800 --> 01:23:39.504 It's really kind of my bread and butter.

NOTE Confidence: 0.90862958

01:23:39.510 --> 01:23:42.590 I see a lot of this condition.
NOTE Confidence: 0.90862958

01:23:42.590 --> 01:23:45.166 Essentially it happens when the the muscular
NOTE Confidence: 0.90862958

01:23:45.166 --> 01:23:47.830 walls of the heart become too thick,
NOTE Confidence: 0.90862958

01:23:47.830 --> 01:23:49.530 often because of, you know,
NOTE Confidence: 0.90862958

01:23:49.530 --> 01:23:52.050 a genetic mutation that someone carries.
NOTE Confidence: 0.90862958

01:23:52.050 --> 01:23:56.076 It's actually a relatively common condition.
NOTE Confidence: 0.90862958

01:23:56.080 --> 01:23:59.474 Probably about one in every 250 people may
NOTE Confidence: 0.90862958

01:23:59.474 --> 01:24:01.560 have this condition according to you know,
NOTE Confidence: 0.90862958

01:24:01.560 --> 01:24:04.035 most recent estimates and then
NOTE Confidence: 0.90862958

01:24:04.035 --> 01:24:06.510 having this thickness this abnormal
NOTE Confidence: 0.90862958

01:24:06.591 --> 01:24:09.099 thickness in the heart muscle can
NOTE Confidence: 0.90862958

01:24:09.099 --> 01:24:11.260 cause a couple of different problems,
NOTE Confidence: 0.90862958

01:24:11.260 --> 01:24:13.048 including something that's
NOTE Confidence: 0.90862958

01:24:13.048 --> 01:24:14.836 called diastolic dysfunction,
NOTE Confidence: 0.90862958

01:24:14.840 --> 01:24:17.010 which means that the heart can't relax
NOTE Confidence: 0.90862958

01:24:17.010 --> 01:24:19.020 properly to fill with enough blood.

NOTE Confidence: 0.90862958

01:24:19.020 --> 01:24:20.605 So sometimes there's trouble with

NOTE Confidence: 0.90862958

01:24:20.605 --> 01:24:22.898 blood getting to the rest of the body.

NOTE Confidence: 0.90862958

01:24:22.900 --> 01:24:25.890 It can increase the risk for A-fib.

NOTE Confidence: 0.90862958

01:24:25.890 --> 01:24:29.070 In turn, increases the risk for stroke.

NOTE Confidence: 0.90862958

01:24:29.070 --> 01:24:32.710 And sometimes you know part of an HCM

NOTE Confidence: 0.90862958

01:24:32.710 --> 01:24:35.540 workup may involve differentiating what

NOTE Confidence: 0.90862958

01:24:35.540 --> 01:24:39.789 we call true genetic HTM from other

NOTE Confidence: 0.90862958

01:24:39.885 --> 01:24:43.485 conditions that can mimic genetic HCM.

NOTE Confidence: 0.90862958

01:24:43.490 --> 01:24:45.386 You know these are things such

NOTE Confidence: 0.90862958

01:24:45.386 --> 01:24:46.650 as hypertensive heart disease,

NOTE Confidence: 0.90862958

01:24:46.650 --> 01:24:48.526 something called athletes heart,

NOTE Confidence: 0.90862958

01:24:48.526 --> 01:24:50.871 which can happen when someone

NOTE Confidence: 0.90862958

01:24:50.871 --> 01:24:53.108 undergoes intense athletic training.

NOTE Confidence: 0.90862958

01:24:53.110 --> 01:24:53.845 For many years.

NOTE Confidence: 0.90862958

01:24:53.845 --> 01:24:55.560 It can kind of remodel the structure

NOTE Confidence: 0.90862958

01:24:55.614 --> 01:24:58.710 of the heart and make it thicker.
NOTE Confidence: 0.90862958

01:24:58.710 --> 01:25:01.580 And often you know the types of
NOTE Confidence: 0.90862958

01:25:01.580 --> 01:25:05.010 HCM that we see are just isolated,
NOTE Confidence: 0.90862958

01:25:05.010 --> 01:25:08.706 but they can be present in in different
NOTE Confidence: 0.90862958

01:25:08.706 --> 01:25:11.030 syndromes as well as part of something.
NOTE Confidence: 0.90862958

01:25:11.030 --> 01:25:11.702 For example,
NOTE Confidence: 0.90862958

01:25:11.702 --> 01:25:12.374 Noonan syndrome,
NOTE Confidence: 0.90862958

01:25:12.374 --> 01:25:15.350 HCM is just one feature of that condition,
NOTE Confidence: 0.90862958

01:25:15.350 --> 01:25:17.810 but it may present with other
NOTE Confidence: 0.90862958

01:25:17.810 --> 01:25:19.040 findings as well.
NOTE Confidence: 0.90862958

01:25:19.040 --> 01:25:21.184 So in contrast to
NOTE Confidence: 0.90862958

01:25:21.184 --> 01:25:22.256 hypertrophic cardiomyopathy,
NOTE Confidence: 0.90862958

01:25:22.260 --> 01:25:23.772 we have dilated cardiomyopathy,
NOTE Confidence: 0.90862958

01:25:23.772 --> 01:25:26.040 as you can see in this
NOTE Confidence: 0.90862958

01:25:26.110 --> 01:25:27.718 type of cardiomyopathy.
NOTE Confidence: 0.90862958

01:25:27.720 --> 01:25:29.743 The walls of the heart are kind

NOTE Confidence: 0.90862958

01:25:29.743 --> 01:25:31.380 of stretched down and thinner,

NOTE Confidence: 0.90862958

01:25:31.380 --> 01:25:33.240 so it makes it difficult for the heart

NOTE Confidence: 0.90862958

01:25:33.240 --> 01:25:37.173 to pump blood to the rest of the body.

NOTE Confidence: 0.90862958

01:25:37.180 --> 01:25:40.015 There is a risk of developing arrhythmias

NOTE Confidence: 0.90862958

01:25:40.015 --> 01:25:42.289 or other problems in the electrical

NOTE Confidence: 0.90862958

01:25:42.289 --> 01:25:44.592 system of the heart or risk of

NOTE Confidence: 0.90862958

01:25:44.600 --> 01:25:47.918 progression to end stage heart failure.

NOTE Confidence: 0.90862958

01:25:47.920 --> 01:25:49.524 Some of the genes.

NOTE Confidence: 0.90862958

01:25:49.524 --> 01:25:51.930 That cause DCM may also present

NOTE Confidence: 0.90862958

01:25:52.013 --> 01:25:54.418 with muscular disease as well,

NOTE Confidence: 0.90862958

01:25:54.420 --> 01:25:55.930 so that's something that we

NOTE Confidence: 0.90862958

01:25:55.930 --> 01:25:57.882 also may want to pay attention

NOTE Confidence: 0.90862958

01:25:57.882 --> 01:26:00.275 to and additionally we do get

NOTE Confidence: 0.90862958

01:26:00.275 --> 01:26:02.290 some referrals for patients who

NOTE Confidence: 0.90862958

01:26:02.362 --> 01:26:03.914 have postpartum cardiomyopathy,

NOTE Confidence: 0.90862958

01:26:03.914 --> 01:26:07.602 often from a provider who's kind
NOTE Confidence: 0.90862958

01:26:07.602 --> 01:26:10.614 of an expert in cardio obstetrics.
NOTE Confidence: 0.90862958

01:26:10.620 --> 01:26:13.886 And it's been found that about 15%
NOTE Confidence: 0.90862958

01:26:13.886 --> 01:26:17.042 of women who develop a postpartum
NOTE Confidence: 0.90862958

01:26:17.042 --> 01:26:19.100 or peripartum cardiomyopathy will.
NOTE Confidence: 0.90862958

01:26:19.100 --> 01:26:21.975 Actually carry a pathogenic mutation
NOTE Confidence: 0.90862958

01:26:21.975 --> 01:26:24.275 for a dilated cardiomyopathy.
NOTE Confidence: 0.68753624

01:26:26.710 --> 01:26:29.670 OK, and then there's also something
NOTE Confidence: 0.68753624

01:26:29.670 --> 01:26:31.140 called arrhythmogenic cardiomyopathy,
NOTE Confidence: 0.68753624

01:26:31.140 --> 01:26:34.372 which has the name implies comes with an
NOTE Confidence: 0.68753624

01:26:34.372 --> 01:26:37.239 increased risk of ventricular arrhythmias.
NOTE Confidence: 0.68753624

01:26:37.240 --> 01:26:39.728 Given this sort of.
NOTE Confidence: 0.68753624

01:26:39.730 --> 01:26:43.070 Fibrofatty and scar tissue replacement
NOTE Confidence: 0.68753624

01:26:43.070 --> 01:26:45.156 of these normal healthy cells in the
NOTE Confidence: 0.68753624

01:26:45.156 --> 01:26:47.072 heart because of the gene mutation
NOTE Confidence: 0.68753624

01:26:47.072 --> 01:26:49.968 that someone may carry and this is

NOTE Confidence: 0.68753624

01:26:49.968 --> 01:26:52.112 an interesting condition because

NOTE Confidence: 0.68753624

01:26:52.112 --> 01:26:54.844 exercise can actually make it worse.

NOTE Confidence: 0.68753624

01:26:54.844 --> 01:26:58.162 So these patients are often told to

NOTE Confidence: 0.68753624

01:26:58.162 --> 01:27:00.609 moderate their exercise and try,

NOTE Confidence: 0.68753624

01:27:00.610 --> 01:27:02.710 you know, more low impact things like

NOTE Confidence: 0.68753624

01:27:02.710 --> 01:27:04.968 walking or yoga as opposed to you know,

NOTE Confidence: 0.68753624

01:27:04.970 --> 01:27:07.200 high intense athletics and then

NOTE Confidence: 0.68753624

01:27:07.200 --> 01:27:10.209 this is just kind of a quick.

NOTE Confidence: 0.68753624

01:27:10.210 --> 01:27:13.876 Overview of how cardiomyopathies may be,

NOTE Confidence: 0.68753624

01:27:13.880 --> 01:27:15.032 you know, diagnosed.

NOTE Confidence: 0.68753624

01:27:15.032 --> 01:27:18.759 You know there's often a lot of imaging done.

NOTE Confidence: 0.68753624

01:27:18.760 --> 01:27:22.220 Genetic testing. Obviously blood work.

NOTE Confidence: 0.68753624

01:27:22.220 --> 01:27:24.150 Sometimes patients may present with

NOTE Confidence: 0.68753624

01:27:24.150 --> 01:27:26.560 symptoms such as shortness of breath,

NOTE Confidence: 0.68753624

01:27:26.560 --> 01:27:28.900 chest pain, or heart palpitations,

NOTE Confidence: 0.68753624

01:27:28.900 --> 01:27:30.540 and sometimes people may have
NOTE Confidence: 0.68753624

01:27:30.540 --> 01:27:31.852 no symptoms at all,
NOTE Confidence: 0.68753624

01:27:31.860 --> 01:27:35.150 just those changes inside the heart.
NOTE Confidence: 0.68753624

01:27:35.150 --> 01:27:37.790 There are many different genes
NOTE Confidence: 0.68753624

01:27:37.790 --> 01:27:39.630 that can cause these problems.
NOTE Confidence: 0.68753624

01:27:39.630 --> 01:27:42.526 Some of them may only cause one specific
NOTE Confidence: 0.68753624

01:27:42.526 --> 01:27:45.552 type of cardiomyopathy and some can
NOTE Confidence: 0.68753624

01:27:45.552 --> 01:27:47.776 cause multiple different types.
NOTE Confidence: 0.68753624

01:27:47.780 --> 01:27:49.646 Most of the inheritance patterns that
NOTE Confidence: 0.68753624

01:27:49.646 --> 01:27:52.255 we tend to see with these conditions
NOTE Confidence: 0.68753624

01:27:52.255 --> 01:27:53.995 is mostly autosomal dominant,
NOTE Confidence: 0.68753624

01:27:54.000 --> 01:27:56.256 but there can be some other
NOTE Confidence: 0.68753624

01:27:56.256 --> 01:27:57.760 inheritance patterns as well.
NOTE Confidence: 0.68753624

01:27:57.760 --> 01:27:58.942 And finally,
NOTE Confidence: 0.68753624

01:27:58.942 --> 01:28:00.715 these conditions are
NOTE Confidence: 0.68753624

01:28:00.715 --> 01:28:02.488 managed through medications,

NOTE Confidence: 0.68753624

01:28:02.490 --> 01:28:04.826 lifestyle changes, sometimes devices,

NOTE Confidence: 0.68753624

01:28:04.826 --> 01:28:08.330 surgery and then of course family

NOTE Confidence: 0.68753624

01:28:08.412 --> 01:28:11.253 screening is an important part of

NOTE Confidence: 0.68753624

01:28:11.253 --> 01:28:13.118 you know the management process.

NOTE Confidence: 0.68753624

01:28:13.120 --> 01:28:15.465 If an individual in the family is

NOTE Confidence: 0.68753624

01:28:15.465 --> 01:28:17.930 identified to carry a pathogenic mutation.

NOTE Confidence: 0.68753624

01:28:17.930 --> 01:28:20.210 We will discuss the option of

NOTE Confidence: 0.68753624

01:28:20.210 --> 01:28:22.158 genetic testing for that patients

NOTE Confidence: 0.68753624

01:28:22.158 --> 01:28:24.622 family members who may be at risk

NOTE Confidence: 0.68753624

01:28:24.622 --> 01:28:26.948 to also develop the condition.

NOTE Confidence: 0.68753624

01:28:26.950 --> 01:28:29.386 And then just briefly like I mentioned,

NOTE Confidence: 0.68753624

01:28:29.390 --> 01:28:32.438 we also see you know some

NOTE Confidence: 0.68753624

01:28:32.438 --> 01:28:33.454 inherited arrhythmias.

NOTE Confidence: 0.68753624

01:28:33.460 --> 01:28:35.368 We work with electrophysiologists

NOTE Confidence: 0.68753624

01:28:35.368 --> 01:28:36.799 for genetic testing.

NOTE Confidence: 0.68753624

01:28:36.800 --> 01:28:37.814 For these patients,
NOTE Confidence: 0.68753624

01:28:37.814 --> 01:28:40.604 two of the most common ones that you
NOTE Confidence: 0.68753624

01:28:40.604 --> 01:28:42.746 may have heard of include Brugada
NOTE Confidence: 0.68753624

01:28:42.746 --> 01:28:45.660 syndrome and long QT syndrome.
NOTE Confidence: 0.68753624

01:28:45.660 --> 01:28:46.754 In essence,
NOTE Confidence: 0.68753624

01:28:46.754 --> 01:28:50.583 these are EKG changes that may increase
NOTE Confidence: 0.68753624

01:28:50.583 --> 01:28:54.920 the risk of a dangerous heart arrhythmia.
NOTE Confidence: 0.68753624

01:28:54.920 --> 01:28:58.147 So it's something that has to be
NOTE Confidence: 0.68753624

01:28:58.147 --> 01:29:00.864 managed often with medications or
NOTE Confidence: 0.68753624

01:29:00.864 --> 01:29:03.870 also avoiding any triggers that
NOTE Confidence: 0.68753624

01:29:03.870 --> 01:29:06.520 can additionally cause these these
NOTE Confidence: 0.68753624

01:29:06.520 --> 01:29:08.110 arrhythmias to appear.
NOTE Confidence: 0.864934492727273

01:29:10.320 --> 01:29:12.686 And then just a few more just
NOTE Confidence: 0.864934492727273

01:29:12.686 --> 01:29:15.096 kind of round out these slides.
NOTE Confidence: 0.864934492727273

01:29:15.096 --> 01:29:17.248 Sometimes we see patients
NOTE Confidence: 0.864934492727273

01:29:17.248 --> 01:29:18.734 for inherited aneurysms,

NOTE Confidence: 0.864934492727273

01:29:18.734 --> 01:29:21.158 which is essentially a bulging of

NOTE Confidence: 0.864934492727273

01:29:21.158 --> 01:29:23.637 the blood vessel that you see here.

NOTE Confidence: 0.864934492727273

01:29:23.640 --> 01:29:26.155 This is also something that can

NOTE Confidence: 0.864934492727273

01:29:26.155 --> 01:29:28.835 present as an isolated condition or

NOTE Confidence: 0.864934492727273

01:29:28.835 --> 01:29:31.289 can be syndromic presenting with other

NOTE Confidence: 0.864934492727273

01:29:31.289 --> 01:29:34.530 features of a connective tissue disease.

NOTE Confidence: 0.864934492727273

01:29:34.530 --> 01:29:36.715 Another clinic that I work

NOTE Confidence: 0.864934492727273

01:29:36.715 --> 01:29:38.900 in is an amyloidosis clinic.

NOTE Confidence: 0.864934492727273

01:29:38.900 --> 01:29:41.048 This is a condition that I

NOTE Confidence: 0.864934492727273

01:29:41.048 --> 01:29:43.120 had never heard of myself.

NOTE Confidence: 0.864934492727273

01:29:43.120 --> 01:29:44.104 You know, really,

NOTE Confidence: 0.864934492727273

01:29:44.104 --> 01:29:47.020 until I started to get into cardiac genetics,

NOTE Confidence: 0.864934492727273

01:29:47.020 --> 01:29:49.883 essentially it is this protein from the

NOTE Confidence: 0.864934492727273

01:29:49.883 --> 01:29:52.629 gene called TR that becomes misfolded

NOTE Confidence: 0.864934492727273

01:29:52.629 --> 01:29:55.509 and clumps up in different organs.

NOTE Confidence: 0.864934492727273

01:29:55.510 --> 01:29:58.198 Primarily can cause heart failure neuropathy,
NOTE Confidence: 0.864934492727273

01:29:58.200 --> 01:30:00.776 but can also cause some kind of other
NOTE Confidence: 0.864934492727273

01:30:00.776 --> 01:30:02.808 unusual features such as carpal
NOTE Confidence: 0.864934492727273

01:30:02.808 --> 01:30:04.580 tunnel syndrome and gastrointestinal.
NOTE Confidence: 0.864934492727273

01:30:04.580 --> 01:30:05.321 Problems.
NOTE Confidence: 0.864934492727273

01:30:05.321 --> 01:30:08.285 It's a really underrecognized
NOTE Confidence: 0.864934492727273

01:30:08.285 --> 01:30:09.767 condition definitely,
NOTE Confidence: 0.864934492727273

01:30:09.770 --> 01:30:12.378 so I kind of take every chance I
NOTE Confidence: 0.864934492727273

01:30:12.378 --> 01:30:15.287 get to spread awareness about it.
NOTE Confidence: 0.864934492727273

01:30:15.290 --> 01:30:18.699 And then finally we see a lot
NOTE Confidence: 0.864934492727273

01:30:18.699 --> 01:30:19.673 of dyslipidemias.
NOTE Confidence: 0.864934492727273

01:30:19.680 --> 01:30:23.208 One example of that is something that's
NOTE Confidence: 0.864934492727273

01:30:23.208 --> 01:30:24.720 called familial hypercholesterolemia.
NOTE Confidence: 0.864934492727273

01:30:24.720 --> 01:30:25.233 Essentially,
NOTE Confidence: 0.864934492727273

01:30:25.233 --> 01:30:29.337 it's you know a problem that causes an
NOTE Confidence: 0.864934492727273

01:30:29.340 --> 01:30:31.930 increased amount of LDL cholesterol,

NOTE Confidence: 0.864934492727273
01:30:31.930 --> 01:30:35.714 which is the bad cholesterol in the blood.
NOTE Confidence: 0.864934492727273
01:30:35.720 --> 01:30:36.947 And you know,
NOTE Confidence: 0.864934492727273
01:30:36.947 --> 01:30:39.401 exposure to these high levels of
NOTE Confidence: 0.864934492727273
01:30:39.401 --> 01:30:41.109 cholesterol overtime can increase
NOTE Confidence: 0.864934492727273
01:30:41.109 --> 01:30:43.563 the risk for heart disease and
NOTE Confidence: 0.864934492727273
01:30:43.563 --> 01:30:46.090 other cardiovascular complications.
NOTE Confidence: 0.864934492727273
01:30:46.090 --> 01:30:47.788 It can depend on the severity.
NOTE Confidence: 0.864934492727273
01:30:47.790 --> 01:30:51.774 If someone has one mutation or two mutations,
NOTE Confidence: 0.864934492727273
01:30:51.780 --> 01:30:54.462 and it is actually a condition
NOTE Confidence: 0.864934492727273
01:30:54.462 --> 01:30:57.030 that is pretty easily managed,
NOTE Confidence: 0.864934492727273
01:30:57.030 --> 01:30:58.766 these patients are encouraged
NOTE Confidence: 0.864934492727273
01:30:58.766 --> 01:31:00.068 to take statins,
NOTE Confidence: 0.864934492727273
01:31:00.070 --> 01:31:01.942 which is a medication that helps
NOTE Confidence: 0.864934492727273
01:31:01.942 --> 01:31:03.610 to lower the bad cholesterol
NOTE Confidence: 0.864934492727273
01:31:03.610 --> 01:31:05.740 in the blood and then also.
NOTE Confidence: 0.864934492727273

01:31:05.740 --> 01:31:06.841 Modify their lifestyle.
NOTE Confidence: 0.864934492727273

01:31:06.841 --> 01:31:09.043 You know proper diet and exercise
NOTE Confidence: 0.864934492727273

01:31:09.043 --> 01:31:11.027 to help decrease the risk
NOTE Confidence: 0.864934492727273

01:31:11.027 --> 01:31:12.583 of developing heart disease.
NOTE Confidence: 0.92668486

01:31:14.890 --> 01:31:16.650 OK so I won't, you know,
NOTE Confidence: 0.92668486

01:31:16.650 --> 01:31:18.554 belabor this slide too much because I
NOTE Confidence: 0.92668486

01:31:18.554 --> 01:31:20.863 think we already kind of know the basic
NOTE Confidence: 0.92668486

01:31:20.863 --> 01:31:22.710 components of a genetic counseling physic,
NOTE Confidence: 0.92668486

01:31:22.710 --> 01:31:24.784 because it tends to be, you know,
NOTE Confidence: 0.92668486

01:31:24.784 --> 01:31:26.869 fairly consistent between all the
NOTE Confidence: 0.92668486

01:31:26.869 --> 01:31:28.232 specialties, but something interesting
NOTE Confidence: 0.92668486

01:31:28.232 --> 01:31:30.430 that I've had come up in this
NOTE Confidence: 0.92668486

01:31:30.492 --> 01:31:32.550 setting is this question right here?
NOTE Confidence: 0.92668486

01:31:32.550 --> 01:31:33.850 Can you tell me what
NOTE Confidence: 0.92668486

01:31:33.850 --> 01:31:34.890 I've been diagnosed with?
NOTE Confidence: 0.92668486

01:31:34.890 --> 01:31:36.612 And I can't tell you how many

NOTE Confidence: 0.92668486

01:31:36.612 --> 01:31:38.649 times I have gotten this question.

NOTE Confidence: 0.92668486

01:31:38.650 --> 01:31:40.560 You know, from patients who

NOTE Confidence: 0.92668486

01:31:40.560 --> 01:31:42.088 recently were diagnosed with,

NOTE Confidence: 0.92668486

01:31:42.090 --> 01:31:43.406 for example, a cardiomyopathy.

NOTE Confidence: 0.92668486

01:31:43.406 --> 01:31:45.824 And they just have no idea what

NOTE Confidence: 0.92668486

01:31:45.824 --> 01:31:47.348 they've been diagnosed with.

NOTE Confidence: 0.92668486

01:31:47.350 --> 01:31:48.184 They're very confused,

NOTE Confidence: 0.92668486

01:31:48.184 --> 01:31:49.944 and they're very nervous about,

NOTE Confidence: 0.92668486

01:31:49.944 --> 01:31:52.716 you know the potential to say,

NOTE Confidence: 0.92668486

01:31:52.720 --> 01:31:54.670 pass it down to their children.

NOTE Confidence: 0.92668486

01:31:54.670 --> 01:31:57.880 So a big portion of the visit is me often

NOTE Confidence: 0.92668486

01:31:57.964 --> 01:32:01.177 explaining to the patient what they have,

NOTE Confidence: 0.92668486

01:32:01.180 --> 01:32:03.358 you know, and explaining kind of

NOTE Confidence: 0.92668486

01:32:03.358 --> 01:32:05.240 the basic genetics concepts of it,

NOTE Confidence: 0.92668486

01:32:05.240 --> 01:32:08.210 as well as the inheritance.

NOTE Confidence: 0.92668486

01:32:08.210 --> 01:32:10.418 And then of course we want to work

NOTE Confidence: 0.92668486

01:32:10.418 --> 01:32:12.548 out you know what test is best?

NOTE Confidence: 0.92668486

01:32:12.550 --> 01:32:14.170 Should we order single gene?

NOTE Confidence: 0.92668486

01:32:14.170 --> 01:32:15.350 Should we order a panel?

NOTE Confidence: 0.92668486

01:32:15.350 --> 01:32:17.710 Should we order flexim sequencing?

NOTE Confidence: 0.92668486

01:32:17.710 --> 01:32:20.174 That's a big part of the conversation.

NOTE Confidence: 0.92668486

01:32:20.180 --> 01:32:22.112 And then finally,

NOTE Confidence: 0.92668486

01:32:22.112 --> 01:32:24.272 insurance concerns, you know,

NOTE Confidence: 0.92668486

01:32:24.272 --> 01:32:26.016 is something that's probably,

NOTE Confidence: 0.92668486

01:32:26.020 --> 01:32:28.460 you know, an issue for anyone in any

NOTE Confidence: 0.92668486

01:32:28.460 --> 01:32:30.320 specialty of genetic counseling.

NOTE Confidence: 0.92668486

01:32:30.320 --> 01:32:31.788 Patients are often concerned

NOTE Confidence: 0.92668486

01:32:31.788 --> 01:32:33.256 about things like cost,

NOTE Confidence: 0.92668486

01:32:33.260 --> 01:32:34.241 and you know,

NOTE Confidence: 0.92668486

01:32:34.241 --> 01:32:36.530 can these results be used against me?

NOTE Confidence: 0.92668486

01:32:36.530 --> 01:32:38.276 Will I have any any privacy

NOTE Confidence: 0.92668486

01:32:38.276 --> 01:32:39.440 with my genetic results?

NOTE Confidence: 0.92668486

01:32:39.440 --> 01:32:41.384 So that's also something

NOTE Confidence: 0.92668486

01:32:41.384 --> 01:32:43.814 that we discussed with them.

NOTE Confidence: 0.92668486

01:32:43.820 --> 01:32:46.524 And then these are some concerns that are,

NOTE Confidence: 0.92668486

01:32:46.530 --> 01:32:47.086 you know,

NOTE Confidence: 0.92668486

01:32:47.086 --> 01:32:48.754 kind of come up often in

NOTE Confidence: 0.92668486

01:32:48.754 --> 01:32:49.980 cardiac genetic counseling.

NOTE Confidence: 0.92668486

01:32:49.980 --> 01:32:52.020 They may happen in other specialties as well,

NOTE Confidence: 0.92668486

01:32:52.020 --> 01:32:53.196 but this is just, you know,

NOTE Confidence: 0.92668486

01:32:53.200 --> 01:32:57.196 in the past two years here what I've noticed.

NOTE Confidence: 0.92668486

01:32:57.200 --> 01:32:59.090 Can be concerning for patients and

NOTE Confidence: 0.92668486

01:32:59.090 --> 01:33:01.741 one of these things is having a family

NOTE Confidence: 0.92668486

01:33:01.741 --> 01:33:03.396 history of sudden cardiac death,

NOTE Confidence: 0.92668486

01:33:03.400 --> 01:33:05.746 which is something that can potentially

NOTE Confidence: 0.92668486

01:33:05.746 --> 01:33:08.644 indicate that there is a gene causing

NOTE Confidence: 0.92668486

01:33:08.644 --> 01:33:10.336 arrhythmias in someone's family.
NOTE Confidence: 0.92668486

01:33:10.340 --> 01:33:12.878 So obviously you can expect that
NOTE Confidence: 0.92668486

01:33:12.878 --> 01:33:15.714 there is a psychological impact for
NOTE Confidence: 0.92668486

01:33:15.714 --> 01:33:18.384 the patients remaining relatives if
NOTE Confidence: 0.92668486

01:33:18.384 --> 01:33:20.552 they're seemingly healthy family
NOTE Confidence: 0.92668486

01:33:20.552 --> 01:33:23.474 members suddenly died of an arrhythmia,
NOTE Confidence: 0.92668486

01:33:23.480 --> 01:33:25.736 so that's something that you know.
NOTE Confidence: 0.92668486

01:33:25.740 --> 01:33:27.796 I think a lot of my tough cases
NOTE Confidence: 0.92668486

01:33:27.796 --> 01:33:29.915 were these cases where there was a
NOTE Confidence: 0.92668486

01:33:29.915 --> 01:33:31.880 family history of just Sun death,
NOTE Confidence: 0.92668486

01:33:31.880 --> 01:33:35.480 with no apparent precipitating factors.
NOTE Confidence: 0.92668486

01:33:35.480 --> 01:33:36.644 In addition to that,
NOTE Confidence: 0.92668486

01:33:36.644 --> 01:33:38.390 something that comes up a lot
NOTE Confidence: 0.92668486

01:33:38.448 --> 01:33:40.020 in cardiology is uncertain.
NOTE Confidence: 0.92668486

01:33:40.020 --> 01:33:42.072 Findings on genetic tests.
NOTE Confidence: 0.92668486

01:33:42.072 --> 01:33:43.098 You know,

NOTE Confidence: 0.92668486

01:33:43.100 --> 01:33:44.780 people may be aware that sometimes

NOTE Confidence: 0.92668486

01:33:44.780 --> 01:33:46.530 when we get genetic tests back,

NOTE Confidence: 0.92668486

01:33:46.530 --> 01:33:48.216 the results aren't always clear cut.

NOTE Confidence: 0.92668486

01:33:48.220 --> 01:33:50.368 Sometimes we aren't sure if the

NOTE Confidence: 0.92668486

01:33:50.368 --> 01:33:52.164 genetic change is actually causative

NOTE Confidence: 0.92668486

01:33:52.164 --> 01:33:54.580 of a disease and this makes it you

NOTE Confidence: 0.92668486

01:33:54.580 --> 01:33:56.796 know a little tricky to figure out.

NOTE Confidence: 0.92668486

01:33:56.800 --> 01:33:59.376 How do we best screen the family for

NOTE Confidence: 0.92668486

01:33:59.376 --> 01:34:01.344 this condition? Are they at risk?

NOTE Confidence: 0.92668486

01:34:01.344 --> 01:34:03.909 And also how do we communicate this

NOTE Confidence: 0.92668486

01:34:03.909 --> 01:34:06.439 uncertainty to the patients themselves?

NOTE Confidence: 0.92668486

01:34:06.440 --> 01:34:10.298 So the patient doesn't feel overwhelmed.

NOTE Confidence: 0.92668486

01:34:10.300 --> 01:34:13.404 And then a type of testing that comes

NOTE Confidence: 0.92668486

01:34:13.404 --> 01:34:15.303 up occasionally in cardiovascular

NOTE Confidence: 0.92668486

01:34:15.303 --> 01:34:17.918 genetics is post mortem testing.

NOTE Confidence: 0.871719770476191

01:34:17.920 --> 01:34:20.520 You know, often in these cases of a
NOTE Confidence: 0.871719770476191

01:34:20.520 --> 01:34:23.087 family history of sudden death they may
NOTE Confidence: 0.871719770476191

01:34:23.087 --> 01:34:25.530 pursue what's called a molecular autopsy,
NOTE Confidence: 0.871719770476191

01:34:25.530 --> 01:34:27.805 which is genetic testing on the deceased
NOTE Confidence: 0.871719770476191

01:34:27.805 --> 01:34:30.589 to help check and see if there's any
NOTE Confidence: 0.871719770476191

01:34:30.589 --> 01:34:32.334 potential mutations we can identify
NOTE Confidence: 0.871719770476191

01:34:32.399 --> 01:34:34.676 and can kind of help us figure out why
NOTE Confidence: 0.871719770476191

01:34:34.676 --> 01:34:36.610 did this person passed away suddenly,
NOTE Confidence: 0.871719770476191

01:34:36.610 --> 01:34:38.374 and you know what is the what
NOTE Confidence: 0.871719770476191

01:34:38.374 --> 01:34:40.248 is the risk to the remaining?
NOTE Confidence: 0.871719770476191

01:34:40.250 --> 01:34:42.100 Family members should the remaining
NOTE Confidence: 0.871719770476191

01:34:42.100 --> 01:34:43.580 family members consider something
NOTE Confidence: 0.871719770476191

01:34:43.580 --> 01:34:45.348 such as getting a defibrillator,
NOTE Confidence: 0.871719770476191

01:34:45.350 --> 01:34:46.755 for example, to protect them
NOTE Confidence: 0.871719770476191

01:34:46.755 --> 01:34:48.180 from any dangerous heart rhythm.
NOTE Confidence: 0.872706955

01:34:50.850 --> 01:34:53.154 So super quick. This is just kind of

NOTE Confidence: 0.872706955

01:34:53.154 --> 01:34:55.137 an example pedigree of a patient that

NOTE Confidence: 0.872706955

01:34:55.137 --> 01:34:57.529 I had seen and it was interesting,

NOTE Confidence: 0.872706955

01:34:57.530 --> 01:34:59.218 not specifically because of

NOTE Confidence: 0.872706955

01:34:59.218 --> 01:35:01.328 the cardiac genetics of it,

NOTE Confidence: 0.872706955

01:35:01.330 --> 01:35:04.088 but kind of for some other factors.

NOTE Confidence: 0.872706955

01:35:04.090 --> 01:35:06.764 You can see all these all these

NOTE Confidence: 0.872706955

01:35:06.764 --> 01:35:09.020 yellow sections here indicate patients

NOTE Confidence: 0.872706955

01:35:09.020 --> 01:35:12.110 affected with the condition called HT.

NOTE Confidence: 0.872706955

01:35:12.110 --> 01:35:14.490 Essentially it causes abnormal

NOTE Confidence: 0.872706955

01:35:14.490 --> 01:35:16.570 blood vessel formations in the body.

NOTE Confidence: 0.872706955

01:35:16.570 --> 01:35:18.980 It can cause problems with

NOTE Confidence: 0.872706955

01:35:18.980 --> 01:35:20.426 bleeding however these.

NOTE Confidence: 0.872706955

01:35:20.430 --> 01:35:23.580 Individuals here also had a dilated

NOTE Confidence: 0.872706955

01:35:23.580 --> 01:35:26.218 cardiomyopathy and their deceased brother

NOTE Confidence: 0.872706955

01:35:26.218 --> 01:35:28.960 was thought to have heart failure,

NOTE Confidence: 0.872706955

01:35:28.960 --> 01:35:31.920 and in rare cases,
NOTE Confidence: 0.872706955

01:35:31.920 --> 01:35:34.922 HT can cause basically a
NOTE Confidence: 0.872706955

01:35:34.922 --> 01:35:36.877 certain type of heart failure.
NOTE Confidence: 0.872706955

01:35:36.880 --> 01:35:39.520 But looking at all these cases
NOTE Confidence: 0.872706955

01:35:39.520 --> 01:35:41.280 of dilated cardiomyopathy and
NOTE Confidence: 0.872706955

01:35:41.358 --> 01:35:43.558 another relative on this side,
NOTE Confidence: 0.872706955

01:35:43.560 --> 01:35:45.324 who is thought to have some
NOTE Confidence: 0.872706955

01:35:45.324 --> 01:35:46.500 type of heart issues,
NOTE Confidence: 0.872706955

01:35:46.500 --> 01:35:48.660 we were having a discussion about,
NOTE Confidence: 0.872706955

01:35:48.660 --> 01:35:50.476 you know, is it possible that there are?
NOTE Confidence: 0.872706955

01:35:50.480 --> 01:35:50.918 Actually,
NOTE Confidence: 0.872706955

01:35:50.918 --> 01:35:52.670 two different genetic conditions
NOTE Confidence: 0.872706955

01:35:52.670 --> 01:35:54.422 running in this family.
NOTE Confidence: 0.872706955

01:35:54.430 --> 01:35:56.626 Or are these heart problems just
NOTE Confidence: 0.872706955

01:35:56.626 --> 01:35:58.979 related to the HT and these
NOTE Confidence: 0.872706955

01:35:58.979 --> 01:36:00.994 patients are just happening to

NOTE Confidence: 0.872706955

01:36:00.994 --> 01:36:03.310 have some rare complications,

NOTE Confidence: 0.872706955

01:36:03.310 --> 01:36:05.086 so this was an interesting case,

NOTE Confidence: 0.872706955

01:36:05.090 --> 01:36:07.578 not even because of the genetics so much,

NOTE Confidence: 0.872706955

01:36:07.580 --> 01:36:08.534 but because of,

NOTE Confidence: 0.872706955

01:36:08.534 --> 01:36:09.170 you know,

NOTE Confidence: 0.872706955

01:36:09.170 --> 01:36:11.006 this patient had already gone through

NOTE Confidence: 0.872706955

01:36:11.006 --> 01:36:12.557 all this counseling and testing

NOTE Confidence: 0.872706955

01:36:12.557 --> 01:36:14.213 for this other condition and now

NOTE Confidence: 0.872706955

01:36:14.213 --> 01:36:16.151 we were coming in and talking to

NOTE Confidence: 0.872706955

01:36:16.151 --> 01:36:17.741 him about the potential there being

NOTE Confidence: 0.872706955

01:36:17.750 --> 01:36:19.730 a second condition in the family.

NOTE Confidence: 0.872706955

01:36:19.730 --> 01:36:21.074 You know he had.

NOTE Confidence: 0.872706955

01:36:21.074 --> 01:36:22.754 Already known that his children

NOTE Confidence: 0.872706955

01:36:22.754 --> 01:36:24.689 didn't inherit the HHD from him,

NOTE Confidence: 0.872706955

01:36:24.690 --> 01:36:27.777 but now we had new concerns about,

NOTE Confidence: 0.872706955

01:36:27.780 --> 01:36:28.722 you know,
NOTE Confidence: 0.872706955

01:36:28.722 --> 01:36:31.077 the potential of dilated cardiomyopathy
NOTE Confidence: 0.872706955

01:36:31.077 --> 01:36:33.837 gene running through the family as well.
NOTE Confidence: 0.872706955

01:36:33.840 --> 01:36:36.216 So this was just kind of an interesting case.
NOTE Confidence: 0.872706955

01:36:36.220 --> 01:36:37.672 Kind of, you know,
NOTE Confidence: 0.872706955

01:36:37.672 --> 01:36:38.761 some interesting psychosocial
NOTE Confidence: 0.872706955

01:36:38.761 --> 01:36:41.950 aspects of this as well.
NOTE Confidence: 0.872706955

01:36:41.950 --> 01:36:42.218 OK,
NOTE Confidence: 0.872706955

01:36:42.218 --> 01:36:43.022 and that's it,
NOTE Confidence: 0.872706955

01:36:43.022 --> 01:36:44.860 I think I'm a little we're we're
NOTE Confidence: 0.872706955

01:36:44.860 --> 01:36:46.826 a little behind the Times Now,
NOTE Confidence: 0.872706955

01:36:46.826 --> 01:36:49.471 so maybe I will stop sharing and
NOTE Confidence: 0.872706955

01:36:49.471 --> 01:36:51.196 maybe won't take any questions
NOTE Confidence: 0.872706955

01:36:51.196 --> 01:36:53.338 at this time and come back for
NOTE Confidence: 0.872706955

01:36:53.338 --> 01:36:54.470 questions at the end.
NOTE Confidence: 0.872706955

01:36:54.470 --> 01:36:57.006 And of course, here is my email address.

NOTE Confidence: 0.872706955

01:36:57.010 --> 01:36:59.302 If anyone has any interest in

NOTE Confidence: 0.872706955

01:36:59.302 --> 01:37:01.270 cardiovascular genetics, please email me.

NOTE Confidence: 0.872706955

01:37:01.270 --> 01:37:02.870 I love answering prospective

NOTE Confidence: 0.872706955

01:37:02.870 --> 01:37:03.670 student questions.

NOTE Confidence: 0.8997892

01:37:06.220 --> 01:37:08.271 Thanks, Sarah, just quickly

NOTE Confidence: 0.8997892

01:37:08.271 --> 01:37:11.733 we did get a question about

NOTE Confidence: 0.895826615

01:37:11.740 --> 01:37:14.150 shadowing and we're not currently

NOTE Confidence: 0.895826615

01:37:14.150 --> 01:37:16.078 able to accommodate shadowing

NOTE Confidence: 0.895826615

01:37:16.078 --> 01:37:17.960 requests at this time. Is that right?

NOTE Confidence: 0.898508115454545

01:37:19.130 --> 01:37:21.909 Yeah, so it, it depends if it's

NOTE Confidence: 0.898508115454545

01:37:21.909 --> 01:37:24.513 someone already in a program or if

NOTE Confidence: 0.898508115454545

01:37:24.513 --> 01:37:27.390 it's someone who is not in a program.

NOTE Confidence: 0.898508115454545

01:37:27.390 --> 01:37:31.006 At this point it is a little bit

NOTE Confidence: 0.898508115454545

01:37:31.010 --> 01:37:33.005 more more difficult just because

NOTE Confidence: 0.898508115454545

01:37:33.005 --> 01:37:35.000 of the regulations between like

NOTE Confidence: 0.898508115454545

01:37:35.071 --> 01:37:37.066 the hospital and the university.
NOTE Confidence: 0.898508115454545

01:37:37.070 --> 01:37:39.620 But if someone has specific questions
NOTE Confidence: 0.898508115454545

01:37:39.620 --> 01:37:41.580 about wanting, you know information
NOTE Confidence: 0.898508115454545

01:37:41.580 --> 01:37:43.060 about potentially shadowing here,
NOTE Confidence: 0.898508115454545

01:37:43.060 --> 01:37:45.067 I would encourage them to reach out to me.
NOTE Confidence: 0.898508115454545

01:37:45.070 --> 01:37:47.359 Just because there may be some more
NOTE Confidence: 0.898508115454545

01:37:47.359 --> 01:37:50.780 specific information that I could give. OK,
NOTE Confidence: 0.88003348375

01:37:50.910 --> 01:37:55.740 perfect thank you. So I am going
NOTE Confidence: 0.88003348375

01:37:55.740 --> 01:37:58.550 to try to share my screen again.
NOTE Confidence: 0.88003348375

01:37:58.550 --> 01:38:02.540 Give me one second I'm going to.
NOTE Confidence: 0.010226399

01:38:05.110 --> 01:38:07.390 Share screen.
NOTE Confidence: 0.918602606666667

01:38:10.880 --> 01:38:15.488 And this is going to be for our pediatric.
NOTE Confidence: 0.918602606666667

01:38:15.490 --> 01:38:18.250 Slash General genetics clinic.
NOTE Confidence: 0.918602606666667

01:38:18.250 --> 01:38:21.544 Emily Chen, who spoke to us last year
NOTE Confidence: 0.918602606666667

01:38:21.544 --> 01:38:23.908 and wasn't able to be here today,
NOTE Confidence: 0.918602606666667

01:38:23.910 --> 01:38:26.790 but she wanted me.

NOTE Confidence: 0.918602606666667
01:38:26.790 --> 01:38:30.048 She wanted me to share her talk for her,
NOTE Confidence: 0.918602606666667
01:38:30.050 --> 01:38:34.190 so let's get that going.
NOTE Confidence: 0.918602606666667
01:38:34.190 --> 01:38:35.688 Please let me know if you can't
NOTE Confidence: 0.918602606666667
01:38:35.688 --> 01:38:37.738 see and or hear it, but here we go.
NOTE Confidence: 0.9123894
01:38:40.920 --> 01:38:41.838 Hi everyone, my
NOTE Confidence: 0.839815215
01:38:42.040 --> 01:38:43.540 name's Emily and I'm a genetic
NOTE Confidence: 0.839815215
01:38:43.540 --> 01:38:45.076 counselor here at Yale, working
NOTE Confidence: 0.839815215
01:38:45.076 --> 01:38:47.756 under the General Genetics Clinic.
NOTE Confidence: 0.839815215
01:38:47.760 --> 01:38:50.152 I'm here to talk today a little bit
NOTE Confidence: 0.839815215
01:38:50.152 --> 01:38:52.039 about pediatric and general genetics.
NOTE Confidence: 0.94052418
01:38:56.020 --> 01:38:57.890 So to start off with, I'll
NOTE Confidence: 0.915927688
01:38:57.940 --> 01:38:59.790 go over a brief biography,
NOTE Confidence: 0.855333176363636
01:39:00.400 --> 01:39:02.530 so I actually graduated from UConn
NOTE Confidence: 0.855333176363636
01:39:02.530 --> 01:39:04.800 to the University of Connecticut,
NOTE Confidence: 0.855333176363636
01:39:04.800 --> 01:39:07.380 and I studied psychology and
NOTE Confidence: 0.855333176363636

01:39:07.380 --> 01:39:09.960 molecular and cell biology there.
NOTE Confidence: 0.855333176363636

01:39:09.960 --> 01:39:11.600 Afterwards I went to the
NOTE Confidence: 0.855333176363636

01:39:11.600 --> 01:39:13.115 University of California, Irvine,
NOTE Confidence: 0.855333176363636

01:39:13.115 --> 01:39:15.974 where I did my masters in genetic
NOTE Confidence: 0.855333176363636

01:39:15.974 --> 01:39:18.621 counseling and the first job I took
NOTE Confidence: 0.855333176363636

01:39:18.621 --> 01:39:20.980 out of grad school was at Veritas.
NOTE Confidence: 0.855333176363636

01:39:20.980 --> 01:39:24.690 It was a genetic testing startup company.
NOTE Confidence: 0.855333176363636

01:39:24.690 --> 01:39:26.760 That was performing whole genome
NOTE Confidence: 0.855333176363636

01:39:26.760 --> 01:39:28.830 sequencing and headed for healthy
NOTE Confidence: 0.855333176363636

01:39:28.902 --> 01:39:30.847 individuals who wanted to just
NOTE Confidence: 0.855333176363636

01:39:30.847 --> 01:39:32.792 learn about their disease risk.
NOTE Confidence: 0.855333176363636

01:39:32.800 --> 01:39:33.752 And then from there,
NOTE Confidence: 0.855333176363636

01:39:33.752 --> 01:39:35.860 after about 3 1/2 years at Veritas.
NOTE Confidence: 0.855333176363636

01:39:35.860 --> 01:39:38.868 I since then been here at Yale working
NOTE Confidence: 0.855333176363636

01:39:38.868 --> 01:39:40.982 in the general Genetics clinic
NOTE Confidence: 0.855333176363636

01:39:40.982 --> 01:39:44.300 for the past 2 1/2 years or so.

NOTE Confidence: 0.855333176363636

01:39:44.300 --> 01:39:46.587 So what exactly is general Genetics?

NOTE Confidence: 0.855333176363636

01:39:46.587 --> 01:39:49.161 While it can be split into

NOTE Confidence: 0.855333176363636

01:39:49.161 --> 01:39:51.079 Pediatrics and adult genetics,

NOTE Confidence: 0.855333176363636

01:39:51.080 --> 01:39:53.006 and that's mainly based on depending

NOTE Confidence: 0.855333176363636

01:39:53.006 --> 01:39:55.623 if the hospital you work at has a

NOTE Confidence: 0.855333176363636

01:39:55.623 --> 01:39:57.213 separate Children's Hospital or not.

NOTE Confidence: 0.855333176363636

01:39:57.220 --> 01:39:58.147 If it does,

NOTE Confidence: 0.855333176363636

01:39:58.147 --> 01:40:00.001 then you might be only seeing

NOTE Confidence: 0.855333176363636

01:40:00.001 --> 01:40:01.540 pediatric patients here at Yale.

NOTE Confidence: 0.855333176363636

01:40:01.540 --> 01:40:03.500 We don't have a separate Children's Hospital,

NOTE Confidence: 0.855333176363636

01:40:03.500 --> 01:40:05.894 it's all just under young New Haven,

NOTE Confidence: 0.855333176363636

01:40:05.900 --> 01:40:07.620 so that's why our clinic

NOTE Confidence: 0.855333176363636

01:40:07.620 --> 01:40:08.996 is called General Genetics,

NOTE Confidence: 0.855333176363636

01:40:09.000 --> 01:40:11.265 which you might sometimes see

NOTE Confidence: 0.855333176363636

01:40:11.265 --> 01:40:13.820 interchangeably with adulterants clinics.

NOTE Confidence: 0.855333176363636

01:40:13.820 --> 01:40:15.423 But the key piece about.
NOTE Confidence: 0.855333176363636

01:40:15.423 --> 01:40:18.595 Our clinic is that we don't specialize
NOTE Confidence: 0.855333176363636

01:40:18.595 --> 01:40:21.623 in a specific disease group or specific
NOTE Confidence: 0.855333176363636

01:40:21.623 --> 01:40:24.088 type of disease or indication.
NOTE Confidence: 0.855333176363636

01:40:24.090 --> 01:40:26.866 We really just see everything under the sun,
NOTE Confidence: 0.855333176363636

01:40:26.870 --> 01:40:28.720 so that includes cancer,
NOTE Confidence: 0.855333176363636

01:40:28.720 --> 01:40:29.450 cardio,
NOTE Confidence: 0.855333176363636

01:40:29.450 --> 01:40:31.058 and anything else that you might
NOTE Confidence: 0.855333176363636

01:40:31.058 --> 01:40:31.960 hear about today.
NOTE Confidence: 0.8039664

01:40:34.360 --> 01:40:35.810 So some of the common reasons
NOTE Confidence: 0.941740137777778

01:40:35.820 --> 01:40:38.599 for someone who might need to see
NOTE Confidence: 0.941740137777778

01:40:38.599 --> 01:40:41.970 general Genetics is can are listed here.
NOTE Confidence: 0.941740137777778

01:40:41.970 --> 01:40:43.535 Mainly people are referred to
NOTE Confidence: 0.941740137777778

01:40:43.535 --> 01:40:45.359 us when they're trying to better
NOTE Confidence: 0.941740137777778

01:40:45.360 --> 01:40:46.965 understand if there's a genetic
NOTE Confidence: 0.941740137777778

01:40:46.965 --> 01:40:49.572 reason or genetic etiology for why

NOTE Confidence: 0.941740137777778
01:40:49.572 --> 01:40:51.236 they're experiencing their symptoms,
NOTE Confidence: 0.941740137777778
01:40:51.240 --> 01:40:53.676 or some kind of diagnosis that might
NOTE Confidence: 0.941740137777778
01:40:53.676 --> 01:40:55.320 tie multiple symptoms together,
NOTE Confidence: 0.941740137777778
01:40:55.320 --> 01:40:56.795 but there are other physicians
NOTE Confidence: 0.941740137777778
01:40:56.795 --> 01:40:58.530 haven't been able to figure out.
NOTE Confidence: 0.941740137777778
01:40:58.530 --> 01:41:01.386 A lot of times you might hear about
NOTE Confidence: 0.941740137777778
01:41:01.386 --> 01:41:03.156 medical mysteries or diagnostic
NOTE Confidence: 0.941740137777778
01:41:03.156 --> 01:41:05.242 odysseys that's often found in
NOTE Confidence: 0.941740137777778
01:41:05.242 --> 01:41:06.834 the general genetics clinic.
NOTE Confidence: 0.941740137777778
01:41:06.840 --> 01:41:09.790 We are trying to solve a lot of these cases.
NOTE Confidence: 0.941740137777778
01:41:09.790 --> 01:41:12.079 Some of my patients are over 40
NOTE Confidence: 0.941740137777778
01:41:12.079 --> 01:41:14.730 years old and they have significant
NOTE Confidence: 0.941740137777778
01:41:14.730 --> 01:41:16.950 symptoms that they've just, you know,
NOTE Confidence: 0.941740137777778
01:41:16.950 --> 01:41:18.430 lived their entire life with,
NOTE Confidence: 0.941740137777778
01:41:18.430 --> 01:41:19.984 and doctors haven't been able to
NOTE Confidence: 0.941740137777778

01:41:19.984 --> 01:41:21.355 figure out before they finally
NOTE Confidence: 0.941740137777778

01:41:21.355 --> 01:41:22.770 come to the genetics clinic,
NOTE Confidence: 0.941740137777778

01:41:22.770 --> 01:41:25.578 we're able to possibly give them
NOTE Confidence: 0.941740137777778

01:41:25.578 --> 01:41:28.060 the diagnosis in some cases.
NOTE Confidence: 0.941740137777778

01:41:28.060 --> 01:41:30.190 So I've listed some of these
NOTE Confidence: 0.941740137777778

01:41:30.190 --> 01:41:31.255 common indications here,
NOTE Confidence: 0.941740137777778

01:41:31.260 --> 01:41:33.807 so we see a lot of kids who have
NOTE Confidence: 0.941740137777778

01:41:33.807 --> 01:41:35.619 developmental delay or intellectual
NOTE Confidence: 0.941740137777778

01:41:35.619 --> 01:41:38.049 disabilities or autism spectrum disorder.
NOTE Confidence: 0.941740137777778

01:41:38.050 --> 01:41:40.190 Also see adults with these
NOTE Confidence: 0.941740137777778

01:41:40.190 --> 01:41:41.474 indications as well.
NOTE Confidence: 0.941740137777778

01:41:41.480 --> 01:41:44.385 We see people who have skeletal dysplasias,
NOTE Confidence: 0.941740137777778

01:41:44.390 --> 01:41:46.077 which means a problem with the bones.
NOTE Confidence: 0.941740137777778

01:41:46.080 --> 01:41:48.300 Sometimes they can be very fragile,
NOTE Confidence: 0.941740137777778

01:41:48.300 --> 01:41:51.168 sometimes they can be too hard and
NOTE Confidence: 0.941740137777778

01:41:51.168 --> 01:41:54.560 sometimes individuals can be short,

NOTE Confidence: 0.941740137777778
01:41:54.560 --> 01:41:56.891 or they might have just proportionate bones
NOTE Confidence: 0.941740137777778
01:41:56.891 --> 01:41:59.617 or other types of problems with their bones.
NOTE Confidence: 0.941740137777778
01:41:59.620 --> 01:42:01.447 We also see people who were born
NOTE Confidence: 0.941740137777778
01:42:01.447 --> 01:42:03.750 with what we call brick defects,
NOTE Confidence: 0.941740137777778
01:42:03.750 --> 01:42:06.006 so it can be a problem with their
NOTE Confidence: 0.941740137777778
01:42:06.006 --> 01:42:08.116 heart or a cleft lip or palate,
NOTE Confidence: 0.941740137777778
01:42:08.120 --> 01:42:10.304 or they can have extra fingers or
NOTE Confidence: 0.941740137777778
01:42:10.304 --> 01:42:12.798 toes or fused fingers and toes or
NOTE Confidence: 0.941740137777778
01:42:12.798 --> 01:42:14.658 defects just refers to anything
NOTE Confidence: 0.941740137777778
01:42:14.658 --> 01:42:16.758 that someone may be born with.
NOTE Confidence: 0.941740137777778
01:42:16.760 --> 01:42:19.714 In addition to people who have seizures,
NOTE Confidence: 0.941740137777778
01:42:19.720 --> 01:42:21.754 they might be referred to us to see if
NOTE Confidence: 0.941740137777778
01:42:21.754 --> 01:42:23.675 there's a genetic cause for the seizures,
NOTE Confidence: 0.941740137777778
01:42:23.675 --> 01:42:25.366 and if so,
NOTE Confidence: 0.941740137777778
01:42:25.366 --> 01:42:27.718 sometimes there's a better
NOTE Confidence: 0.941740137777778

01:42:27.718 --> 01:42:28.720 treatment option for them.
NOTE Confidence: 0.941740137777778

01:42:28.720 --> 01:42:31.110 We also see individuals with what
NOTE Confidence: 0.941740137777778

01:42:31.110 --> 01:42:32.878 we call metabolic conditions,
NOTE Confidence: 0.941740137777778

01:42:32.880 --> 01:42:35.428 so those conditions are typically
NOTE Confidence: 0.941740137777778

01:42:35.428 --> 01:42:37.656 found on newborn screening,
NOTE Confidence: 0.941740137777778

01:42:37.660 --> 01:42:39.788 where baby has a heel prick and
NOTE Confidence: 0.941740137777778

01:42:39.788 --> 01:42:41.740 they're tested for these disorders.
NOTE Confidence: 0.941740137777778

01:42:41.740 --> 01:42:43.040 There are other metabolic
NOTE Confidence: 0.941740137777778

01:42:43.040 --> 01:42:44.252 conditions that aren't necessarily
NOTE Confidence: 0.941740137777778

01:42:44.252 --> 01:42:46.280 covered in newborn screening.
NOTE Confidence: 0.941740137777778

01:42:46.280 --> 01:42:46.730 Essentially,
NOTE Confidence: 0.941740137777778

01:42:46.730 --> 01:42:49.430 these are the types of conditions
NOTE Confidence: 0.941740137777778

01:42:49.430 --> 01:42:51.176 that sometimes can be treated
NOTE Confidence: 0.941740137777778

01:42:51.176 --> 01:42:52.796 with a diet adjustment and
NOTE Confidence: 0.941740137777778

01:42:52.796 --> 01:42:54.992 special formula added to there,
NOTE Confidence: 0.941740137777778

01:42:54.992 --> 01:42:57.600 and that's kind of how we treat those.

NOTE Confidence: 0.941740137777778
01:42:57.600 --> 01:42:59.832 Some of those conditions.
NOTE Confidence: 0.941740137777778
01:42:59.832 --> 01:43:00.390 Uh,
NOTE Confidence: 0.941740137777778
01:43:00.390 --> 01:43:02.896 we also see patients who have muscular
NOTE Confidence: 0.941740137777778
01:43:02.896 --> 01:43:04.802 weakness or atrophy in addition
NOTE Confidence: 0.941740137777778
01:43:04.802 --> 01:43:06.717 to connective tissue disorders of
NOTE Confidence: 0.941740137777778
01:43:06.717 --> 01:43:08.994 people who might have very stretchy
NOTE Confidence: 0.941740137777778
01:43:08.994 --> 01:43:10.670 skin in addition to you know,
NOTE Confidence: 0.941740137777778
01:43:10.670 --> 01:43:12.530 family history of strokes or aneurysms,
NOTE Confidence: 0.941740137777778
01:43:12.530 --> 01:43:14.980 for example.
NOTE Confidence: 0.941740137777778
01:43:14.980 --> 01:43:16.200 So you can see that we see a
NOTE Confidence: 0.941740137777778
01:43:16.200 --> 01:43:18.584 lot of complex conditions that
NOTE Confidence: 0.941740137777778
01:43:18.584 --> 01:43:21.336 might affect multiple systems.
NOTE Confidence: 0.941740137777778
01:43:21.340 --> 01:43:23.580 And I listed one example here.
NOTE Confidence: 0.941740137777778
01:43:23.580 --> 01:43:26.280 So one condition called Stickler
NOTE Confidence: 0.941740137777778
01:43:26.280 --> 01:43:27.648 syndrome patients can have
NOTE Confidence: 0.85245199625

01:43:27.660 --> 01:43:29.908 hearing loss. They can have a cleft palate,
NOTE Confidence: 0.889700138571429

01:43:29.960 --> 01:43:32.921 which means the palate on the top part of
NOTE Confidence: 0.889700138571429

01:43:32.921 --> 01:43:35.740 the mouth inside didn't close completely
NOTE Confidence: 0.889700138571429

01:43:35.740 --> 01:43:38.380 when forming mitral valve prolapse,
NOTE Confidence: 0.889700138571429

01:43:38.380 --> 01:43:41.166 which is a problem with the heart vision loss
NOTE Confidence: 0.889700138571429

01:43:41.166 --> 01:43:43.777 due to retinal detachments and the retinas.
NOTE Confidence: 0.889700138571429

01:43:43.780 --> 01:43:46.680 The back layer of the eye that you know
NOTE Confidence: 0.889700138571429

01:43:46.680 --> 01:43:49.400 takes in the light and sends the signals
NOTE Confidence: 0.889700138571429

01:43:49.400 --> 01:43:52.073 to the brain to process of your retinal.
NOTE Confidence: 0.889700138571429

01:43:52.073 --> 01:43:54.572 Tap retinal retinal tissue detaches.
NOTE Confidence: 0.889700138571429

01:43:54.572 --> 01:43:56.996 Then it can definitely result in
NOTE Confidence: 0.889700138571429

01:43:56.996 --> 01:43:59.650 vision loss and sometimes it can be
NOTE Confidence: 0.889700138571429

01:43:59.650 --> 01:44:01.854 reattached with surgery and then these
NOTE Confidence: 0.889700138571429

01:44:01.854 --> 01:44:04.430 individual can also have bone and joint
NOTE Confidence: 0.889700138571429

01:44:04.504 --> 01:44:06.600 problems even within the same family.
NOTE Confidence: 0.889700138571429

01:44:06.600 --> 01:44:08.440 Some people might have one symptom.

NOTE Confidence: 0.889700138571429

01:44:08.440 --> 01:44:10.445 Some people might not have any

NOTE Confidence: 0.889700138571429

01:44:10.445 --> 01:44:11.617 symptoms of Stickler syndrome,

NOTE Confidence: 0.889700138571429

01:44:11.620 --> 01:44:14.500 or they're very mild and hard to pick up,

NOTE Confidence: 0.889700138571429

01:44:14.500 --> 01:44:15.992 so you can it.

NOTE Confidence: 0.889700138571429

01:44:15.992 --> 01:44:17.857 It can present very differently,

NOTE Confidence: 0.889700138571429

01:44:17.860 --> 01:44:21.000 but if we do diagnose

NOTE Confidence: 0.889700138571429

01:44:21.000 --> 01:44:21.975 someone stickers syndrome.

NOTE Confidence: 0.889700138571429

01:44:21.980 --> 01:44:23.510 You wanna check all of those

NOTE Confidence: 0.889700138571429

01:44:23.510 --> 01:44:24.829 different organ systems and make

NOTE Confidence: 0.889700138571429

01:44:24.829 --> 01:44:26.329 sure they're working OK and check

NOTE Confidence: 0.889700138571429

01:44:26.329 --> 01:44:27.951 them overtime to make sure they

NOTE Confidence: 0.889700138571429

01:44:27.951 --> 01:44:29.316 don't develop hearing loss later,

NOTE Confidence: 0.889700138571429

01:44:29.320 --> 01:44:32.130 or develop the vision loss due

NOTE Confidence: 0.889700138571429

01:44:32.130 --> 01:44:34.100 to the retinal detachment later.

NOTE Confidence: 0.889700138571429

01:44:34.100 --> 01:44:36.480 So usually after we find a diagnosis

NOTE Confidence: 0.889700138571429

01:44:36.480 --> 01:44:38.060 with diagnosis for someone,
NOTE Confidence: 0.889700138571429

01:44:38.060 --> 01:44:39.638 we have to coordinate their care.
NOTE Confidence: 0.889700138571429

01:44:39.640 --> 01:44:41.004 That includes helping testing
NOTE Confidence: 0.889700138571429

01:44:41.004 --> 01:44:42.970 any other relatives or providing
NOTE Confidence: 0.889700138571429

01:44:42.970 --> 01:44:44.394 recommendations for the condition.
NOTE Confidence: 0.889700138571429

01:44:44.394 --> 01:44:47.003 In some rare cases we actually might be
NOTE Confidence: 0.889700138571429

01:44:47.003 --> 01:44:49.278 able to direct them to curative treatment,
NOTE Confidence: 0.889700138571429

01:44:49.280 --> 01:44:52.088 whether it be an enzyme replacement
NOTE Confidence: 0.889700138571429

01:44:52.088 --> 01:44:54.120 therapy or you know some kind of
NOTE Confidence: 0.889700138571429

01:44:54.120 --> 01:44:55.919 gene therapy that might be available.
NOTE Confidence: 0.889700138571429

01:44:55.920 --> 01:44:57.770 So that's not common,
NOTE Confidence: 0.889700138571429

01:44:57.770 --> 01:45:01.298 but it's becoming more more well
NOTE Confidence: 0.889700138571429

01:45:01.298 --> 01:45:04.438 more studied and more medications.
NOTE Confidence: 0.889700138571429

01:45:04.440 --> 01:45:05.984 They're starting to come
NOTE Confidence: 0.889700138571429

01:45:05.984 --> 01:45:07.930 out so definitely a hot
NOTE Confidence: 0.95306331

01:45:07.940 --> 01:45:08.990 area right now.

NOTE Confidence: 0.86722638

01:45:11.000 --> 01:45:11.849 The team members

NOTE Confidence: 0.8919281511111111

01:45:11.860 --> 01:45:14.860 that you'll probably be working with

NOTE Confidence: 0.8919281511111111

01:45:14.860 --> 01:45:17.360 overall include administrative staff.

NOTE Confidence: 0.8919281511111111

01:45:17.360 --> 01:45:18.638 You may be. If you're lucky,

NOTE Confidence: 0.8919281511111111

01:45:18.640 --> 01:45:19.880 you might have a genetic

NOTE Confidence: 0.8919281511111111

01:45:19.880 --> 01:45:20.872 counseling assistant as well,

NOTE Confidence: 0.8919281511111111

01:45:20.880 --> 01:45:22.460 or a nurse coordinator.

NOTE Confidence: 0.8919281511111111

01:45:22.460 --> 01:45:24.040 Those individuals can have

NOTE Confidence: 0.8919281511111111

01:45:24.040 --> 01:45:26.668 additional training in in medicine,

NOTE Confidence: 0.8919281511111111

01:45:26.668 --> 01:45:29.524 so they might be able to discuss

NOTE Confidence: 0.8919281511111111

01:45:29.524 --> 01:45:31.659 negative results or may be able to.

NOTE Confidence: 0.8919281511111111

01:45:31.660 --> 01:45:33.236 You know, determine whether

NOTE Confidence: 0.8919281511111111

01:45:33.236 --> 01:45:35.206 additional records are needed for

NOTE Confidence: 0.8919281511111111

01:45:35.206 --> 01:45:37.236 a visit before the patient comes

NOTE Confidence: 0.8919281511111111

01:45:37.236 --> 01:45:39.827 to see us or gather family history

NOTE Confidence: 0.8919281511111111

01:45:39.827 --> 01:45:41.747 information beforehand as well.
NOTE Confidence: 0.8919281511111111

01:45:41.750 --> 01:45:43.934 You may work with a social worker who
NOTE Confidence: 0.8919281511111111

01:45:43.934 --> 01:45:46.141 you know provides that additional
NOTE Confidence: 0.8919281511111111

01:45:46.141 --> 01:45:47.950 psychosocial support or identifies
NOTE Confidence: 0.8919281511111111

01:45:47.950 --> 01:45:49.942 resources for families that might not
NOTE Confidence: 0.8919281511111111

01:45:49.942 --> 01:45:52.670 necessarily be specific to traumatics.
NOTE Confidence: 0.8919281511111111

01:45:52.670 --> 01:45:54.590 The genetic counselor is probably a
NOTE Confidence: 0.8919281511111111

01:45:54.590 --> 01:45:56.578 little bit better suited to searching
NOTE Confidence: 0.8919281511111111

01:45:56.578 --> 01:45:58.853 for what kind of advocacy groups are
NOTE Confidence: 0.8919281511111111

01:45:58.853 --> 01:46:00.359 appropriate based on a diagnosis,
NOTE Confidence: 0.8919281511111111

01:46:00.360 --> 01:46:01.926 but in terms of you know,
NOTE Confidence: 0.8919281511111111

01:46:01.930 --> 01:46:03.840 daily types of difficulties that
NOTE Confidence: 0.8919281511111111

01:46:03.840 --> 01:46:05.750 families might be going through.
NOTE Confidence: 0.8919281511111111

01:46:05.750 --> 01:46:06.480 For example,
NOTE Confidence: 0.8919281511111111

01:46:06.480 --> 01:46:08.670 if they're looking for disability services,
NOTE Confidence: 0.8919281511111111

01:46:08.670 --> 01:46:10.595 a social worker might be better well.

NOTE Confidence: 0.8919281511111111
01:46:10.600 --> 01:46:14.870 Equipped to identify those for the families.
NOTE Confidence: 0.8919281511111111
01:46:14.870 --> 01:46:16.838 Metabolic dietitian if you
NOTE Confidence: 0.8919281511111111
01:46:16.838 --> 01:46:18.314 see metabolic patients.
NOTE Confidence: 0.8919281511111111
01:46:18.320 --> 01:46:20.232 They're registered dietitians who
NOTE Confidence: 0.8919281511111111
01:46:20.232 --> 01:46:22.622 have specialized training for these
NOTE Confidence: 0.8919281511111111
01:46:22.630 --> 01:46:24.530 taking care of these patients.
NOTE Confidence: 0.8919281511111111
01:46:24.530 --> 01:46:26.846 You may work with nurse practitioners
NOTE Confidence: 0.8919281511111111
01:46:26.846 --> 01:46:29.340 or physician PA physician assistants,
NOTE Confidence: 0.8919281511111111
01:46:29.340 --> 01:46:30.895 so these are advanced practice
NOTE Confidence: 0.8919281511111111
01:46:30.895 --> 01:46:32.719 providers that typically have
NOTE Confidence: 0.8919281511111111
01:46:32.719 --> 01:46:34.950 some additional genetics training,
NOTE Confidence: 0.8919281511111111
01:46:34.950 --> 01:46:36.530 usually on the job training.
NOTE Confidence: 0.8919281511111111
01:46:36.530 --> 01:46:39.740 So after some time they may, you know,
NOTE Confidence: 0.8919281511111111
01:46:39.740 --> 01:46:42.050 specialize in certain type of disorder.
NOTE Confidence: 0.8919281511111111
01:46:42.050 --> 01:46:43.452 It just depends where you work.
NOTE Confidence: 0.8919281511111111

01:46:43.452 --> 01:46:45.332 And then there's also the medical.
NOTE Confidence: 0.8919281511111111

01:46:45.332 --> 01:46:45.636 Genesis,
NOTE Confidence: 0.8919281511111111

01:46:45.636 --> 01:46:49.026 which is a key part of the general
NOTE Confidence: 0.8919281511111111

01:46:49.026 --> 01:46:49.850 genetics team,
NOTE Confidence: 0.8919281511111111

01:46:49.850 --> 01:46:52.356 so that is a physician who will
NOTE Confidence: 0.8919281511111111

01:46:52.356 --> 01:46:54.230 be seeing the patients,
NOTE Confidence: 0.8919281511111111

01:46:54.230 --> 01:46:56.060 and they typically have already
NOTE Confidence: 0.8919281511111111

01:46:56.060 --> 01:46:58.310 done a residency in Pediatrics or
NOTE Confidence: 0.8919281511111111

01:46:58.310 --> 01:47:00.470 internal medicine and then they do
NOTE Confidence: 0.8919281511111111

01:47:00.470 --> 01:47:02.870 an additional residency in genetics.
NOTE Confidence: 0.8919281511111111

01:47:02.870 --> 01:47:05.446 You might hear a called a fellowship or
NOTE Confidence: 0.8919281511111111

01:47:05.446 --> 01:47:06.940 residency basically mean the same thing.
NOTE Confidence: 0.879883263636363

01:47:09.510 --> 01:47:11.050 So what's the role of a genetic
NOTE Confidence: 0.879883263636363

01:47:11.050 --> 01:47:12.040 counselor during these visits?
NOTE Confidence: 0.879883263636363

01:47:12.040 --> 01:47:16.597 Then we helped elicit the patients concerns.
NOTE Confidence: 0.879883263636363

01:47:16.600 --> 01:47:20.770 Excuse me excuse me, we also gather

NOTE Confidence: 0.879883263636363

01:47:20.770 --> 01:47:22.740 their medical and family history

NOTE Confidence: 0.86321566

01:47:22.750 --> 01:47:24.196 if it hasn't already been done.

NOTE Confidence: 0.896400905

01:47:24.930 --> 01:47:26.070 If it has already been done,

NOTE Confidence: 0.896400905

01:47:26.070 --> 01:47:27.550 we'll probably go over it again and make

NOTE Confidence: 0.896400905

01:47:27.550 --> 01:47:29.958 sure there's nothing else that we're missing.

NOTE Confidence: 0.896400905

01:47:29.960 --> 01:47:31.800 A physical exam that's usually

NOTE Confidence: 0.896400905

01:47:31.800 --> 01:47:33.640 done by that advanced practice

NOTE Confidence: 0.896400905

01:47:33.700 --> 01:47:35.568 provider or medical geneticist.

NOTE Confidence: 0.896400905

01:47:35.570 --> 01:47:37.438 We also review the benefits, risks,

NOTE Confidence: 0.896400905

01:47:37.438 --> 01:47:39.578 and limitations of genetic testing,

NOTE Confidence: 0.896400905

01:47:39.580 --> 01:47:41.288 and we go over the different types

NOTE Confidence: 0.896400905

01:47:41.288 --> 01:47:42.710 of results that are possible.

NOTE Confidence: 0.896400905

01:47:42.710 --> 01:47:44.246 And then when the results do come back,

NOTE Confidence: 0.896400905

01:47:44.250 --> 01:47:45.792 we help to interpret and return

NOTE Confidence: 0.896400905

01:47:45.792 --> 01:47:47.194 those results to the family

NOTE Confidence: 0.896400905

01:47:47.194 --> 01:47:49.588 and then digestible manner. Uh.
NOTE Confidence: 0.896400905

01:47:49.588 --> 01:47:51.428 Then afterwards will help provide
NOTE Confidence: 0.896400905

01:47:51.428 --> 01:47:53.265 continued support and identify any
NOTE Confidence: 0.896400905

01:47:53.265 --> 01:47:55.113 other resources for the patient and
NOTE Confidence: 0.896400905

01:47:55.113 --> 01:47:56.980 their family that they might need.
NOTE Confidence: 0.76506294

01:48:00.240 --> 01:48:01.288 Something that I didn't
NOTE Confidence: 0.76506294

01:48:01.288 --> 01:48:02.336 necessarily list on here,
NOTE Confidence: 0.76506294

01:48:02.340 --> 01:48:04.420 but it is a part of the job as well,
NOTE Confidence: 0.76506294

01:48:04.420 --> 01:48:06.221 is that if you're if we're
NOTE Confidence: 0.76506294

01:48:06.221 --> 01:48:07.244 doing genetic testing,
NOTE Confidence: 0.76506294

01:48:07.244 --> 01:48:08.949 oftentimes the genetic counselor is
NOTE Confidence: 0.76506294

01:48:08.949 --> 01:48:10.811 the person who helps fill out the
NOTE Confidence: 0.76506294

01:48:10.811 --> 01:48:12.608 medical part of the paperwork that
NOTE Confidence: 0.76506294

01:48:12.608 --> 01:48:15.015 has to be done is we have to talk
NOTE Confidence: 0.76506294

01:48:15.015 --> 01:48:16.648 about the symptoms and why this
NOTE Confidence: 0.76506294

01:48:16.648 --> 01:48:18.240 individual needs genetic testing.

NOTE Confidence: 0.87853564

01:48:20.450 --> 01:48:23.260 So I wanted to go for one case example here

NOTE Confidence: 0.649613415

01:48:23.310 --> 01:48:25.638 what what I may

NOTE Confidence: 0.85637052

01:48:25.650 --> 01:48:28.130 or may not see in the genetics clinic.

NOTE Confidence: 0.85637052

01:48:28.130 --> 01:48:30.749 So for example, let's say a 9 month old

NOTE Confidence: 0.85637052

01:48:30.749 --> 01:48:33.549 male is coming in to see me and they have

NOTE Confidence: 0.85637052

01:48:33.549 --> 01:48:36.245 they were born with a congenital heart

NOTE Confidence: 0.85637052

01:48:36.245 --> 01:48:38.978 problem called pulmonary valve stenosis.

NOTE Confidence: 0.85637052

01:48:38.978 --> 01:48:42.590 So it's a very specific type of.

NOTE Confidence: 0.85637052

01:48:42.590 --> 01:48:44.678 Heart defect that someone can be born with,

NOTE Confidence: 0.85637052

01:48:44.680 --> 01:48:47.456 and it's pretty rare.

NOTE Confidence: 0.85637052

01:48:47.456 --> 01:48:49.615 And the baby was born with

NOTE Confidence: 0.85637052

01:48:49.615 --> 01:48:50.787 normal weight and size.

NOTE Confidence: 0.85637052

01:48:50.790 --> 01:48:53.527 But then over time the pediatrician noticed

NOTE Confidence: 0.85637052

01:48:53.527 --> 01:48:55.578 that the weight gain started slowing

NOTE Confidence: 0.85637052

01:48:55.578 --> 01:48:58.189 down as well as the growth in general.

NOTE Confidence: 0.85637052

01:48:58.190 --> 01:49:00.556 So nine months old, that's pretty concerning.

NOTE Confidence: 0.85637052

01:49:00.560 --> 01:49:02.810 We see a lot of babies who are

NOTE Confidence: 0.85637052

01:49:02.810 --> 01:49:04.430 starting to follow up growth curves,

NOTE Confidence: 0.85637052

01:49:04.430 --> 01:49:05.942 so this is a pretty common

NOTE Confidence: 0.85637052

01:49:05.942 --> 01:49:07.688 reason to refer to us and then,

NOTE Confidence: 0.85637052

01:49:07.690 --> 01:49:10.266 together with both of the above symptoms,

NOTE Confidence: 0.85637052

01:49:10.270 --> 01:49:12.340 the parents you know after talking

NOTE Confidence: 0.85637052

01:49:12.340 --> 01:49:15.409 to them some more and going over the

NOTE Confidence: 0.85637052

01:49:15.409 --> 01:49:17.434 different systems parents have also.

NOTE Confidence: 0.85637052

01:49:17.440 --> 01:49:19.113 Explained to you that they feel like

NOTE Confidence: 0.85637052

01:49:19.113 --> 01:49:21.450 the baby has pretty easy bruising.

NOTE Confidence: 0.85637052

01:49:21.450 --> 01:49:24.162 Maybe they had a blood draw before and

NOTE Confidence: 0.85637052

01:49:24.162 --> 01:49:26.276 they noticed bruising just from you know,

NOTE Confidence: 0.85637052

01:49:26.276 --> 01:49:27.530 the nurse trying to take the

NOTE Confidence: 0.85637052

01:49:27.576 --> 01:49:28.359 blood for example.

NOTE Confidence: 0.85637052

01:49:28.360 --> 01:49:29.765 Or maybe they had prolonged

NOTE Confidence: 0.85637052

01:49:29.765 --> 01:49:31.780 bleeding after a cut or something.

NOTE Confidence: 0.844433025

01:49:33.140 --> 01:49:34.148 So putting those three

NOTE Confidence: 0.880692588571429

01:49:34.160 --> 01:49:36.239 together when you're doing a family history,

NOTE Confidence: 0.880692588571429

01:49:36.240 --> 01:49:39.328 you start asking a little bit more about

NOTE Confidence: 0.880692588571429

01:49:39.328 --> 01:49:42.100 conditions that you might be thinking about.

NOTE Confidence: 0.880692588571429

01:49:42.100 --> 01:49:43.720 Are your differential list.

NOTE Confidence: 0.880692588571429

01:49:43.720 --> 01:49:45.745 So the different possible diagnosis.

NOTE Confidence: 0.880692588571429

01:49:45.750 --> 01:49:48.030 So going over their family history,

NOTE Confidence: 0.8696473533333333

01:49:48.040 --> 01:49:50.350 find out pretty pretty much

NOTE Confidence: 0.891560385

01:49:50.400 --> 01:49:52.230 not too much going on on.

NOTE Confidence: 0.891560385

01:49:52.230 --> 01:49:53.442 The only thing is,

NOTE Confidence: 0.891560385

01:49:53.442 --> 01:49:56.979 let's say mom is shorter than expected

NOTE Confidence: 0.891560385

01:49:56.980 --> 01:49:58.989 and she also had some kind of

NOTE Confidence: 0.891560385

01:49:58.989 --> 01:50:01.037 unknown heart problem when she was a baby.

NOTE Confidence: 0.891560385

01:50:01.040 --> 01:50:03.409 She doesn't know what it was, but she was.

NOTE Confidence: 0.891560385

01:50:03.409 --> 01:50:05.947 Otherwise healthy and didn't need surgery.

NOTE Confidence: 0.891560385

01:50:05.950 --> 01:50:07.854 So putting all this together,

NOTE Confidence: 0.891560385

01:50:07.854 --> 01:50:09.994 oftentimes families will ask you

NOTE Confidence: 0.891560385

01:50:09.994 --> 01:50:12.400 or the geneticist you know,

NOTE Confidence: 0.891560385

01:50:12.400 --> 01:50:15.858 what do you think my kid has?

NOTE Confidence: 0.891560385

01:50:15.860 --> 01:50:18.440 And maybe 20 years ago,

NOTE Confidence: 0.891560385

01:50:18.440 --> 01:50:20.540 30 years ago when we only knew

NOTE Confidence: 0.891560385

01:50:20.540 --> 01:50:22.419 about a handful of conditions,

NOTE Confidence: 0.891560385

01:50:22.420 --> 01:50:24.457 it might have been easier back then.

NOTE Confidence: 0.891560385

01:50:24.460 --> 01:50:27.552 But now we know about, you know,

NOTE Confidence: 0.891560385

01:50:27.552 --> 01:50:29.703 over 7000 different conditions.

NOTE Confidence: 0.891560385

01:50:29.703 --> 01:50:31.726 In addition to that,

NOTE Confidence: 0.891560385

01:50:31.726 --> 01:50:34.640 we now understand that a lot of

NOTE Confidence: 0.891560385

01:50:34.640 --> 01:50:36.700 individuals can present very mildly,

NOTE Confidence: 0.891560385

01:50:36.700 --> 01:50:39.310 we expanded the spectrum of symptoms

NOTE Confidence: 0.891560385

01:50:39.310 --> 01:50:42.235 that someone can have in the spectrum

NOTE Confidence: 0.891560385

01:50:42.235 --> 01:50:44.437 of severity that we can see.

NOTE Confidence: 0.891560385

01:50:44.440 --> 01:50:45.772 So now when people.

NOTE Confidence: 0.891560385

01:50:45.772 --> 01:50:46.438 Ask us,

NOTE Confidence: 0.891560385

01:50:46.440 --> 01:50:47.508 you know what condition

NOTE Confidence: 0.891560385

01:50:47.508 --> 01:50:48.843 do you think my child

NOTE Confidence: 0.79716874

01:50:48.860 --> 01:50:50.828 has or I have.

NOTE Confidence: 0.846607823703704

01:50:51.040 --> 01:50:53.272 Oftentimes, we just I would say

NOTE Confidence: 0.846607823703704

01:50:53.272 --> 01:50:55.487 I've never heard myself or the

NOTE Confidence: 0.846607823703704

01:50:55.487 --> 01:50:57.437 geneticists say to the family that

NOTE Confidence: 0.846607823703704

01:50:57.437 --> 01:51:00.145 we are certain that the child has

NOTE Confidence: 0.846607823703704

01:51:00.145 --> 01:51:02.392 any Commission in particular because

NOTE Confidence: 0.846607823703704

01:51:02.392 --> 01:51:05.296 of the expansion of this knowledge,

NOTE Confidence: 0.846607823703704

01:51:05.300 --> 01:51:07.580 we can't really pinpoint anything.

NOTE Confidence: 0.846607823703704

01:51:07.580 --> 01:51:09.204 But sometimes what we will say is,

NOTE Confidence: 0.846607823703704

01:51:09.210 --> 01:51:11.498 you know, based on what I'm seeing here,

NOTE Confidence: 0.846607823703704

01:51:11.500 --> 01:51:12.985 the multiple symptoms I do
NOTE Confidence: 0.846607823703704

01:51:12.985 --> 01:51:14.173 think it is genetic.
NOTE Confidence: 0.846607823703704

01:51:14.180 --> 01:51:15.440 I just don't know what exactly
NOTE Confidence: 0.846607823703704

01:51:15.440 --> 01:51:17.259 it is and we need to do testing.
NOTE Confidence: 0.846607823703704

01:51:17.260 --> 01:51:19.104 With that so Fast forward,
NOTE Confidence: 0.846607823703704

01:51:19.104 --> 01:51:20.691 let's say we do testing for
NOTE Confidence: 0.846607823703704

01:51:20.691 --> 01:51:22.590 this individual and we find out
NOTE Confidence: 0.846607823703704

01:51:22.590 --> 01:51:25.290 that they have Union syndrome,
NOTE Confidence: 0.846607823703704

01:51:25.290 --> 01:51:28.272 so that's a condition that it kids
NOTE Confidence: 0.846607823703704

01:51:28.272 --> 01:51:29.966 can be born with what we call
NOTE Confidence: 0.846607823703704

01:51:29.966 --> 01:51:31.229 pulmonary valve stenosis again.
NOTE Confidence: 0.846607823703704

01:51:31.230 --> 01:51:33.498 And it's something we often see together
NOTE Confidence: 0.846607823703704

01:51:33.498 --> 01:51:35.937 and think of immediately when we see
NOTE Confidence: 0.856287983333333

01:51:35.950 --> 01:51:37.900 that a baby born with that.
NOTE Confidence: 0.892026123076923

01:51:38.810 --> 01:51:40.796 Especially when they start to slow
NOTE Confidence: 0.892026123076923

01:51:40.796 --> 01:51:42.998 down when their weight gain later on,

NOTE Confidence: 0.892026123076923
01:51:43.000 --> 01:51:45.860 and they can also have, you know,
NOTE Confidence: 0.892026123076923
01:51:45.860 --> 01:51:48.569 problems with the platelets and
NOTE Confidence: 0.892026123076923
01:51:48.570 --> 01:51:51.150 which leads to the easy bruising
NOTE Confidence: 0.892026123076923
01:51:51.150 --> 01:51:52.870 or prolonged bleeding times.
NOTE Confidence: 0.892026123076923
01:51:52.870 --> 01:51:54.870 And they can also have some other symptoms.
NOTE Confidence: 0.892026123076923
01:51:54.870 --> 01:51:56.380 Sometimes there can be some
NOTE Confidence: 0.892026123076923
01:51:56.380 --> 01:51:57.890 mild hearing loss as well,
NOTE Confidence: 0.892026123076923
01:51:57.890 --> 01:52:00.044 so developmental delays depending on the
NOTE Confidence: 0.892026123076923
01:52:00.044 --> 01:52:02.327 type of Noonan syndrome so you can see
NOTE Confidence: 0.892026123076923
01:52:02.330 --> 01:52:03.880 that even if I said Noonan syndrome,
NOTE Confidence: 0.892026123076923
01:52:03.880 --> 01:52:06.490 it really depends on which gene.
NOTE Confidence: 0.892026123076923
01:52:06.490 --> 01:52:08.898 So all of that happens after the visit.
NOTE Confidence: 0.892026123076923
01:52:08.900 --> 01:52:12.180 I would go over the results with the family.
NOTE Confidence: 0.892026123076923
01:52:12.180 --> 01:52:14.204 Let's say it's a dominant form of Noonan
NOTE Confidence: 0.892026123076923
01:52:14.204 --> 01:52:15.838 syndrome here or autosomal dominance,
NOTE Confidence: 0.892026123076923

01:52:15.840 --> 01:52:18.437 and we go over that inheritance pattern.
NOTE Confidence: 0.892026123076923

01:52:18.440 --> 01:52:20.114 Go over who else might need to be tested
NOTE Confidence: 0.892026123076923

01:52:20.114 --> 01:52:22.420 or might want to consider testing.
NOTE Confidence: 0.892026123076923

01:52:22.420 --> 01:52:23.820 So in this case example,
NOTE Confidence: 0.892026123076923

01:52:23.820 --> 01:52:25.152 it's the mother.
NOTE Confidence: 0.892026123076923

01:52:25.152 --> 01:52:27.816 These individuals can also be of
NOTE Confidence: 0.892026123076923

01:52:27.816 --> 01:52:29.680 short stature.
NOTE Confidence: 0.892026123076923

01:52:29.680 --> 01:52:32.192 So for the baby we might consider sending
NOTE Confidence: 0.892026123076923

01:52:32.192 --> 01:52:34.236 to endocrinology to monitor and also see
NOTE Confidence: 0.892026123076923

01:52:34.236 --> 01:52:36.190 if maybe growth hormone is something that
NOTE Confidence: 0.892026123076923

01:52:36.190 --> 01:52:38.980 might be given at some point in the future.
NOTE Confidence: 0.892026123076923

01:52:38.980 --> 01:52:41.948 For the mom, we're more concerned about
NOTE Confidence: 0.892026123076923

01:52:41.948 --> 01:52:45.056 adult onset symptoms of Newman syndrome.
NOTE Confidence: 0.892026123076923

01:52:45.060 --> 01:52:46.362 So for example,
NOTE Confidence: 0.892026123076923

01:52:46.362 --> 01:52:48.532 they can have something called
NOTE Confidence: 0.892026123076923

01:52:48.532 --> 01:52:49.400 hypertrophic cardiomyopathy,

NOTE Confidence: 0.892026123076923

01:52:49.400 --> 01:52:50.758 which is a thickening of the heart.

NOTE Confidence: 0.892026123076923

01:52:50.760 --> 01:52:53.160 Muscle makes it harder for it to pump,

NOTE Confidence: 0.892026123076923

01:52:53.160 --> 01:52:54.390 so that's definitely something that

NOTE Confidence: 0.892026123076923

01:52:54.390 --> 01:52:56.218 we want to keep an eye out for.

NOTE Confidence: 0.892026123076923

01:52:56.220 --> 01:52:58.404 And then Mom might just want to know

NOTE Confidence: 0.892026123076923

01:52:58.404 --> 01:53:00.493 her future risks to other children that

NOTE Confidence: 0.892026123076923

01:53:00.493 --> 01:53:02.871 she might be having in down the line.

NOTE Confidence: 0.892026123076923

01:53:02.871 --> 01:53:06.160 So we'd go over all of that with the family,

NOTE Confidence: 0.892026123076923

01:53:06.160 --> 01:53:06.674 and again,

NOTE Confidence: 0.892026123076923

01:53:06.674 --> 01:53:07.959 we help to coordinate care

NOTE Confidence: 0.892026123076923

01:53:07.959 --> 01:53:09.340 between any other specialists.

NOTE Confidence: 0.892026123076923

01:53:09.340 --> 01:53:11.244 They need to be followed with and

NOTE Confidence: 0.892026123076923

01:53:11.244 --> 01:53:13.013 then we provide that psychosocial

NOTE Confidence: 0.892026123076923

01:53:13.013 --> 01:53:14.348 support and resources,

NOTE Confidence: 0.892026123076923

01:53:14.350 --> 01:53:16.840 especially when given the new diagnosis

NOTE Confidence: 0.892026123076923

01:53:16.840 --> 01:53:19.439 that someone might not be expecting.
NOTE Confidence: 0.892026123076923

01:53:19.440 --> 01:53:21.360 I will say as part of my role
NOTE Confidence: 0.892026123076923

01:53:21.360 --> 01:53:23.758 as a general genetic counselor,
NOTE Confidence: 0.892026123076923

01:53:23.760 --> 01:53:26.050 we also get called to the hospital sometimes.
NOTE Confidence: 0.892026123076923

01:53:26.050 --> 01:53:29.120 So when we're on call,
NOTE Confidence: 0.892026123076923

01:53:29.120 --> 01:53:31.600 that means that anyone on the floor
NOTE Confidence: 0.892026123076923

01:53:31.600 --> 01:53:34.015 or the ICU the intensive care units
NOTE Confidence: 0.892026123076923

01:53:34.015 --> 01:53:36.737 may call us for a genetic consult.
NOTE Confidence: 0.892026123076923

01:53:36.740 --> 01:53:37.697 So for example,
NOTE Confidence: 0.892026123076923

01:53:37.697 --> 01:53:39.930 if you have a patient that's hospitalized
NOTE Confidence: 0.892026123076923

01:53:39.986 --> 01:53:42.275 with the symptoms that we just mentioned,
NOTE Confidence: 0.892026123076923

01:53:42.280 --> 01:53:44.680 maybe the baby is severely,
NOTE Confidence: 0.892026123076923

01:53:44.680 --> 01:53:45.120 you know,
NOTE Confidence: 0.892026123076923

01:53:45.120 --> 01:53:46.440 in addition to not really gaining
NOTE Confidence: 0.892026123076923

01:53:46.440 --> 01:53:47.380 a lot of weight,
NOTE Confidence: 0.892026123076923

01:53:47.380 --> 01:53:49.305 maybe they're they have seizures

NOTE Confidence: 0.892026123076923
01:53:49.305 --> 01:53:50.845 and they're coming in.
NOTE Confidence: 0.892026123076923
01:53:50.850 --> 01:53:52.544 And I think that might be genetic.
NOTE Confidence: 0.892026123076923
01:53:52.550 --> 01:53:53.814 They will be addressed,
NOTE Confidence: 0.892026123076923
01:53:53.814 --> 01:53:56.742 and then we'll have to go see and evaluate.
NOTE Confidence: 0.892026123076923
01:53:56.742 --> 01:53:58.286 And do you know,
NOTE Confidence: 0.892026123076923
01:53:58.290 --> 01:53:59.766 talk to the family about whether
NOTE Confidence: 0.892026123076923
01:53:59.766 --> 01:54:01.055 or not testing is indicated
NOTE Confidence: 0.892026123076923
01:54:01.055 --> 01:54:02.850 and where to go from there.
NOTE Confidence: 0.892026123076923
01:54:02.850 --> 01:54:05.285 So in addition to just seeing
NOTE Confidence: 0.892026123076923
01:54:05.285 --> 01:54:06.410 patients outpatient setting,
NOTE Confidence: 0.892026123076923
01:54:06.410 --> 01:54:07.590 sometimes we see patients
NOTE Confidence: 0.892026123076923
01:54:07.590 --> 01:54:08.770 in inpatient as well.
NOTE Confidence: 0.92818395
01:54:10.300 --> 01:54:11.040 So I just wanted
NOTE Confidence: 0.878594421333333
01:54:11.050 --> 01:54:12.838 to end with some other common
NOTE Confidence: 0.878594421333333
01:54:12.838 --> 01:54:14.373 conditions that you may see
NOTE Confidence: 0.878594421333333

01:54:14.373 --> 01:54:17.020 in a general genetics clinic,
NOTE Confidence: 0.878594421333333

01:54:17.020 --> 01:54:19.225 so you may have heard of Down
NOTE Confidence: 0.878594421333333

01:54:19.225 --> 01:54:22.160 syndrome neurofibromatosis type
NOTE Confidence: 0.878594421333333

01:54:22.160 --> 01:54:25.740 121 to 22 Q 11.2 deletion syndrome,
NOTE Confidence: 0.878594421333333

01:54:25.740 --> 01:54:27.370 which is a microdeletion syndrome.
NOTE Confidence: 0.878594421333333

01:54:27.370 --> 01:54:31.060 That's pretty common. Carter, Willie,
NOTE Confidence: 0.878594421333333

01:54:31.060 --> 01:54:33.885 we already talked about Noonan.
NOTE Confidence: 0.878594421333333

01:54:33.890 --> 01:54:35.880 ECU or phenylketonuria and it's
NOTE Confidence: 0.878594421333333

01:54:35.880 --> 01:54:37.870 one of those metabolic conditions
NOTE Confidence: 0.878594421333333

01:54:37.941 --> 01:54:40.020 that I briefly mentioned before
NOTE Confidence: 0.878594421333333

01:54:40.020 --> 01:54:42.839 cystic fibrosis and then Duchenne
NOTE Confidence: 0.878594421333333

01:54:42.840 --> 01:54:45.090 or Becker muscular dystrophy is
NOTE Confidence: 0.878594421333333

01:54:45.090 --> 01:54:46.890 another common indication or
NOTE Confidence: 0.878594421333333

01:54:46.890 --> 01:54:49.229 common condition that you may see.
NOTE Confidence: 0.878594421333333

01:54:49.230 --> 01:54:50.502 I will say though,
NOTE Confidence: 0.878594421333333

01:54:50.502 --> 01:54:52.410 a lot of hospitals have specialized

NOTE Confidence: 0.878594421333333

01:54:52.474 --> 01:54:54.479 clinics for these common diseases,

NOTE Confidence: 0.878594421333333

01:54:54.480 --> 01:54:56.286 so in those cases you may not

NOTE Confidence: 0.878594421333333

01:54:56.286 --> 01:54:57.908 end up seeing those patients

NOTE Confidence: 0.878594421333333

01:54:57.908 --> 01:54:59.878 in the general genetics clinic.

NOTE Confidence: 0.878594421333333

01:54:59.880 --> 01:55:02.659 We may see the more complex cases

NOTE Confidence: 0.878594421333333

01:55:02.660 --> 01:55:04.184 or these medical mysteries.

NOTE Confidence: 0.878594421333333

01:55:04.184 --> 01:55:06.915 Versus the the ones that are more

NOTE Confidence: 0.878594421333333

01:55:06.915 --> 01:55:09.130 easily diagnosed or taken care

NOTE Confidence: 0.878594421333333

01:55:09.130 --> 01:55:10.970 of by other providers.

NOTE Confidence: 0.878594421333333

01:55:10.970 --> 01:55:12.728 So that's kind of, I think,

NOTE Confidence: 0.878594421333333

01:55:12.730 --> 01:55:15.172 interesting that these are some

NOTE Confidence: 0.878594421333333

01:55:15.172 --> 01:55:16.177 of the more common conditions.

NOTE Confidence: 0.878594421333333

01:55:16.180 --> 01:55:17.758 I would say 1020 years ago

NOTE Confidence: 0.886928446666667

01:55:17.770 --> 01:55:19.780 that you might have seen nowadays

NOTE Confidence: 0.874343541111111

01:55:19.790 --> 01:55:23.238 I I almost rarely see some of these

NOTE Confidence: 0.874343541111111

01:55:23.238 --> 01:55:25.065 conditions because they're followed
NOTE Confidence: 0.8743435411111111

01:55:25.065 --> 01:55:27.390 in other specialty clinics instead,
NOTE Confidence: 0.8743435411111111

01:55:27.390 --> 01:55:29.435 as other physicians become more
NOTE Confidence: 0.8743435411111111

01:55:29.435 --> 01:55:32.010 well versed with how to order.
NOTE Confidence: 0.8743435411111111

01:55:32.010 --> 01:55:33.665 You know simple genetic testing
NOTE Confidence: 0.8743435411111111

01:55:33.665 --> 01:55:34.989 rather than these medical.
NOTE Confidence: 0.8743435411111111

01:55:34.990 --> 01:55:36.925 District cases where it's best
NOTE Confidence: 0.8743435411111111

01:55:36.925 --> 01:55:39.130 referred to a general genetics clinic.
NOTE Confidence: 0.840143292

01:55:41.250 --> 01:55:44.740 Alright, so other than that.
NOTE Confidence: 0.840143292

01:55:44.740 --> 01:55:46.195 That's pretty much all I
NOTE Confidence: 0.840143292

01:55:46.195 --> 01:55:47.861 have for you guys today.
NOTE Confidence: 0.840143292

01:55:47.861 --> 01:55:51.640 I'm sorry I couldn't be there in person,
NOTE Confidence: 0.840143292

01:55:51.640 --> 01:55:53.536 but hopefully this was helpful and
NOTE Confidence: 0.840143292

01:55:53.536 --> 01:55:55.839 gave everyone a taste of what pediatric
NOTE Confidence: 0.840143292

01:55:55.839 --> 01:55:57.795 or general genetics may look like.
NOTE Confidence: 0.840143292

01:55:57.800 --> 01:55:59.100 Thanks again and bye.

NOTE Confidence: 0.8114208
01:56:03.430 --> 01:56:07.410 OK, so that was Emily with
NOTE Confidence: 0.8114208
01:56:07.410 --> 01:56:09.170 general and pediatric genetics.
NOTE Confidence: 0.8114208
01:56:09.170 --> 01:56:14.330 I'm going to. Let's see.
NOTE Confidence: 0.7729841375
01:56:14.330 --> 01:56:16.880 Amy, I think you're next before
NOTE Confidence: 0.7729841375
01:56:16.880 --> 01:56:19.398 our break. Hang in there everybody
NOTE Confidence: 0.821396346
01:56:19.670 --> 01:56:21.440 at 10 minutes for coffee
NOTE Confidence: 0.86408096625
01:56:21.450 --> 01:56:23.850 to come. But last but certainly
NOTE Confidence: 0.86408096625
01:56:23.850 --> 01:56:26.210 not least, we'll have a meet here.
NOTE Confidence: 0.915358065714286
01:56:36.350 --> 01:56:38.950 OK, good afternoon everyone.
NOTE Confidence: 0.915358065714286
01:56:38.950 --> 01:56:40.900 Hope that the.
NOTE Confidence: 0.915358065714286
01:56:40.900 --> 01:56:42.820 Your day's been going well.
NOTE Confidence: 0.915358065714286
01:56:42.820 --> 01:56:44.356 I'm going to share my screen.
NOTE Confidence: 0.931722196666667
01:56:48.880 --> 01:56:50.973 So today I am pleased to talk
NOTE Confidence: 0.931722196666667
01:56:50.973 --> 01:56:52.870 to you about about cancer,
NOTE Confidence: 0.931722196666667
01:56:52.870 --> 01:56:53.650 genetic counseling.
NOTE Confidence: 0.931722196666667

01:56:53.650 --> 01:56:55.600 My name is Amy Kelly.
NOTE Confidence: 0.931722196666667

01:56:55.600 --> 01:56:57.250 I'm a genetic counselor at
NOTE Confidence: 0.931722196666667

01:56:57.250 --> 01:56:58.240 Smilow Cancer genetics.
NOTE Confidence: 0.931722196666667

01:56:58.240 --> 01:57:01.630 I work closely with Alex.
NOTE Confidence: 0.931722196666667

01:57:01.630 --> 01:57:03.568 And just some background about me.
NOTE Confidence: 0.931722196666667

01:57:03.570 --> 01:57:05.318 I graduated from State
NOTE Confidence: 0.931722196666667

01:57:05.318 --> 01:57:07.066 University of New York.
NOTE Confidence: 0.931722196666667

01:57:07.070 --> 01:57:08.534 So Suni, Oswego,
NOTE Confidence: 0.931722196666667

01:57:08.534 --> 01:57:11.462 and 2014 with my Bachelors of
NOTE Confidence: 0.931722196666667

01:57:11.462 --> 01:57:14.363 Science in Zoology and then took
NOTE Confidence: 0.931722196666667

01:57:14.363 --> 01:57:16.718 one year off between graduating
NOTE Confidence: 0.931722196666667

01:57:16.718 --> 01:57:19.804 and going to my masters because I
NOTE Confidence: 0.931722196666667

01:57:19.804 --> 01:57:22.720 wanted time to apply for programs.
NOTE Confidence: 0.931722196666667

01:57:22.720 --> 01:57:24.710 Also wanted to get some
NOTE Confidence: 0.931722196666667

01:57:24.710 --> 01:57:25.506 volunteering experience.
NOTE Confidence: 0.931722196666667

01:57:25.510 --> 01:57:27.502 I graduated from the Icon School

NOTE Confidence: 0.931722196666667

01:57:27.502 --> 01:57:29.976 of Medicine at Mount Sinai with my

NOTE Confidence: 0.931722196666667

01:57:29.976 --> 01:57:32.142 masters in genetic counseling in 2017.

NOTE Confidence: 0.931722196666667

01:57:32.150 --> 01:57:34.558 And I'm board certified as a 2017

NOTE Confidence: 0.931722196666667

01:57:34.558 --> 01:57:36.474 and actually just recertified this

NOTE Confidence: 0.931722196666667

01:57:36.474 --> 01:57:38.904 year because as a genetic counselor

NOTE Confidence: 0.931722196666667

01:57:38.904 --> 01:57:41.610 need to recertify every five years.

NOTE Confidence: 0.931722196666667

01:57:41.610 --> 01:57:44.116 And I've been with the Smilow cancer

NOTE Confidence: 0.931722196666667

01:57:44.116 --> 01:57:46.048 genetics program since June of 2017,

NOTE Confidence: 0.931722196666667

01:57:46.050 --> 01:57:48.024 so coming up on my 5 year

NOTE Confidence: 0.931722196666667

01:57:48.024 --> 01:57:49.877 anniversary here where I practice

NOTE Confidence: 0.931722196666667

01:57:49.877 --> 01:57:51.290 specifically clinical cancer,

NOTE Confidence: 0.931722196666667

01:57:51.290 --> 01:57:52.140 genetic counseling.

NOTE Confidence: 0.746508814545454

01:57:54.590 --> 01:57:56.984 So just says an overview overview

NOTE Confidence: 0.746508814545454

01:57:56.984 --> 01:57:59.180 about hereditary cancer in general,

NOTE Confidence: 0.746508814545454

01:57:59.180 --> 01:58:01.760 we like to refer to red

NOTE Confidence: 0.746508814545454

01:58:01.760 --> 01:58:03.480 flags for hereditary cancer.
NOTE Confidence: 0.746508814545454

01:58:03.480 --> 01:58:06.186 That just means that there's specific
NOTE Confidence: 0.746508814545454

01:58:06.186 --> 01:58:07.990 findings in someone's family
NOTE Confidence: 0.746508814545454

01:58:08.058 --> 01:58:10.230 that may be more suspicious that
NOTE Confidence: 0.746508814545454

01:58:10.230 --> 01:58:12.500 the cancers could be hereditary.
NOTE Confidence: 0.746508814545454

01:58:12.500 --> 01:58:14.156 That would be the big thing.
NOTE Confidence: 0.746508814545454

01:58:14.160 --> 01:58:15.488 Cancers at early ages,
NOTE Confidence: 0.746508814545454

01:58:15.488 --> 01:58:17.148 and that's not all cancers.
NOTE Confidence: 0.746508814545454

01:58:17.150 --> 01:58:18.890 Some cancers may naturally occur
NOTE Confidence: 0.746508814545454

01:58:18.890 --> 01:58:21.320 in younger ages, but for example,
NOTE Confidence: 0.746508814545454

01:58:21.320 --> 01:58:23.620 breast cancer diagnosed under 50,
NOTE Confidence: 0.746508814545454

01:58:23.620 --> 01:58:24.080 particularly.
NOTE Confidence: 0.746508814545454

01:58:24.080 --> 01:58:27.760 Under 45 that is in and of itself
NOTE Confidence: 0.746508814545454

01:58:27.760 --> 01:58:30.265 suspicious of a hereditary predisposition
NOTE Confidence: 0.746508814545454

01:58:30.265 --> 01:58:33.211 to develop that type of cancer.
NOTE Confidence: 0.746508814545454

01:58:33.220 --> 01:58:35.628 Another thing that we may see is

NOTE Confidence: 0.746508814545454

01:58:35.628 --> 01:58:37.303 multiple family members in the

NOTE Confidence: 0.746508814545454

01:58:37.303 --> 01:58:39.037 same family with the same type

NOTE Confidence: 0.746508814545454

01:58:39.037 --> 01:58:41.030 of cancer or associated cancers.

NOTE Confidence: 0.746508814545454

01:58:41.030 --> 01:58:43.232 So that would be multiple people

NOTE Confidence: 0.746508814545454

01:58:43.232 --> 01:58:45.044 and multiple generations on one

NOTE Confidence: 0.746508814545454

01:58:45.044 --> 01:58:46.168 side of the family,

NOTE Confidence: 0.746508814545454

01:58:46.170 --> 01:58:48.966 all with colon cancer for example.

NOTE Confidence: 0.746508814545454

01:58:48.970 --> 01:58:51.370 Or there are some cancers when

NOTE Confidence: 0.746508814545454

01:58:51.370 --> 01:58:52.570 they are hereditary,

NOTE Confidence: 0.746508814545454

01:58:52.570 --> 01:58:54.550 they can be associated with other

NOTE Confidence: 0.746508814545454

01:58:54.550 --> 01:58:56.920 risks of other cancers such as breast

NOTE Confidence: 0.746508814545454

01:58:56.920 --> 01:58:58.900 or ovarian cancer or pancreatic cancer

NOTE Confidence: 0.746508814545454

01:58:58.900 --> 01:59:00.939 in the same family we're seeing

NOTE Confidence: 0.746508814545454

01:59:00.939 --> 01:59:03.304 colon and uterine cancer in the same.

NOTE Confidence: 0.746508814545454

01:59:03.304 --> 01:59:03.661 Family,

NOTE Confidence: 0.746508814545454

01:59:03.661 --> 01:59:05.089 so it's not necessarily
NOTE Confidence: 0.746508814545454

01:59:05.089 --> 01:59:06.879 seeing more cancer in general,
NOTE Confidence: 0.746508814545454

01:59:06.880 --> 01:59:09.064 but sometimes it can be a risk factor,
NOTE Confidence: 0.746508814545454

01:59:09.070 --> 01:59:11.482 but particularly this the same type
NOTE Confidence: 0.746508814545454

01:59:11.482 --> 01:59:14.013 of cancer or known associated cancers
NOTE Confidence: 0.746508814545454

01:59:14.013 --> 01:59:16.967 that's that would be a red flag.
NOTE Confidence: 0.746508814545454

01:59:16.970 --> 01:59:17.638 Rare cancer,
NOTE Confidence: 0.746508814545454

01:59:17.638 --> 01:59:19.308 some cancers are very rare
NOTE Confidence: 0.746508814545454

01:59:19.308 --> 01:59:21.300 and may not be hereditary,
NOTE Confidence: 0.746508814545454

01:59:21.300 --> 01:59:23.556 but there are specific cancers that
NOTE Confidence: 0.746508814545454

01:59:23.556 --> 01:59:26.731 are rare that are more likely to be
NOTE Confidence: 0.746508814545454

01:59:26.731 --> 01:59:28.970 hereditary that includes ovarian cancer,
NOTE Confidence: 0.746508814545454

01:59:28.970 --> 01:59:31.302 pancreatic cancer, or male breast cancer.
NOTE Confidence: 0.746508814545454

01:59:31.302 --> 01:59:32.481 Those cancers, specifically,
NOTE Confidence: 0.746508814545454

01:59:32.481 --> 01:59:35.307 are more likely to be hereditary.
NOTE Confidence: 0.746508814545454

01:59:35.310 --> 01:59:35.954 Other cancers,

NOTE Confidence: 0.746508814545454

01:59:35.954 --> 01:59:38.530 such as these tumors with very long names,

NOTE Confidence: 0.746508814545454

01:59:38.530 --> 01:59:40.660 paragangliomas and pheochromocytomas,

NOTE Confidence: 0.746508814545454

01:59:40.660 --> 01:59:42.790 are rare tumors.

NOTE Confidence: 0.746508814545454

01:59:42.790 --> 01:59:44.910 Paragangliomas are typically benign.

NOTE Confidence: 0.746508814545454

01:59:44.910 --> 01:59:46.500 They occur along.

NOTE Confidence: 0.746508814545454

01:59:46.500 --> 01:59:49.330 This axis of the body.

NOTE Confidence: 0.746508814545454

01:59:49.330 --> 01:59:51.283 But they are very rare tumors that

NOTE Confidence: 0.746508814545454

01:59:51.283 --> 01:59:53.542 are actually have a high percentage of

NOTE Confidence: 0.746508814545454

01:59:53.542 --> 01:59:55.242 high likelihood of being hereditary.

NOTE Confidence: 0.746508814545454

01:59:55.250 --> 01:59:58.036 A few chroma cytoma is essentially a

NOTE Confidence: 0.746508814545454

01:59:58.036 --> 02:00:00.689 paraganglioma that sits on the adrenal gland,

NOTE Confidence: 0.746508814545454

02:00:00.690 --> 02:00:02.811 so right above the kidney and people

NOTE Confidence: 0.746508814545454

02:00:02.811 --> 02:00:04.928 with a feel chromo cytoma presence

NOTE Confidence: 0.746508814545454

02:00:04.928 --> 02:00:08.035 on the kidney may develop symptoms

NOTE Confidence: 0.746508814545454

02:00:08.035 --> 02:00:11.310 of essentially overactive fight or

NOTE Confidence: 0.746508814545454

02:00:11.310 --> 02:00:14.082 flight symptoms such as anxiety,
NOTE Confidence: 0.746508814545454

02:00:14.082 --> 02:00:15.390 sweating, flushing, etcetera.
NOTE Confidence: 0.746508814545454

02:00:15.390 --> 02:00:18.009 So those tumors, specifically rare tumors,
NOTE Confidence: 0.746508814545454

02:00:18.009 --> 02:00:21.390 are also known to be more likely
NOTE Confidence: 0.746508814545454

02:00:21.482 --> 02:00:22.898 to be hereditary.
NOTE Confidence: 0.746508814545454

02:00:22.900 --> 02:00:25.315 Cancers that are unusually aggressive
NOTE Confidence: 0.746508814545454

02:00:25.315 --> 02:00:28.729 so those cancers could be things like.
NOTE Confidence: 0.746508814545454

02:00:28.730 --> 02:00:30.835 Prostate cancer prostate cancer is
NOTE Confidence: 0.746508814545454

02:00:30.835 --> 02:00:33.950 very common in the in the general
NOTE Confidence: 0.746508814545454

02:00:33.950 --> 02:00:35.763 population for men, however,
NOTE Confidence: 0.746508814545454

02:00:35.763 --> 02:00:37.828 it's less common for prostate
NOTE Confidence: 0.746508814545454

02:00:37.828 --> 02:00:40.375 cancer to be aggressive or be a
NOTE Confidence: 0.746508814545454

02:00:40.375 --> 02:00:41.750 cause of the man's death.
NOTE Confidence: 0.746508814545454

02:00:41.750 --> 02:00:44.108 So when we see prostate cancer,
NOTE Confidence: 0.746508814545454

02:00:44.110 --> 02:00:45.615 that is aggressive or spread
NOTE Confidence: 0.746508814545454

02:00:45.615 --> 02:00:47.490 to other parts of the body.

NOTE Confidence: 0.746508814545454

02:00:47.490 --> 02:00:50.080 That is also a red flag for

NOTE Confidence: 0.746508814545454

02:00:50.080 --> 02:00:52.180 that cancer being hereditary.

NOTE Confidence: 0.746508814545454

02:00:52.180 --> 02:00:54.055 Or one person having multiple

NOTE Confidence: 0.746508814545454

02:00:54.055 --> 02:00:56.456 types of cancer cancer is common

NOTE Confidence: 0.746508814545454

02:00:56.456 --> 02:00:58.256 in the general population.

NOTE Confidence: 0.746508814545454

02:00:58.260 --> 02:01:00.920 One in three people will develop cancer.

NOTE Confidence: 0.746508814545454

02:01:00.920 --> 02:01:01.490 However,

NOTE Confidence: 0.746508814545454

02:01:01.490 --> 02:01:04.340 seeing one person with multiple

NOTE Confidence: 0.746508814545454

02:01:04.340 --> 02:01:06.620 cancers does increase suspicion

NOTE Confidence: 0.746508814545454

02:01:06.706 --> 02:01:10.087 that that person may have a genetic

NOTE Confidence: 0.746508814545454

02:01:10.087 --> 02:01:11.808 predisposition to develop more

NOTE Confidence: 0.746508814545454

02:01:11.808 --> 02:01:13.416 more than one type of cancer.

NOTE Confidence: 0.746508814545454

02:01:13.420 --> 02:01:15.832 So that includes women or men

NOTE Confidence: 0.746508814545454

02:01:15.832 --> 02:01:17.440 who have bilateral breast

NOTE Confidence: 0.92188514

02:01:17.518 --> 02:01:19.805 cancer. So cancer in both breasts

NOTE Confidence: 0.92188514

02:01:19.805 --> 02:01:21.580 or someone who've had colon.
NOTE Confidence: 0.92188514

02:01:21.580 --> 02:01:24.540 Or any uterine cancer.
NOTE Confidence: 0.92188514

02:01:24.540 --> 02:01:26.520 Additionally, we also know that
NOTE Confidence: 0.92188514

02:01:26.520 --> 02:01:28.500 individuals who are Ashkenazi Jewish
NOTE Confidence: 0.92188514

02:01:28.564 --> 02:01:30.868 are more likely to specifically have
NOTE Confidence: 0.92188514

02:01:30.868 --> 02:01:32.880 hereditary breast and ovarian cancer,
NOTE Confidence: 0.92188514

02:01:32.880 --> 02:01:34.995 which I will talk about a little in a
NOTE Confidence: 0.92188514

02:01:34.995 --> 02:01:36.740 little bit, but there are two genes,
NOTE Confidence: 0.92188514

02:01:36.740 --> 02:01:39.218 specifically BRC one and BRC 2
NOTE Confidence: 0.92188514

02:01:39.218 --> 02:01:42.025 that anyone of any ethnicity or
NOTE Confidence: 0.92188514

02:01:42.025 --> 02:01:44.680 ancestry can have mutations in.
NOTE Confidence: 0.92188514

02:01:44.680 --> 02:01:46.665 However, individuals who are Ashkenazi
NOTE Confidence: 0.92188514

02:01:46.665 --> 02:01:49.024 Jewish have a higher likelihood of
NOTE Confidence: 0.92188514

02:01:49.024 --> 02:01:50.920 having mutations in these two genes,
NOTE Confidence: 0.92188514

02:01:50.920 --> 02:01:52.955 specifically one in 40 people
NOTE Confidence: 0.92188514

02:01:52.955 --> 02:01:54.583 that are Ashkenazi Jewish.

NOTE Confidence: 0.92188514

02:01:54.590 --> 02:01:57.262 Will have a BRCA one or BRCA 2

NOTE Confidence: 0.92188514

02:01:57.262 --> 02:01:59.478 mutation compared to the non Ashkenazi

NOTE Confidence: 0.92188514

02:01:59.478 --> 02:02:02.040 population which is about one in 400.

NOTE Confidence: 0.8995482

02:02:03.730 --> 02:02:04.610 Now for a quick

NOTE Confidence: 0.765095714444444

02:02:04.620 --> 02:02:08.512 poll. So, so I mentioned cancer is

NOTE Confidence: 0.765095714444444

02:02:08.512 --> 02:02:11.373 very common, but approximately what

NOTE Confidence: 0.765095714444444

02:02:11.373 --> 02:02:14.278 percentage of cancers are hereditary?

NOTE Confidence: 0.765095714444444

02:02:14.280 --> 02:02:17.952 Is it less than 5%? Is it between 5

NOTE Confidence: 0.765095714444444

02:02:17.952 --> 02:02:20.386 to 10% and again popping average?

NOTE Confidence: 0.765095714444444

02:02:20.386 --> 02:02:23.085 Here is between 20 to 25%?

NOTE Confidence: 0.765095714444444

02:02:23.085 --> 02:02:25.710 Or is it around 40%?

NOTE Confidence: 0.765095714444444

02:02:25.710 --> 02:02:28.608 So take a couple seconds think.

NOTE Confidence: 0.765095714444444

02:02:28.610 --> 02:02:29.600 Approximately what percentage

NOTE Confidence: 0.765095714444444

02:02:29.600 --> 02:02:30.920 of cancers are hereditary?

NOTE Confidence: 0.8985006

02:02:46.670 --> 02:02:49.226 No 46% great guys have. That's

NOTE Confidence: 0.8985006

02:02:49.226 --> 02:02:51.110 basically all you guys can all be.
NOTE Confidence: 0.759729175714286

02:02:51.110 --> 02:02:52.163 Cancer genetic counselors
NOTE Confidence: 0.759729175714286

02:02:52.163 --> 02:02:53.567 now so that's correct.
NOTE Confidence: 0.759729175714286

02:02:53.570 --> 02:02:56.594 So most about 5 to 10% on average
NOTE Confidence: 0.759729175714286

02:02:56.594 --> 02:02:58.646 of cancers are hereditary which a
NOTE Confidence: 0.759729175714286

02:02:58.646 --> 02:03:01.147 lot of patients are surprised by.
NOTE Confidence: 0.759729175714286

02:03:01.150 --> 02:03:04.358 I think it's a almost this idea that
NOTE Confidence: 0.759729175714286

02:03:04.358 --> 02:03:07.201 most cancers hereditary, but five to 10%.
NOTE Confidence: 0.759729175714286

02:03:07.201 --> 02:03:08.856 Definitely not a small amount,
NOTE Confidence: 0.759729175714286

02:03:08.860 --> 02:03:11.920 but the grand majority are
NOTE Confidence: 0.759729175714286

02:03:11.920 --> 02:03:13.756 actually not hereditary.
NOTE Confidence: 0.759729175714286

02:03:13.760 --> 02:03:15.290 And there's little nice little pie
NOTE Confidence: 0.759729175714286

02:03:15.290 --> 02:03:17.784 chart here, So what causes cancer?
NOTE Confidence: 0.759729175714286

02:03:17.784 --> 02:03:20.856 70% of cancer we consider to be sporadic,
NOTE Confidence: 0.759729175714286

02:03:20.860 --> 02:03:24.185 meaning that it's due to things like
NOTE Confidence: 0.759729175714286

02:03:24.185 --> 02:03:27.200 the environment like asbestos exposure,

NOTE Confidence: 0.759729175714286
02:03:27.200 --> 02:03:30.370 radiation exposure, things like lifestyle.
NOTE Confidence: 0.759729175714286
02:03:30.370 --> 02:03:32.620 We know that tobacco use can be a risk
NOTE Confidence: 0.759729175714286
02:03:32.620 --> 02:03:34.538 factor for certain types of cancers,
NOTE Confidence: 0.759729175714286
02:03:34.540 --> 02:03:35.785 including lung cancer.
NOTE Confidence: 0.759729175714286
02:03:35.785 --> 02:03:37.860 The natural aging process is
NOTE Confidence: 0.759729175714286
02:03:37.860 --> 02:03:40.419 also a risk factor for cancer.
NOTE Confidence: 0.759729175714286
02:03:40.420 --> 02:03:42.124 That's why we tend to see
NOTE Confidence: 0.759729175714286
02:03:42.124 --> 02:03:42.976 cancers diagnosed and.
NOTE Confidence: 0.759729175714286
02:03:42.980 --> 02:03:45.045 And older ages because as we age
NOTE Confidence: 0.759729175714286
02:03:45.045 --> 02:03:47.347 we have a higher likelihood of
NOTE Confidence: 0.759729175714286
02:03:47.347 --> 02:03:49.592 acquiring a random mutation that
NOTE Confidence: 0.759729175714286
02:03:49.592 --> 02:03:52.109 could then develop into a cancer.
NOTE Confidence: 0.759729175714286
02:03:52.110 --> 02:03:54.440 Also, sometimes cancer does just
NOTE Confidence: 0.759729175714286
02:03:54.440 --> 02:03:57.390 occur due to complete random chance.
NOTE Confidence: 0.759729175714286
02:03:57.390 --> 02:04:00.106 You see Heritary familial and those two.
NOTE Confidence: 0.759729175714286

02:04:00.110 --> 02:04:02.786 Those terms do sound very similar.
NOTE Confidence: 0.759729175714286

02:04:02.790 --> 02:04:04.755 We distinguish them in cancer
NOTE Confidence: 0.759729175714286

02:04:04.755 --> 02:04:06.327 genetics a little bit.
NOTE Confidence: 0.759729175714286

02:04:06.330 --> 02:04:08.630 20% of cancer is familial.
NOTE Confidence: 0.759729175714286

02:04:08.630 --> 02:04:09.282 Familial means.
NOTE Confidence: 0.759729175714286

02:04:09.282 --> 02:04:11.564 You may see clusters of the same
NOTE Confidence: 0.759729175714286

02:04:11.564 --> 02:04:13.810 type of cancer in someone's family.
NOTE Confidence: 0.759729175714286

02:04:13.810 --> 02:04:14.373 However,
NOTE Confidence: 0.759729175714286

02:04:14.373 --> 02:04:18.877 we do not find one single genetic change.
NOTE Confidence: 0.759729175714286

02:04:18.880 --> 02:04:20.860 One single gene mutation that
NOTE Confidence: 0.759729175714286

02:04:20.860 --> 02:04:22.048 is causing those.
NOTE Confidence: 0.759729175714286

02:04:22.050 --> 02:04:25.586 Answers so we do think that for familial
NOTE Confidence: 0.759729175714286

02:04:25.586 --> 02:04:28.979 cancer there may be small genetic factors,
NOTE Confidence: 0.759729175714286

02:04:28.980 --> 02:04:31.636 possibly in multiple genes,
NOTE Confidence: 0.759729175714286

02:04:31.636 --> 02:04:33.863 possibly polygenic that is
NOTE Confidence: 0.759729175714286

02:04:33.863 --> 02:04:35.947 working with shared environmental

NOTE Confidence: 0.759729175714286
02:04:35.947 --> 02:04:38.160 factors and lifestyle factors,
NOTE Confidence: 0.759729175714286
02:04:38.160 --> 02:04:39.668 because families often live
NOTE Confidence: 0.759729175714286
02:04:39.668 --> 02:04:41.176 in the same locations,
NOTE Confidence: 0.759729175714286
02:04:41.180 --> 02:04:42.896 live have similar lifestyles,
NOTE Confidence: 0.759729175714286
02:04:42.896 --> 02:04:45.470 and this combination may create an
NOTE Confidence: 0.759729175714286
02:04:45.539 --> 02:04:47.747 overall higher risk of cancer in
NOTE Confidence: 0.759729175714286
02:04:47.747 --> 02:04:49.943 that one family that's not caused
NOTE Confidence: 0.759729175714286
02:04:49.943 --> 02:04:51.536 by one single gene hereditary.
NOTE Confidence: 0.759729175714286
02:04:51.536 --> 02:04:53.904 Is a type of cancer that we can
NOTE Confidence: 0.759729175714286
02:04:53.904 --> 02:04:56.010 do genetic testing for that means
NOTE Confidence: 0.759729175714286
02:04:56.010 --> 02:04:58.235 someone is born with or they
NOTE Confidence: 0.759729175714286
02:04:58.235 --> 02:05:00.330 inherit one single genetic change.
NOTE Confidence: 0.759729175714286
02:05:00.330 --> 02:05:03.228 A harmful gene mutation or pathogenic
NOTE Confidence: 0.759729175714286
02:05:03.228 --> 02:05:05.160 variant that predisposes them
NOTE Confidence: 0.759729175714286
02:05:05.235 --> 02:05:07.595 over their lifetime to developing
NOTE Confidence: 0.759729175714286

02:05:07.595 --> 02:05:09.483 certain types of cancers.
NOTE Confidence: 0.759729175714286

02:05:09.490 --> 02:05:11.492 And this is an overview of what
NOTE Confidence: 0.759729175714286

02:05:11.492 --> 02:05:13.754 what we think about. You know why?
NOTE Confidence: 0.759729175714286

02:05:13.754 --> 02:05:15.026 How why cancer develops.
NOTE Confidence: 0.759729175714286

02:05:15.030 --> 02:05:16.274 This is an oversimplification,
NOTE Confidence: 0.759729175714286

02:05:16.274 --> 02:05:18.548 but I think it kind of drives
NOTE Confidence: 0.759729175714286

02:05:18.548 --> 02:05:20.935 the point home of why there is
NOTE Confidence: 0.759729175714286

02:05:20.935 --> 02:05:21.617 this predisposition.
NOTE Confidence: 0.759729175714286

02:05:21.620 --> 02:05:23.240 So on the top these are
NOTE Confidence: 0.759729175714286

02:05:23.240 --> 02:05:24.710 cells cells in the body,
NOTE Confidence: 0.759729175714286

02:05:24.710 --> 02:05:26.504 so everyone as we know has
NOTE Confidence: 0.759729175714286

02:05:26.504 --> 02:05:28.110 2 copies of every gene,
NOTE Confidence: 0.759729175714286

02:05:28.110 --> 02:05:30.846 so with sporadic cancer at the top.
NOTE Confidence: 0.759729175714286

02:05:30.846 --> 02:05:33.120 Overtime a gene could acquire a
NOTE Confidence: 0.759729175714286

02:05:33.204 --> 02:05:35.706 mutation again due to some sporadic
NOTE Confidence: 0.759729175714286

02:05:35.706 --> 02:05:38.370 factors such as the environment,

NOTE Confidence: 0.759729175714286
02:05:38.370 --> 02:05:41.074 lifestyle, aging, random chance,
NOTE Confidence: 0.759729175714286
02:05:41.074 --> 02:05:41.750 however,
NOTE Confidence: 0.759729175714286
02:05:41.750 --> 02:05:43.598 that second copy of the gene
NOTE Confidence: 0.759729175714286
02:05:43.598 --> 02:05:44.522 is still working,
NOTE Confidence: 0.759729175714286
02:05:44.530 --> 02:05:46.315 so that cell continues to
NOTE Confidence: 0.759729175714286
02:05:46.315 --> 02:05:47.743 grow and act normally.
NOTE Confidence: 0.759729175714286
02:05:47.750 --> 02:05:50.510 It's only when someone acquires a second hit,
NOTE Confidence: 0.759729175714286
02:05:50.510 --> 02:05:52.982 someone the gene requires a second
NOTE Confidence: 0.759729175714286
02:05:52.982 --> 02:05:55.350 hit that that cell essentially
NOTE Confidence: 0.759729175714286
02:05:55.350 --> 02:05:57.890 maybe nonfunctional and through
NOTE Confidence: 0.759729175714286
02:05:57.890 --> 02:05:59.799 other complicated processes can
NOTE Confidence: 0.759729175714286
02:05:59.799 --> 02:06:02.760 then go on to become a tumor.
NOTE Confidence: 0.759729175714286
02:06:02.760 --> 02:06:05.637 Where that cell growth is now not
NOTE Confidence: 0.759729175714286
02:06:05.637 --> 02:06:07.880 regulated with an inherited mutation,
NOTE Confidence: 0.759729175714286
02:06:07.880 --> 02:06:09.524 it's different because someone's
NOTE Confidence: 0.759729175714286

02:06:09.524 --> 02:06:11.579 already born with a mutation
NOTE Confidence: 0.759729175714286

02:06:11.579 --> 02:06:13.659 already in one copy of their genes,
NOTE Confidence: 0.900804462727273

02:06:13.660 --> 02:06:15.286 and this is present in all
NOTE Confidence: 0.900804462727273

02:06:15.286 --> 02:06:16.740 the cells of their body.
NOTE Confidence: 0.900804462727273

02:06:16.740 --> 02:06:19.211 However, they have one copy of the
NOTE Confidence: 0.900804462727273

02:06:19.211 --> 02:06:21.385 gene is still working normally.
NOTE Confidence: 0.900804462727273

02:06:21.385 --> 02:06:22.960 So essentially though,
NOTE Confidence: 0.900804462727273

02:06:22.960 --> 02:06:26.110 that one copy can work throughout
NOTE Confidence: 0.900804462727273

02:06:26.191 --> 02:06:28.258 someone's entire lifetime,
NOTE Confidence: 0.900804462727273

02:06:28.260 --> 02:06:29.724 but since someone's essentially
NOTE Confidence: 0.900804462727273

02:06:29.724 --> 02:06:31.554 down a line of defense,
NOTE Confidence: 0.900804462727273

02:06:31.560 --> 02:06:32.950 if someone needs to acquire.
NOTE Confidence: 0.900804462727273

02:06:32.950 --> 02:06:35.422 Only a single mutation in that one copy
NOTE Confidence: 0.900804462727273

02:06:35.422 --> 02:06:38.195 of the gene to then start the process,
NOTE Confidence: 0.900804462727273

02:06:38.200 --> 02:06:40.520 potentially of a tumor developing,
NOTE Confidence: 0.900804462727273

02:06:40.520 --> 02:06:43.072 so that is why with hereditary cancers we

NOTE Confidence: 0.900804462727273

02:06:43.072 --> 02:06:45.695 may just see more cancer in the family,

NOTE Confidence: 0.900804462727273

02:06:45.700 --> 02:06:48.720 younger cancers, more rare cancers,

NOTE Confidence: 0.900804462727273

02:06:48.720 --> 02:06:50.700 multiple cancers in one person.

NOTE Confidence: 0.900804462727273

02:06:50.700 --> 02:06:51.681 Things like that,

NOTE Confidence: 0.900804462727273

02:06:51.681 --> 02:06:53.316 and this is called this.

NOTE Confidence: 0.900804462727273

02:06:53.320 --> 02:06:55.635 This process is called knudsens

NOTE Confidence: 0.900804462727273

02:06:55.635 --> 02:06:58.555 2 hit hypothesis of why cancer

NOTE Confidence: 0.900804462727273

02:06:58.555 --> 02:07:00.623 develops and why specifically

NOTE Confidence: 0.900804462727273

02:07:00.623 --> 02:07:02.416 we see Hereditary Cancer Act.

NOTE Confidence: 0.900804462727273

02:07:02.416 --> 02:07:03.928 The way or present the way

NOTE Confidence: 0.900804462727273

02:07:03.928 --> 02:07:05.447 it does in certain families.

NOTE Confidence: 0.891500639666666

02:07:08.480 --> 02:07:10.664 So just want to talk about a typical

NOTE Confidence: 0.891500639666666

02:07:10.664 --> 02:07:12.856 day for a cancer genetic counselor and

NOTE Confidence: 0.891500639666666

02:07:12.856 --> 02:07:15.494 I'd like to start by talking about an

NOTE Confidence: 0.891500639666666

02:07:15.494 --> 02:07:17.797 example case so I know we've talked.

NOTE Confidence: 0.891500639666666

02:07:17.800 --> 02:07:19.660 My other colleagues have talked
NOTE Confidence: 0.8915006396666666

02:07:19.660 --> 02:07:21.520 about genetic counseling in general,
NOTE Confidence: 0.8915006396666666

02:07:21.520 --> 02:07:24.000 so I won't go into the details of
NOTE Confidence: 0.8915006396666666

02:07:24.000 --> 02:07:26.680 exactly the genetic counseling process,
NOTE Confidence: 0.8915006396666666

02:07:26.680 --> 02:07:29.151 but but essentially the patients that I
NOTE Confidence: 0.8915006396666666

02:07:29.151 --> 02:07:31.947 see are those who have who have cancer,
NOTE Confidence: 0.8915006396666666

02:07:31.950 --> 02:07:34.022 who have had cancer or who have
NOTE Confidence: 0.8915006396666666

02:07:34.022 --> 02:07:35.400 family history of cancer,
NOTE Confidence: 0.8915006396666666

02:07:35.400 --> 02:07:36.816 and the goal through a pedigree
NOTE Confidence: 0.8915006396666666

02:07:36.816 --> 02:07:38.120 is to look for those.
NOTE Confidence: 0.8915006396666666

02:07:38.120 --> 02:07:40.668 Red flags that I mentioned earlier to
NOTE Confidence: 0.8915006396666666

02:07:40.668 --> 02:07:42.824 determine what is the likelihood or
NOTE Confidence: 0.8915006396666666

02:07:42.824 --> 02:07:45.692 the risk that there is a hereditary
NOTE Confidence: 0.8915006396666666

02:07:45.692 --> 02:07:48.584 predisposition to cancer in someone's family.
NOTE Confidence: 0.8915006396666666

02:07:48.590 --> 02:07:50.578 So for this case this is a
NOTE Confidence: 0.8915006396666666

02:07:50.578 --> 02:07:52.030 63 year old female.

NOTE Confidence: 0.8915006396666666
02:07:52.030 --> 02:07:53.740 She was diagnosed with breast
NOTE Confidence: 0.8915006396666666
02:07:53.740 --> 02:07:55.450 cancer when she was 56.
NOTE Confidence: 0.8915006396666666
02:07:55.450 --> 02:07:57.886 She never had genetic testing previously,
NOTE Confidence: 0.8915006396666666
02:07:57.890 --> 02:08:00.482 but she came in now to talk about
NOTE Confidence: 0.8915006396666666
02:08:00.482 --> 02:08:01.992 genetic testing in her family.
NOTE Confidence: 0.8915006396666666
02:08:01.992 --> 02:08:05.430 There's even see a lot of cancer going on.
NOTE Confidence: 0.8915006396666666
02:08:05.430 --> 02:08:08.130 All those little dark dark corners.
NOTE Confidence: 0.8915006396666666
02:08:08.130 --> 02:08:10.118 And her maternal side of the family,
NOTE Confidence: 0.8915006396666666
02:08:10.120 --> 02:08:13.060 there is a mutation in a specific
NOTE Confidence: 0.8915006396666666
02:08:13.060 --> 02:08:14.320 gene called ATM,
NOTE Confidence: 0.8915006396666666
02:08:14.320 --> 02:08:16.917 so her cousin had breast cancer and
NOTE Confidence: 0.8915006396666666
02:08:16.917 --> 02:08:19.647 has reportedly an ATM mutation which I
NOTE Confidence: 0.8915006396666666
02:08:19.647 --> 02:08:22.335 could not confirm with records and ATM
NOTE Confidence: 0.8915006396666666
02:08:22.335 --> 02:08:24.743 which I will talk about in a little
NOTE Confidence: 0.8915006396666666
02:08:24.743 --> 02:08:28.354 bit is a moderate risk breast cancer gene.
NOTE Confidence: 0.8915006396666666

02:08:28.360 --> 02:08:30.880 So the ATM mutation may be playing a
NOTE Confidence: 0.8915006396666666

02:08:30.880 --> 02:08:33.252 role in her cousin's breast cancer
NOTE Confidence: 0.8915006396666666

02:08:33.252 --> 02:08:36.180 and that is a hereditary cancer gene.
NOTE Confidence: 0.8915006396666666

02:08:36.180 --> 02:08:38.790 However, it appeared based on what?
NOTE Confidence: 0.8915006396666666

02:08:38.790 --> 02:08:41.052 Patient reported that that ATM mutation
NOTE Confidence: 0.8915006396666666

02:08:41.052 --> 02:08:43.160 was coming from her cousin's father,
NOTE Confidence: 0.8915006396666666

02:08:43.160 --> 02:08:46.090 which is not a blood relative to my patient,
NOTE Confidence: 0.8915006396666666

02:08:46.090 --> 02:08:48.310 meaning that my patient would not
NOTE Confidence: 0.8915006396666666

02:08:48.310 --> 02:08:50.789 have been at risk of inheriting
NOTE Confidence: 0.8915006396666666

02:08:50.789 --> 02:08:52.629 that that same mutation.
NOTE Confidence: 0.8915006396666666

02:08:52.630 --> 02:08:54.828 So thinking about red flags in her
NOTE Confidence: 0.8915006396666666

02:08:54.828 --> 02:08:57.171 family when we're also seeing is apart
NOTE Confidence: 0.8915006396666666

02:08:57.171 --> 02:08:59.169 from her history of breast cancer,
NOTE Confidence: 0.8915006396666666

02:08:59.170 --> 02:09:00.990 which is not a very young age.
NOTE Confidence: 0.8915006396666666

02:09:00.990 --> 02:09:01.965 It's over 50.
NOTE Confidence: 0.8915006396666666

02:09:01.965 --> 02:09:03.265 It was after menopause,

NOTE Confidence: 0.8915006396666666
02:09:03.270 --> 02:09:06.007 which is less likely to be hereditary.
NOTE Confidence: 0.8915006396666666
02:09:06.010 --> 02:09:08.362 We do see an ovarian cancer in
NOTE Confidence: 0.8915006396666666
02:09:08.362 --> 02:09:09.370 her maternal great.
NOTE Confidence: 0.8915006396666666
02:09:09.370 --> 02:09:09.707 Aunt,
NOTE Confidence: 0.8915006396666666
02:09:09.707 --> 02:09:12.403 but a little bit distant to her and
NOTE Confidence: 0.8915006396666666
02:09:12.403 --> 02:09:14.709 related through her mother who is 83
NOTE Confidence: 0.8915006396666666
02:09:14.709 --> 02:09:17.289 with no cancer on her father's side.
NOTE Confidence: 0.8915006396666666
02:09:17.290 --> 02:09:18.090 However,
NOTE Confidence: 0.8915006396666666
02:09:18.090 --> 02:09:20.350 her paternal uncle did die
NOTE Confidence: 0.8915006396666666
02:09:20.350 --> 02:09:21.490 from prostate cancer,
NOTE Confidence: 0.8915006396666666
02:09:21.490 --> 02:09:23.350 and if you remember the prostate
NOTE Confidence: 0.8915006396666666
02:09:23.350 --> 02:09:24.890 cancer is common in men.
NOTE Confidence: 0.8915006396666666
02:09:24.890 --> 02:09:27.450 One in nine men will develop prostate cancer.
NOTE Confidence: 0.8915006396666666
02:09:27.450 --> 02:09:29.810 Metastatic prostate cancer is less
NOTE Confidence: 0.8915006396666666
02:09:29.810 --> 02:09:33.216 common and more likely to be hereditary
NOTE Confidence: 0.8915006396666666

02:09:33.216 --> 02:09:36.108 and also thinking about a pedigree.
NOTE Confidence: 0.8915006396666666

02:09:36.110 --> 02:09:38.422 I think about limitations
NOTE Confidence: 0.8915006396666666

02:09:38.422 --> 02:09:40.156 in family histories.
NOTE Confidence: 0.8915006396666666

02:09:40.160 --> 02:09:43.679 Her father's side is is small with only men,
NOTE Confidence: 0.8915006396666666

02:09:43.680 --> 02:09:45.660 which can limit an assessment.
NOTE Confidence: 0.8915006396666666

02:09:45.660 --> 02:09:48.363 So this is I like this case because it
NOTE Confidence: 0.8915006396666666

02:09:48.363 --> 02:09:50.750 shows kind of the importance of taking
NOTE Confidence: 0.8915006396666666

02:09:50.814 --> 02:09:53.376 into account both sides of the family
NOTE Confidence: 0.8915006396666666

02:09:53.376 --> 02:09:55.740 thinking about those associated cancers,
NOTE Confidence: 0.8915006396666666

02:09:55.740 --> 02:09:56.736 thinking about what.
NOTE Confidence: 0.8915006396666666

02:09:56.736 --> 02:09:59.060 What can we confirm with the records?
NOTE Confidence: 0.8915006396666666

02:09:59.060 --> 02:10:01.040 Ideally we always want to confirm
NOTE Confidence: 0.8915006396666666

02:10:01.040 --> 02:10:02.360 test results with records,
NOTE Confidence: 0.8915006396666666

02:10:02.360 --> 02:10:03.560 but sometimes we can't.
NOTE Confidence: 0.8915006396666666

02:10:03.560 --> 02:10:06.440 So this is a great case to show that even
NOTE Confidence: 0.8915006396666666

02:10:06.440 --> 02:10:08.609 though this risk factors on maybe her

NOTE Confidence: 0.8435201725

02:10:08.610 --> 02:10:10.474 mom's side, there's also maybe more.

NOTE Confidence: 0.8435201725

02:10:10.474 --> 02:10:11.785 Significant risk factors

NOTE Confidence: 0.8435201725

02:10:11.785 --> 02:10:13.634 on her father's side.

NOTE Confidence: 0.8435201725

02:10:13.634 --> 02:10:17.530 So for her we talked about hereditary cancer,

NOTE Confidence: 0.8435201725

02:10:17.530 --> 02:10:20.650 specifically BRC one and BRC A2,

NOTE Confidence: 0.8435201725

02:10:20.650 --> 02:10:24.074 which I will talk about and talked about

NOTE Confidence: 0.8435201725

02:10:24.074 --> 02:10:26.993 other hereditary cancer genes as well

NOTE Confidence: 0.8435201725

02:10:26.993 --> 02:10:29.969 nowadays with with cancer genetic counseling.

NOTE Confidence: 0.8435201725

02:10:29.970 --> 02:10:31.776 Of course we go through the

NOTE Confidence: 0.8435201725

02:10:31.776 --> 02:10:33.500 benefits of doing genetic testing,

NOTE Confidence: 0.8435201725

02:10:33.500 --> 02:10:35.304 which for cancer genetic

NOTE Confidence: 0.8435201725

02:10:35.304 --> 02:10:37.108 counselors is really prevention,

NOTE Confidence: 0.8435201725

02:10:37.110 --> 02:10:38.310 particularly for individuals

NOTE Confidence: 0.8435201725

02:10:38.310 --> 02:10:40.710 who maybe do not have cancer.

NOTE Confidence: 0.8435201725

02:10:40.710 --> 02:10:43.512 Or who possibly could have a

NOTE Confidence: 0.8435201725

02:10:43.512 --> 02:10:45.380 predisposition to another cancer.
NOTE Confidence: 0.8435201725

02:10:45.380 --> 02:10:47.258 The goal of knowing about hereditary
NOTE Confidence: 0.8435201725

02:10:47.258 --> 02:10:49.794 cancer risk is that if we know someone's
NOTE Confidence: 0.8435201725

02:10:49.794 --> 02:10:51.636 at higher risk of certain cancers,
NOTE Confidence: 0.8435201725

02:10:51.640 --> 02:10:53.530 there's certain screening options that
NOTE Confidence: 0.8435201725

02:10:53.530 --> 02:10:55.760 possibly could be condoned be done,
NOTE Confidence: 0.8435201725

02:10:55.760 --> 02:10:58.540 and also possible surgical options
NOTE Confidence: 0.8435201725

02:10:58.540 --> 02:11:01.320 that can actually prevent cancer.
NOTE Confidence: 0.8435201725

02:11:01.320 --> 02:11:01.753 Additionally,
NOTE Confidence: 0.8435201725

02:11:01.753 --> 02:11:03.918 for people who have cancer,
NOTE Confidence: 0.8435201725

02:11:03.920 --> 02:11:06.594 it can be important for treatment decisions,
NOTE Confidence: 0.8435201725

02:11:06.600 --> 02:11:09.106 meaning that there are some chemotherapies
NOTE Confidence: 0.8435201725

02:11:09.106 --> 02:11:11.528 or treatments that may be more targeted.
NOTE Confidence: 0.8435201725

02:11:11.530 --> 02:11:13.720 Individuals with certain gene mutations and
NOTE Confidence: 0.8435201725

02:11:13.720 --> 02:11:17.010 it also may be helpful in planning surgery.
NOTE Confidence: 0.8435201725

02:11:17.010 --> 02:11:20.440 So for her we did genetic testing

NOTE Confidence: 0.8435201725

02:11:20.440 --> 02:11:22.765 and nowadays genetic testing tends

NOTE Confidence: 0.8435201725

02:11:22.765 --> 02:11:24.909 to be comprehensive and there's

NOTE Confidence: 0.8435201725

02:11:24.909 --> 02:11:26.943 there's a lot of genes listed

NOTE Confidence: 0.8435201725

02:11:26.943 --> 02:11:30.509 here the about 1212 years ago.

NOTE Confidence: 0.8435201725

02:11:30.510 --> 02:11:31.585 13 years ago.

NOTE Confidence: 0.8435201725

02:11:31.585 --> 02:11:32.650 11 years ago.

NOTE Confidence: 0.8435201725

02:11:32.650 --> 02:11:33.649 10 years ago.

NOTE Confidence: 0.8435201725

02:11:33.650 --> 02:11:35.590 We really only doing testing for

NOTE Confidence: 0.8435201725

02:11:35.590 --> 02:11:37.290 two genes when we're talking

NOTE Confidence: 0.8435201725

02:11:37.290 --> 02:11:38.789 about hereditary breast cancer,

NOTE Confidence: 0.8435201725

02:11:38.790 --> 02:11:41.968 so BRCM one and BRC 2 colloquially.

NOTE Confidence: 0.8435201725

02:11:41.970 --> 02:11:43.238 Called the Braca genes.

NOTE Confidence: 0.8435201725

02:11:43.238 --> 02:11:45.584 A lot of people have heard about

NOTE Confidence: 0.8435201725

02:11:45.584 --> 02:11:47.828 these genes since Angelina Jolie went

NOTE Confidence: 0.8435201725

02:11:47.828 --> 02:11:50.446 public with her own BRC 1 mutation and

NOTE Confidence: 0.8435201725

02:11:50.446 --> 02:11:52.482 her decision to have a prophylactic
NOTE Confidence: 0.8435201725

02:11:52.482 --> 02:11:56.094 bilateral mastectomy to remove both breasts.
NOTE Confidence: 0.8435201725

02:11:56.100 --> 02:11:56.442 Initially,
NOTE Confidence: 0.8435201725

02:11:56.442 --> 02:11:58.494 these two genes we've been testing
NOTE Confidence: 0.8435201725

02:11:58.494 --> 02:12:00.408 for them for over 20 years,
NOTE Confidence: 0.8435201725

02:12:00.410 --> 02:12:02.458 so we have a lot of information and
NOTE Confidence: 0.8435201725

02:12:02.458 --> 02:12:04.419 they were the only genes we were
NOTE Confidence: 0.8435201725

02:12:04.419 --> 02:12:06.160 testing for for quite some time,
NOTE Confidence: 0.8435201725

02:12:06.160 --> 02:12:08.554 so a lot of people are referred to these
NOTE Confidence: 0.8435201725

02:12:08.554 --> 02:12:10.815 two genes as the breast cancer gene.
NOTE Confidence: 0.8435201725

02:12:10.820 --> 02:12:12.596 However, there are a number of.
NOTE Confidence: 0.8435201725

02:12:12.600 --> 02:12:15.235 Other genes related to hereditary
NOTE Confidence: 0.8435201725

02:12:15.235 --> 02:12:16.289 breast cancer,
NOTE Confidence: 0.8435201725

02:12:16.290 --> 02:12:18.058 including one syndrome called
NOTE Confidence: 0.8435201725

02:12:18.058 --> 02:12:19.384 Lee Formini syndrome,
NOTE Confidence: 0.8435201725

02:12:19.390 --> 02:12:22.198 related to mutations in TP 53,

NOTE Confidence: 0.8435201725

02:12:22.200 --> 02:12:24.252 which is which is more rare

NOTE Confidence: 0.8435201725

02:12:24.252 --> 02:12:25.278 leaf armeni syndrome.

NOTE Confidence: 0.8435201725

02:12:25.280 --> 02:12:28.368 You would expect to see cancers in childhood,

NOTE Confidence: 0.8435201725

02:12:28.370 --> 02:12:31.374 including leukemias and childhood

NOTE Confidence: 0.8435201725

02:12:31.374 --> 02:12:33.398 brain tumors, osteosarcomas,

NOTE Confidence: 0.8435201725

02:12:33.398 --> 02:12:36.000 cancers of the bone, sarcomas,

NOTE Confidence: 0.8435201725

02:12:36.000 --> 02:12:38.650 cancers of the soft tissue,

NOTE Confidence: 0.8435201725

02:12:38.650 --> 02:12:40.510 and a risk of breast cancer,

NOTE Confidence: 0.8435201725

02:12:40.510 --> 02:12:42.346 usually before the age of 35,

NOTE Confidence: 0.8435201725

02:12:42.350 --> 02:12:44.108 so it is a very significant.

NOTE Confidence: 0.8435201725

02:12:44.110 --> 02:12:45.709 Territory cancer syndrome.

NOTE Confidence: 0.8435201725

02:12:45.709 --> 02:12:48.374 Cowden syndrome is another hereditary

NOTE Confidence: 0.8435201725

02:12:48.374 --> 02:12:50.900 breast cancer syndrome caused by related

NOTE Confidence: 0.8435201725

02:12:50.900 --> 02:12:53.540 to a high risk of breast cancer.

NOTE Confidence: 0.8435201725

02:12:53.540 --> 02:12:55.468 Individuals also can develop

NOTE Confidence: 0.8435201725

02:12:55.468 --> 02:12:57.878 rare polyps of the colon.
NOTE Confidence: 0.8435201725

02:12:57.880 --> 02:12:59.992 Uterine cancer, kidney cancer.
NOTE Confidence: 0.8435201725

02:12:59.992 --> 02:13:00.520 Additionally,
NOTE Confidence: 0.8435201725

02:13:00.520 --> 02:13:02.865 they have on average a larger head
NOTE Confidence: 0.8435201725

02:13:02.865 --> 02:13:05.211 size and may have specific findings
NOTE Confidence: 0.8435201725

02:13:05.211 --> 02:13:07.737 on on the skin called Trichomonas
NOTE Confidence: 0.8435201725

02:13:07.737 --> 02:13:10.444 so another another rare hereditary
NOTE Confidence: 0.8435201725

02:13:10.444 --> 02:13:12.656 cancer breast cancer syndrome.
NOTE Confidence: 0.8435201725

02:13:12.660 --> 02:13:14.012 Another one is called.
NOTE Confidence: 0.8435201725

02:13:14.012 --> 02:13:14.350 ADHD,
NOTE Confidence: 0.8435201725

02:13:14.350 --> 02:13:16.398 one hereditary diffuse gastric
NOTE Confidence: 0.8435201725

02:13:16.398 --> 02:13:18.446 cancer syndrome where specifically
NOTE Confidence: 0.8435201725

02:13:18.446 --> 02:13:20.991 individuals are at risk to develop
NOTE Confidence: 0.8435201725

02:13:20.991 --> 02:13:22.443 lobular type breast cancer,
NOTE Confidence: 0.8435201725

02:13:22.450 --> 02:13:25.082 a type of breast cancer and a rare
NOTE Confidence: 0.8435201725

02:13:25.082 --> 02:13:27.829 stomach cancer called diffuse gastric cancer,

NOTE Confidence: 0.8435201725

02:13:27.830 --> 02:13:30.098 which is a type of gastric

NOTE Confidence: 0.8435201725

02:13:30.098 --> 02:13:31.610 cancer that's very hard

NOTE Confidence: 0.885240066923077

02:13:31.690 --> 02:13:34.334 to screen for. So for individuals with

NOTE Confidence: 0.885240066923077

02:13:34.334 --> 02:13:36.710 mutations in these genes and CDH,

NOTE Confidence: 0.885240066923077

02:13:36.710 --> 02:13:39.014 one that actually is a recommendation

NOTE Confidence: 0.885240066923077

02:13:39.014 --> 02:13:40.550 for a prophylactic gastrectomy

NOTE Confidence: 0.885240066923077

02:13:40.610 --> 02:13:42.368 to remove the stomach to be

NOTE Confidence: 0.885240066923077

02:13:42.368 --> 02:13:44.169 prevented in against the high risk.

NOTE Confidence: 0.885240066923077

02:13:44.170 --> 02:13:46.365 Gastric cancer, which is oftentimes

NOTE Confidence: 0.885240066923077

02:13:46.365 --> 02:13:48.940 not able to be screened for.

NOTE Confidence: 0.885240066923077

02:13:48.940 --> 02:13:50.670 Another syndrome is called puts

NOTE Confidence: 0.885240066923077

02:13:50.670 --> 02:13:52.400 Yager syndrome caused by mutations.

NOTE Confidence: 0.885240066923077

02:13:52.400 --> 02:13:54.800 STK 11. You can also see your risk

NOTE Confidence: 0.885240066923077

02:13:54.800 --> 02:13:57.250 of breast cancer with this syndrome.

NOTE Confidence: 0.885240066923077

02:13:57.250 --> 02:13:59.602 However, what you may can also see is

NOTE Confidence: 0.885240066923077

02:13:59.602 --> 02:14:02.183 there at risk to develop polyps of the
NOTE Confidence: 0.885240066923077

02:14:02.183 --> 02:14:04.741 small bowel and they may cause they
NOTE Confidence: 0.885240066923077

02:14:04.741 --> 02:14:06.756 may develop something called inception
NOTE Confidence: 0.885240066923077

02:14:06.756 --> 02:14:09.640 where the small bowel collapses on itself.
NOTE Confidence: 0.885240066923077

02:14:09.640 --> 02:14:11.860 They also have distinctive,
NOTE Confidence: 0.885240066923077

02:14:11.860 --> 02:14:14.080 oftentimes distinctive lift markings.
NOTE Confidence: 0.885240066923077

02:14:14.080 --> 02:14:15.940 I'm almost like I've been told,
NOTE Confidence: 0.885240066923077

02:14:15.940 --> 02:14:17.416 almost like someone ate it like
NOTE Confidence: 0.885240066923077

02:14:17.416 --> 02:14:19.204 a bunch of Oreos, kind of like.
NOTE Confidence: 0.885240066923077

02:14:19.204 --> 02:14:21.860 Are freckling on the lips or on the fingers?
NOTE Confidence: 0.885240066923077

02:14:21.860 --> 02:14:24.086 And risk of other cancers as well
NOTE Confidence: 0.885240066923077

02:14:24.086 --> 02:14:26.000 tends to another rare syndrome.
NOTE Confidence: 0.885240066923077

02:14:26.000 --> 02:14:27.505 There are also other genes that are
NOTE Confidence: 0.885240066923077

02:14:27.505 --> 02:14:29.665 more of a moderate risk and are actually
NOTE Confidence: 0.885240066923077

02:14:29.665 --> 02:14:31.444 more common than we're finding a
NOTE Confidence: 0.885240066923077

02:14:31.444 --> 02:14:33.320 lot more often now that we're doing

NOTE Confidence: 0.885240066923077
02:14:33.320 --> 02:14:34.764 more comprehensive genetic testing.
NOTE Confidence: 0.885240066923077
02:14:34.764 --> 02:14:37.014 I mentioned ATM, but there's another
NOTE Confidence: 0.885240066923077
02:14:37.014 --> 02:14:39.100 one called palb 2 and check two,
NOTE Confidence: 0.885240066923077
02:14:39.100 --> 02:14:41.108 so those are the mainly hereditary
NOTE Confidence: 0.885240066923077
02:14:41.108 --> 02:14:42.500 breast cancer genes.
NOTE Confidence: 0.885240066923077
02:14:42.500 --> 02:14:43.589 Hereditary colon cancer,
NOTE Confidence: 0.885240066923077
02:14:43.589 --> 02:14:46.130 the most common one that we talk
NOTE Confidence: 0.885240066923077
02:14:46.199 --> 02:14:47.727 about is Lynch syndrome,
NOTE Confidence: 0.885240066923077
02:14:47.730 --> 02:14:50.232 which is mainly characterized by increased
NOTE Confidence: 0.885240066923077
02:14:50.232 --> 02:14:53.488 risk of colon cancer and endometrial cancer.
NOTE Confidence: 0.885240066923077
02:14:53.490 --> 02:14:55.282 That we may see risks of other
NOTE Confidence: 0.885240066923077
02:14:55.282 --> 02:14:56.050 cancers as well,
NOTE Confidence: 0.885240066923077
02:14:56.050 --> 02:14:58.690 such as stomach cancer, ovarian cancer,
NOTE Confidence: 0.885240066923077
02:14:58.690 --> 02:15:01.290 pancreatic or bile duct cancer.
NOTE Confidence: 0.885240066923077
02:15:01.290 --> 02:15:02.830 There's even other genes related
NOTE Confidence: 0.885240066923077

02:15:02.830 --> 02:15:04.370 to risk of ovarian cancer,
NOTE Confidence: 0.885240066923077

02:15:04.370 --> 02:15:06.180 specifically that are more in
NOTE Confidence: 0.885240066923077

02:15:06.180 --> 02:15:07.990 a moderate risk called rat.
NOTE Confidence: 0.885240066923077

02:15:07.990 --> 02:15:10.550 51 CD rate, 51 D and bri p one,
NOTE Confidence: 0.885240066923077

02:15:10.550 --> 02:15:14.006 and there's a lot more so testing nowadays.
NOTE Confidence: 0.885240066923077

02:15:14.010 --> 02:15:15.670 How we lead with testing,
NOTE Confidence: 0.885240066923077

02:15:15.670 --> 02:15:17.278 at least in our program and
NOTE Confidence: 0.885240066923077

02:15:17.278 --> 02:15:18.350 other programs as well,
NOTE Confidence: 0.885240066923077

02:15:18.350 --> 02:15:21.694 is we tend to do more comprehensive testing
NOTE Confidence: 0.885240066923077

02:15:21.694 --> 02:15:24.148 because there are a lot more genes.
NOTE Confidence: 0.885240066923077

02:15:24.150 --> 02:15:26.654 Out there that we know of and their
NOTE Confidence: 0.885240066923077

02:15:26.654 --> 02:15:29.478 cancer risk is really dependent on the gene.
NOTE Confidence: 0.885240066923077

02:15:29.480 --> 02:15:32.301 So doing bigger testing now is is
NOTE Confidence: 0.885240066923077

02:15:32.301 --> 02:15:34.602 a benefit because our technology
NOTE Confidence: 0.885240066923077

02:15:34.602 --> 02:15:36.120 has gone cheaper,
NOTE Confidence: 0.885240066923077

02:15:36.120 --> 02:15:38.248 faster and better and we can rule

NOTE Confidence: 0.885240066923077

02:15:38.248 --> 02:15:39.802 out multiple previous positions at

NOTE Confidence: 0.885240066923077

02:15:39.802 --> 02:15:41.853 the same exact time while about 10

NOTE Confidence: 0.885240066923077

02:15:41.853 --> 02:15:43.756 years ago we were limited to just

NOTE Confidence: 0.885240066923077

02:15:43.756 --> 02:15:46.078 testing for BRC one and BRC 2.

NOTE Confidence: 0.885240066923077

02:15:46.078 --> 02:15:49.060 So my patient did have a comprehensive

NOTE Confidence: 0.885240066923077

02:15:49.149 --> 02:15:52.560 panel testing and she had a BRC 1

NOTE Confidence: 0.885240066923077

02:15:52.560 --> 02:15:54.318 mutation which was actually it was

NOTE Confidence: 0.885240066923077

02:15:54.318 --> 02:15:55.816 was a little bit surprising because

NOTE Confidence: 0.885240066923077

02:15:55.816 --> 02:15:56.984 as we talked about,

NOTE Confidence: 0.885240066923077

02:15:56.990 --> 02:15:59.294 the only significant risk factor in

NOTE Confidence: 0.885240066923077

02:15:59.294 --> 02:16:01.675 her family apart from her history

NOTE Confidence: 0.885240066923077

02:16:01.675 --> 02:16:04.009 of breast cancer was her paternal

NOTE Confidence: 0.885240066923077

02:16:04.009 --> 02:16:05.579 uncles metastatic prostate cancer.

NOTE Confidence: 0.885240066923077

02:16:05.579 --> 02:16:07.937 What's interesting with BRC one is

NOTE Confidence: 0.885240066923077

02:16:07.937 --> 02:16:10.005 there is a slightly increased risk

NOTE Confidence: 0.885240066923077

02:16:10.005 --> 02:16:12.017 for men to develop prostate cancer
NOTE Confidence: 0.885240066923077

02:16:12.017 --> 02:16:13.997 that tends to be more aggressive,
NOTE Confidence: 0.885240066923077

02:16:14.000 --> 02:16:16.338 so it's based on the family history.
NOTE Confidence: 0.885240066923077

02:16:16.340 --> 02:16:18.230 It was most likely that Shane hitter.
NOTE Confidence: 0.885240066923077

02:16:18.230 --> 02:16:21.470 This from her father's side of the family,
NOTE Confidence: 0.885240066923077

02:16:21.470 --> 02:16:22.370 and you can see there.
NOTE Confidence: 0.885240066923077

02:16:22.370 --> 02:16:22.938 There's also,
NOTE Confidence: 0.885240066923077

02:16:22.938 --> 02:16:24.926 I know these have been talked about
NOTE Confidence: 0.885240066923077

02:16:24.926 --> 02:16:26.527 by my my other colleagues,
NOTE Confidence: 0.8000724714375

02:16:26.530 --> 02:16:28.708 but there wasn't a variant of
NOTE Confidence: 0.8000724714375

02:16:28.708 --> 02:16:30.615 uncertain significance which are very
NOTE Confidence: 0.8000724714375

02:16:30.615 --> 02:16:32.570 common nowadays in cancer genetics.
NOTE Confidence: 0.8000724714375

02:16:32.570 --> 02:16:34.688 When we do these bigger panels,
NOTE Confidence: 0.8000724714375

02:16:34.690 --> 02:16:36.300 and especially with bigger tests,
NOTE Confidence: 0.8000724714375

02:16:36.300 --> 02:16:38.586 nowadays we do find uncertain results
NOTE Confidence: 0.8000724714375

02:16:38.586 --> 02:16:41.266 about 20 to 30% of the time with

NOTE Confidence: 0.8000724714375

02:16:41.266 --> 02:16:43.969 these panels and most of the time in

NOTE Confidence: 0.8000724714375

02:16:43.969 --> 02:16:45.769 cancer genetics uncertain results,

NOTE Confidence: 0.8000724714375

02:16:45.770 --> 02:16:47.362 variants of uncertain significance,

NOTE Confidence: 0.8000724714375

02:16:47.362 --> 02:16:48.556 or the US.

NOTE Confidence: 0.8000724714375

02:16:48.560 --> 02:16:50.681 End up being reclassified to benign so

NOTE Confidence: 0.8000724714375

02:16:50.681 --> 02:16:52.937 they are not actionable or things that

NOTE Confidence: 0.8000724714375

02:16:52.937 --> 02:16:55.518 we act on and the laboratory in the

NOTE Confidence: 0.8000724714375

02:16:55.518 --> 02:16:57.597 future usually takes even a few years.

NOTE Confidence: 0.8000724714375

02:16:57.600 --> 02:16:58.286 Will update.

NOTE Confidence: 0.8000724714375

02:16:58.286 --> 02:17:00.001 Update us to either upgrade

NOTE Confidence: 0.8000724714375

02:17:00.001 --> 02:17:01.800 the result to a positive,

NOTE Confidence: 0.8000724714375

02:17:01.800 --> 02:17:03.092 which is less likely,

NOTE Confidence: 0.8000724714375

02:17:03.092 --> 02:17:05.010 or downgraded to a negative result.

NOTE Confidence: 0.716247819777778

02:17:07.640 --> 02:17:09.255 And that's and that's that

NOTE Confidence: 0.716247819777778

02:17:09.255 --> 02:17:10.547 mutation for my patient.

NOTE Confidence: 0.716247819777778

02:17:10.550 --> 02:17:12.446 And she was. She was very.
NOTE Confidence: 0.716247819777778

02:17:12.450 --> 02:17:14.670 She was surprised in a way,
NOTE Confidence: 0.716247819777778

02:17:14.670 --> 02:17:16.614 and as a I was a little bit surprised
NOTE Confidence: 0.716247819777778

02:17:16.614 --> 02:17:18.824 as well and she was someone who really,
NOTE Confidence: 0.716247819777778

02:17:18.830 --> 02:17:20.435 really struggled a little bit
NOTE Confidence: 0.716247819777778

02:17:20.435 --> 02:17:22.401 with it with these results because
NOTE Confidence: 0.716247819777778

02:17:22.401 --> 02:17:23.891 she was concerned about her
NOTE Confidence: 0.716247819777778

02:17:23.891 --> 02:17:25.950 risk of a second breast cancer.
NOTE Confidence: 0.716247819777778

02:17:25.950 --> 02:17:28.505 And is that something that she should
NOTE Confidence: 0.716247819777778

02:17:28.505 --> 02:17:30.027 have a prophylactic mastectomy
NOTE Confidence: 0.716247819777778

02:17:30.027 --> 02:17:32.547 for to be preventative at her age?
NOTE Confidence: 0.716247819777778

02:17:32.550 --> 02:17:33.638 You know she's not.
NOTE Confidence: 0.716247819777778

02:17:33.638 --> 02:17:34.726 She's not very young,
NOTE Confidence: 0.716247819777778

02:17:34.730 --> 02:17:36.428 but she's definitely not not older.
NOTE Confidence: 0.716247819777778

02:17:36.430 --> 02:17:36.906 She has.
NOTE Confidence: 0.716247819777778

02:17:36.906 --> 02:17:38.334 She has many years to live.

NOTE Confidence: 0.716247819777778
02:17:38.340 --> 02:17:40.842 So it was kind of thinking about how how
NOTE Confidence: 0.716247819777778
02:17:40.842 --> 02:17:43.194 should I go about dealing with this risk.
NOTE Confidence: 0.716247819777778
02:17:43.200 --> 02:17:44.560 She still had her ovaries,
NOTE Confidence: 0.716247819777778
02:17:44.560 --> 02:17:46.310 so something that she had to think
NOTE Confidence: 0.716247819777778
02:17:46.310 --> 02:17:48.438 about in terms of removal of the ovaries,
NOTE Confidence: 0.716247819777778
02:17:48.440 --> 02:17:50.030 which which is recommended for
NOTE Confidence: 0.716247819777778
02:17:50.030 --> 02:17:52.400 women who are here say one or beer,
NOTE Confidence: 0.716247819777778
02:17:52.400 --> 02:17:54.848 say 2 positive because our screening
NOTE Confidence: 0.716247819777778
02:17:54.848 --> 02:17:57.347 for ovarian cancer is not as
NOTE Confidence: 0.716247819777778
02:17:57.347 --> 02:17:59.337 effective as our screening for
NOTE Confidence: 0.716247819777778
02:17:59.337 --> 02:18:01.224 breast cancer and so the goal,
NOTE Confidence: 0.716247819777778
02:18:01.224 --> 02:18:03.679 as I mentioned of doing this type of
NOTE Confidence: 0.716247819777778
02:18:03.679 --> 02:18:05.579 testing is prevention and increased
NOTE Confidence: 0.716247819777778
02:18:05.579 --> 02:18:07.330 screening when when possible.
NOTE Confidence: 0.837548962
02:18:10.480 --> 02:18:11.760 So further follow up that
NOTE Confidence: 0.837548962

02:18:11.760 --> 02:18:13.040 I did with this patient,
NOTE Confidence: 0.837548962

02:18:13.040 --> 02:18:15.062 but also with other cases in general.
NOTE Confidence: 0.837548962

02:18:15.062 --> 02:18:16.632 Again, if we're talking about
NOTE Confidence: 0.837548962

02:18:16.632 --> 02:18:18.468 my typical day that I discussed
NOTE Confidence: 0.837548962

02:18:18.468 --> 02:18:19.903 results with the patient and
NOTE Confidence: 0.837548962

02:18:19.903 --> 02:18:21.660 and then based on the results,
NOTE Confidence: 0.837548962

02:18:21.660 --> 02:18:24.246 I would refer to any appropriate
NOTE Confidence: 0.837548962

02:18:24.246 --> 02:18:26.470 providers for management such as
NOTE Confidence: 0.837548962

02:18:26.470 --> 02:18:28.590 a gynecologic oncologist for my
NOTE Confidence: 0.837548962

02:18:28.590 --> 02:18:31.197 patient to discuss removal of the
NOTE Confidence: 0.837548962

02:18:31.197 --> 02:18:33.282 ovaries and discuss the limitations
NOTE Confidence: 0.837548962

02:18:33.282 --> 02:18:34.969 of ovarian cancer screening,
NOTE Confidence: 0.837548962

02:18:34.969 --> 02:18:37.543 referral to a high risk breast
NOTE Confidence: 0.837548962

02:18:37.543 --> 02:18:39.340 oncologist to talk about.
NOTE Confidence: 0.837548962

02:18:39.340 --> 02:18:40.912 Screening for breast cancer.
NOTE Confidence: 0.837548962

02:18:40.912 --> 02:18:43.717 The risks and benefits of doing a

NOTE Confidence: 0.837548962

02:18:43.717 --> 02:18:45.961 bilateral mastectomy to to remove both

NOTE Confidence: 0.837548962

02:18:45.961 --> 02:18:48.461 breasts in terms of prevention and in

NOTE Confidence: 0.837548962

02:18:48.461 --> 02:18:50.860 terms of other other types of results.

NOTE Confidence: 0.837548962

02:18:50.860 --> 02:18:53.440 I would refer to other specialists

NOTE Confidence: 0.837548962

02:18:53.440 --> 02:18:55.177 familiar with the syndrome

NOTE Confidence: 0.837548962

02:18:55.177 --> 02:18:57.352 who can also provide guidance

NOTE Confidence: 0.837548962

02:18:57.352 --> 02:19:00.007 in terms of cancer screening.

NOTE Confidence: 0.837548962

02:19:00.010 --> 02:19:00.742 And of course,

NOTE Confidence: 0.837548962

02:19:00.742 --> 02:19:02.206 for this patient and other patients,

NOTE Confidence: 0.837548962

02:19:02.210 --> 02:19:03.750 I provide resources for

NOTE Confidence: 0.837548962

02:19:03.750 --> 02:19:05.290 themselves and family members,

NOTE Confidence: 0.837548962

02:19:05.290 --> 02:19:07.235 including a letter for family

NOTE Confidence: 0.837548962

02:19:07.235 --> 02:19:09.180 for relatives meet something they

NOTE Confidence: 0.837548962

02:19:09.241 --> 02:19:10.966 can share with their family,

NOTE Confidence: 0.837548962

02:19:10.970 --> 02:19:13.106 describing their results and

NOTE Confidence: 0.837548962

02:19:13.106 --> 02:19:14.708 recommendations for testing.
NOTE Confidence: 0.837548962

02:19:14.710 --> 02:19:15.038 Also,
NOTE Confidence: 0.837548962

02:19:15.038 --> 02:19:17.750 there's a lot of a lot of resources
NOTE Confidence: 0.837548962

02:19:17.750 --> 02:19:19.850 online in terms of support groups,
NOTE Confidence: 0.837548962

02:19:19.850 --> 02:19:21.902 information and directing patients
NOTE Confidence: 0.837548962

02:19:21.902 --> 02:19:24.980 to those support groups and possibly
NOTE Confidence: 0.837548962

02:19:25.061 --> 02:19:27.420 even referral to to a psychiatrist to
NOTE Confidence: 0.837548962

02:19:27.420 --> 02:19:30.149 talk to just for more psychosocial.
NOTE Confidence: 0.837548962

02:19:30.150 --> 02:19:32.215 Counseling and dealing with finding
NOTE Confidence: 0.837548962

02:19:32.215 --> 02:19:34.280 out someone has a mutation.
NOTE Confidence: 0.837548962

02:19:34.280 --> 02:19:35.935 Every patient takes results a
NOTE Confidence: 0.837548962

02:19:35.935 --> 02:19:36.928 little bit differently.
NOTE Confidence: 0.837548962

02:19:36.930 --> 02:19:39.660 For some it's it can be.
NOTE Confidence: 0.837548962

02:19:39.660 --> 02:19:41.028 It can be very difficult to
NOTE Confidence: 0.837548962

02:19:41.028 --> 02:19:42.240 hear these new this news,
NOTE Confidence: 0.837548962

02:19:42.240 --> 02:19:44.456 but they find it important for other people.

NOTE Confidence: 0.837548962

02:19:44.460 --> 02:19:46.301 It's almost a relief to have an

NOTE Confidence: 0.837548962

02:19:46.301 --> 02:19:48.649 answer and A and a plan going forward.

NOTE Confidence: 0.837548962

02:19:48.650 --> 02:19:48.916 So.

NOTE Confidence: 0.837548962

02:19:48.916 --> 02:19:50.512 So I would say the patients

NOTE Confidence: 0.837548962

02:19:50.512 --> 02:19:52.020 demanded what the results are.

NOTE Confidence: 0.837548962

02:19:52.020 --> 02:19:53.548 It's information and especially

NOTE Confidence: 0.837548962

02:19:53.548 --> 02:19:54.694 for hereditary cancer,

NOTE Confidence: 0.837548962

02:19:54.700 --> 02:19:56.424 it can be very,

NOTE Confidence: 0.837548962

02:19:56.424 --> 02:19:58.579 very powerful for themselves and

NOTE Confidence: 0.837548962

02:19:58.579 --> 02:20:01.239 information they can provide to relatives.

NOTE Confidence: 0.837548962

02:20:01.240 --> 02:20:03.650 A lot of what a lot of what Jane counselors

NOTE Confidence: 0.837548962

02:20:03.706 --> 02:20:05.778 do is document in the medical record,

NOTE Confidence: 0.837548962

02:20:05.780 --> 02:20:06.952 which is very important,

NOTE Confidence: 0.837548962

02:20:06.952 --> 02:20:09.280 so other providers know what was discussed.

NOTE Confidence: 0.837548962

02:20:09.280 --> 02:20:10.659 They can go back to my notes,

NOTE Confidence: 0.837548962

02:20:10.660 --> 02:20:13.240 see the cancer risks I mentioned,
NOTE Confidence: 0.837548962

02:20:13.240 --> 02:20:14.623 see screening recommendations,
NOTE Confidence: 0.837548962

02:20:14.623 --> 02:20:16.467 and any patients questions
NOTE Confidence: 0.837548962

02:20:16.467 --> 02:20:18.740 that I answered at that time.
NOTE Confidence: 0.837548962

02:20:18.740 --> 02:20:19.228 Of course,
NOTE Confidence: 0.837548962

02:20:19.228 --> 02:20:20.448 I notified that the referring
NOTE Confidence: 0.837548962

02:20:20.448 --> 02:20:21.580 provider of the results,
NOTE Confidence: 0.837548962

02:20:21.580 --> 02:20:23.967 so making sure the whole teams are
NOTE Confidence: 0.837548962

02:20:23.967 --> 02:20:26.512 aware of what the results are so
NOTE Confidence: 0.837548962

02:20:26.512 --> 02:20:28.684 the patient is fully plugged in.
NOTE Confidence: 0.837548962

02:20:28.690 --> 02:20:29.840 The results were scanned in
NOTE Confidence: 0.837548962

02:20:29.840 --> 02:20:30.530 the medical record.
NOTE Confidence: 0.837548962

02:20:30.530 --> 02:20:30.811 Again,
NOTE Confidence: 0.837548962

02:20:30.811 --> 02:20:32.497 this is really just making sure
NOTE Confidence: 0.837548962

02:20:32.497 --> 02:20:34.300 that these results are clear that
NOTE Confidence: 0.837548962

02:20:34.300 --> 02:20:35.504 they're easily accessible that

NOTE Confidence: 0.837548962

02:20:35.504 --> 02:20:37.290 they're part of the patients medical

NOTE Confidence: 0.837548962

02:20:37.290 --> 02:20:38.946 record and that the medical team

NOTE Confidence: 0.837548962

02:20:38.946 --> 02:20:41.100 is is aware writing a summary

NOTE Confidence: 0.837548962

02:20:41.100 --> 02:20:42.970 letter which summarizes the results

NOTE Confidence: 0.837548962

02:20:43.032 --> 02:20:45.018 in in detail because the report

NOTE Confidence: 0.837548962

02:20:45.018 --> 02:20:47.038 can sometimes is really not clear

NOTE Confidence: 0.837548962

02:20:47.038 --> 02:20:48.916 sometimes to patients who may not

NOTE Confidence: 0.837548962

02:20:48.916 --> 02:20:50.434 have the medical terminology,

NOTE Confidence: 0.837548962

02:20:50.434 --> 02:20:53.528 so the letter is really helpful in

NOTE Confidence: 0.837548962

02:20:53.528 --> 02:20:56.430 providing those cancer risks recommendations.

NOTE Confidence: 0.837548962

02:20:56.430 --> 02:20:58.060 What we talked about, what,

NOTE Confidence: 0.837548962

02:20:58.060 --> 02:20:59.570 what that means for relatives.

NOTE Confidence: 0.837548962

02:20:59.570 --> 02:21:00.216 In detail,

NOTE Confidence: 0.837548962

02:21:00.216 --> 02:21:02.477 so they can also share that with

NOTE Confidence: 0.837548962

02:21:02.477 --> 02:21:04.923 with their own with other providers

NOTE Confidence: 0.837548962

02:21:04.923 --> 02:21:06.567 or with their relatives.
NOTE Confidence: 0.837548962

02:21:06.570 --> 02:21:07.734 For our program,
NOTE Confidence: 0.837548962

02:21:07.734 --> 02:21:10.450 here we present cases at Case conference,
NOTE Confidence: 0.906418048181818

02:21:10.450 --> 02:21:12.360 which is great, but essentially
NOTE Confidence: 0.906418048181818

02:21:12.360 --> 02:21:14.690 our team meeting once a week.
NOTE Confidence: 0.906418048181818

02:21:14.690 --> 02:21:17.042 We present positive results or difficult
NOTE Confidence: 0.906418048181818

02:21:17.042 --> 02:21:19.850 cases and we get the team's input.
NOTE Confidence: 0.906418048181818

02:21:19.850 --> 02:21:21.090 If there's anything additional
NOTE Confidence: 0.906418048181818

02:21:21.090 --> 02:21:22.640 that they should be tested
NOTE Confidence: 0.906418048181818

02:21:22.640 --> 02:21:24.169 for should be screened for,
NOTE Confidence: 0.906418048181818

02:21:24.170 --> 02:21:26.660 and it's it's nice to have
NOTE Confidence: 0.906418048181818

02:21:26.660 --> 02:21:27.905 that group consensus.
NOTE Confidence: 0.906418048181818

02:21:27.910 --> 02:21:29.184 And throughout the rest of the day,
NOTE Confidence: 0.906418048181818

02:21:29.190 --> 02:21:32.389 I'm doing other clinical and program tasks.
NOTE Confidence: 0.906418048181818

02:21:32.390 --> 02:21:34.424 One of my one of my other roles here
NOTE Confidence: 0.906418048181818

02:21:34.424 --> 02:21:36.679 at the program is actually triaging

NOTE Confidence: 0.906418048181818
02:21:36.679 --> 02:21:38.649 incoming referrals to be scheduled.
NOTE Confidence: 0.906418048181818
02:21:38.650 --> 02:21:40.827 So I look at every incoming referral,
NOTE Confidence: 0.906418048181818
02:21:40.830 --> 02:21:41.952 determine the indication,
NOTE Confidence: 0.906418048181818
02:21:41.952 --> 02:21:44.196 and determine how they should be
NOTE Confidence: 0.906418048181818
02:21:44.196 --> 02:21:45.947 scheduled and following up with
NOTE Confidence: 0.906418048181818
02:21:45.947 --> 02:21:47.927 providers looking at past test results
NOTE Confidence: 0.906418048181818
02:21:47.984 --> 02:21:49.909 to see if any testing is indicated,
NOTE Confidence: 0.906418048181818
02:21:49.910 --> 02:21:51.452 which I enjoy because it's another
NOTE Confidence: 0.906418048181818
02:21:51.452 --> 02:21:53.692 way to use my clinical brain and also
NOTE Confidence: 0.906418048181818
02:21:53.692 --> 02:21:55.796 helps the admin the admin team in
NOTE Confidence: 0.906418048181818
02:21:55.796 --> 02:21:57.674 terms of their own scheduling process.
NOTE Confidence: 0.79047537
02:21:59.720 --> 02:22:02.588 So overall, overall cancer genetic
NOTE Confidence: 0.79047537
02:22:02.588 --> 02:22:03.840 counseling. It's something
NOTE Confidence: 0.79047537
02:22:03.840 --> 02:22:05.740 that I'm very passionate about.
NOTE Confidence: 0.79047537
02:22:05.740 --> 02:22:07.600 I think it's it's very important.
NOTE Confidence: 0.79047537

02:22:07.600 --> 02:22:10.810 It is information that can really.
NOTE Confidence: 0.79047537

02:22:10.810 --> 02:22:13.870 Change lives change outcomes for patients.
NOTE Confidence: 0.79047537

02:22:13.870 --> 02:22:15.181 Provide information in
NOTE Confidence: 0.79047537

02:22:15.181 --> 02:22:17.366 terms of of cancer risk.
NOTE Confidence: 0.79047537

02:22:17.370 --> 02:22:19.498 Some days can be difficult and you
NOTE Confidence: 0.79047537

02:22:19.498 --> 02:22:21.130 know disclosing some information.
NOTE Confidence: 0.79047537

02:22:21.130 --> 02:22:22.102 Talking with patients,
NOTE Confidence: 0.79047537

02:22:22.102 --> 02:22:24.370 but overall I find it very rewarding
NOTE Confidence: 0.79047537

02:22:24.430 --> 02:22:25.970 to provide that information.
NOTE Confidence: 0.79047537

02:22:25.970 --> 02:22:27.230 If you I will have,
NOTE Confidence: 0.79047537

02:22:27.230 --> 02:22:28.142 I will answer questions
NOTE Confidence: 0.79047537

02:22:28.142 --> 02:22:29.510 now and also at the end.
NOTE Confidence: 0.79047537

02:22:29.510 --> 02:22:31.162 But if there are any questions you
NOTE Confidence: 0.79047537

02:22:31.162 --> 02:22:32.449 have specifically about being cancer,
NOTE Confidence: 0.79047537

02:22:32.450 --> 02:22:33.955 genetic counselor or my background
NOTE Confidence: 0.79047537

02:22:33.955 --> 02:22:36.450 or any more of my day to day task,

NOTE Confidence: 0.79047537

02:22:36.450 --> 02:22:38.370 please email me.

NOTE Confidence: 0.85138707875

02:22:43.730 --> 02:22:46.234 Thanks Amy, that was a really great talk.

NOTE Confidence: 0.85138707875

02:22:46.240 --> 02:22:48.417 I'm just going to share my screen

NOTE Confidence: 0.85138707875

02:22:48.417 --> 02:22:50.806 because I put I started the

NOTE Confidence: 0.85138707875

02:22:50.806 --> 02:22:54.194 countdown until we come back for

NOTE Confidence: 0.85138707875

02:22:54.194 --> 02:22:55.490 the second half of our session.

NOTE Confidence: 0.85138707875

02:22:55.490 --> 02:22:58.626 A little earlier just to get us back

NOTE Confidence: 0.85138707875

02:22:58.626 --> 02:23:00.370 on track. But if you don't mind,

NOTE Confidence: 0.85138707875

02:23:00.370 --> 02:23:02.170 I think there was a question.

NOTE Confidence: 0.85138707875

02:23:02.170 --> 02:23:05.369 Claire did you happen to see regarding

NOTE Confidence: 0.85138707875

02:23:05.370 --> 02:23:07.230 insurance and genetic testing?

NOTE Confidence: 0.84602530625

02:23:08.210 --> 02:23:11.024 Yes, so there was one question Amy

NOTE Confidence: 0.84602530625

02:23:11.024 --> 02:23:13.720 about whether there are any barriers

NOTE Confidence: 0.922921062631579

02:23:13.730 --> 02:23:15.656 that the patient or the genetic

NOTE Confidence: 0.922921062631579

02:23:15.656 --> 02:23:16.940 counselor might experience when

NOTE Confidence: 0.922921062631579

02:23:16.991 --> 02:23:18.746 it comes to getting genetic
NOTE Confidence: 0.922921062631579

02:23:18.746 --> 02:23:20.150 testing covered through insurance.
NOTE Confidence: 0.779449240307692

02:23:21.740 --> 02:23:22.522 Great question.
NOTE Confidence: 0.779449240307692

02:23:22.522 --> 02:23:25.259 So insurance is probably the bane of
NOTE Confidence: 0.779449240307692

02:23:25.259 --> 02:23:27.678 every genetic counselors existence.
NOTE Confidence: 0.779449240307692

02:23:27.680 --> 02:23:29.768 I will say from what I've heard from my
NOTE Confidence: 0.779449240307692

02:23:29.768 --> 02:23:31.760 other colleagues and other specialties,
NOTE Confidence: 0.779449240307692

02:23:31.760 --> 02:23:34.172 cancer genetic testing is more easily
NOTE Confidence: 0.779449240307692

02:23:34.172 --> 02:23:35.780 covered than other specialties,
NOTE Confidence: 0.779449240307692

02:23:35.780 --> 02:23:38.444 but that we can still run into barriers.
NOTE Confidence: 0.779449240307692

02:23:38.450 --> 02:23:41.610 So insurance has specific
NOTE Confidence: 0.779449240307692

02:23:41.610 --> 02:23:43.484 guidelines mainly based kind of
NOTE Confidence: 0.779449240307692

02:23:43.484 --> 02:23:45.520 off the red flags I talked about,
NOTE Confidence: 0.779449240307692

02:23:45.520 --> 02:23:48.076 meaning that if a patient does not have this
NOTE Confidence: 0.779449240307692

02:23:48.076 --> 02:23:50.260 family history or this personal history,
NOTE Confidence: 0.779449240307692

02:23:50.260 --> 02:23:51.716 they will not cover.

NOTE Confidence: 0.779449240307692
02:23:51.716 --> 02:23:53.536 Testing most insurance companies align
NOTE Confidence: 0.779449240307692
02:23:53.536 --> 02:23:56.009 with national guidelines recommendations,
NOTE Confidence: 0.779449240307692
02:23:56.010 --> 02:23:57.906 which can make it very easy.
NOTE Confidence: 0.779449240307692
02:23:57.910 --> 02:23:59.510 However, some insurance companies
NOTE Confidence: 0.779449240307692
02:23:59.510 --> 02:24:01.510 make up their own guidelines,
NOTE Confidence: 0.779449240307692
02:24:01.510 --> 02:24:03.814 meaning that someone could technically meet
NOTE Confidence: 0.779449240307692
02:24:03.814 --> 02:24:05.350 national guidelines and recommendations,
NOTE Confidence: 0.779449240307692
02:24:05.350 --> 02:24:07.180 but they will not meet their
NOTE Confidence: 0.779449240307692
02:24:07.180 --> 02:24:07.790 insurance guidelines.
NOTE Confidence: 0.779449240307692
02:24:07.790 --> 02:24:09.566 So sometimes the specific
NOTE Confidence: 0.779449240307692
02:24:09.566 --> 02:24:12.230 insurance is is is a barrier.
NOTE Confidence: 0.779449240307692
02:24:12.230 --> 02:24:13.870 Another barrier is that even
NOTE Confidence: 0.779449240307692
02:24:13.870 --> 02:24:16.200 though I would say we're past that,
NOTE Confidence: 0.779449240307692
02:24:16.200 --> 02:24:18.138 we're past the era of testing
NOTE Confidence: 0.779449240307692
02:24:18.138 --> 02:24:20.730 for just BR A1 and BRC A2.
NOTE Confidence: 0.779449240307692

02:24:20.730 --> 02:24:22.280 A lot of insurance companies.
NOTE Confidence: 0.779449240307692

02:24:22.280 --> 02:24:23.510 Aren't in that area yet.
NOTE Confidence: 0.779449240307692

02:24:23.510 --> 02:24:25.267 They're kind of living in the past.
NOTE Confidence: 0.779449240307692

02:24:25.270 --> 02:24:26.656 They will only want to cover
NOTE Confidence: 0.779449240307692

02:24:26.656 --> 02:24:29.050 testing for beer, say one and B RC2,
NOTE Confidence: 0.779449240307692

02:24:29.050 --> 02:24:31.535 which to us based on a person's
NOTE Confidence: 0.779449240307692

02:24:31.535 --> 02:24:32.245 family history.
NOTE Confidence: 0.779449240307692

02:24:32.250 --> 02:24:34.707 If they're his family, history is concerning.
NOTE Confidence: 0.779449240307692

02:24:34.710 --> 02:24:37.090 For hereditary breast cancer specifically
NOTE Confidence: 0.779449240307692

02:24:37.090 --> 02:24:39.712 doing just beer, say one and two,
NOTE Confidence: 0.779449240307692

02:24:39.712 --> 02:24:40.904 testing is not sufficient,
NOTE Confidence: 0.779449240307692

02:24:40.910 --> 02:24:42.814 so sometimes it can be difficult when
NOTE Confidence: 0.779449240307692

02:24:42.814 --> 02:24:45.106 we want to do a more expanded panel.
NOTE Confidence: 0.779449240307692

02:24:45.110 --> 02:24:46.714 A panel meeting again,
NOTE Confidence: 0.779449240307692

02:24:46.714 --> 02:24:49.689 looking at multiple types of genes in one,
NOTE Confidence: 0.779449240307692

02:24:49.690 --> 02:24:50.440 one test.

NOTE Confidence: 0.779449240307692
02:24:50.440 --> 02:24:51.940 Some insurance companies do
NOTE Confidence: 0.779449240307692
02:24:51.940 --> 02:24:53.440 not want to cover.
NOTE Confidence: 0.779449240307692
02:24:53.440 --> 02:24:54.259 A larger panel,
NOTE Confidence: 0.779449240307692
02:24:54.259 --> 02:24:56.170 even though to us we feel it's
NOTE Confidence: 0.779449240307692
02:24:56.232 --> 02:24:57.684 clinically indicated so that
NOTE Confidence: 0.779449240307692
02:24:57.684 --> 02:24:59.950 can sometimes be a barrier in
NOTE Confidence: 0.779449240307692
02:24:59.950 --> 02:25:02.200 terms of getting that covered,
NOTE Confidence: 0.779449240307692
02:25:02.200 --> 02:25:03.460 and every insurance policy
NOTE Confidence: 0.779449240307692
02:25:03.460 --> 02:25:05.035 is a little bit different.
NOTE Confidence: 0.779449240307692
02:25:05.040 --> 02:25:07.287 What I will say for cancer genetic
NOTE Confidence: 0.779449240307692
02:25:07.287 --> 02:25:10.059 testing is that the cost has gone down
NOTE Confidence: 0.779449240307692
02:25:10.059 --> 02:25:12.180 and there are some laboratories out
NOTE Confidence: 0.779449240307692
02:25:12.180 --> 02:25:14.385 there that will actually do even a
NOTE Confidence: 0.779449240307692
02:25:14.385 --> 02:25:16.187 full panel full comprehensive cancer
NOTE Confidence: 0.779449240307692
02:25:16.187 --> 02:25:19.400 panel for an out of pocket cost of \$250,
NOTE Confidence: 0.779449240307692

02:25:19.400 --> 02:25:20.240 which I will.
NOTE Confidence: 0.779449240307692

02:25:20.240 --> 02:25:22.519 Which is not a small amount of money,
NOTE Confidence: 0.779449240307692

02:25:22.520 --> 02:25:22.958 however.
NOTE Confidence: 0.779449240307692

02:25:22.958 --> 02:25:25.148 Compared to how the cost
NOTE Confidence: 0.779449240307692

02:25:25.148 --> 02:25:27.310 was even seven years ago,
NOTE Confidence: 0.779449240307692

02:25:27.310 --> 02:25:28.442 it has gone down,
NOTE Confidence: 0.779449240307692

02:25:28.442 --> 02:25:30.550 which is good because there are some
NOTE Confidence: 0.779449240307692

02:25:30.550 --> 02:25:32.979 patients who testing for them is indicated,
NOTE Confidence: 0.779449240307692

02:25:32.980 --> 02:25:34.605 but their insurance will not
NOTE Confidence: 0.779449240307692

02:25:34.605 --> 02:25:36.230 cover either panel testing or
NOTE Confidence: 0.779449240307692

02:25:36.286 --> 02:25:38.368 will not cover testing at all
NOTE Confidence: 0.779449240307692

02:25:38.368 --> 02:25:39.756 because of certain requirements,
NOTE Confidence: 0.779449240307692

02:25:39.760 --> 02:25:41.648 but they are able to get the testing
NOTE Confidence: 0.779449240307692

02:25:41.648 --> 02:25:43.649 they need for an out of pocket cost
NOTE Confidence: 0.779449240307692

02:25:43.649 --> 02:25:45.099 that may be reasonable to them.
NOTE Confidence: 0.817822943333333

02:25:52.160 --> 02:25:53.858 Alright, it looks like that was

NOTE Confidence: 0.817822943333333
02:25:53.858 --> 02:25:56.276 all of the questions for right now,
NOTE Confidence: 0.817822943333333
02:25:56.276 --> 02:25:57.850 but I'm sure Amy would be happy
NOTE Confidence: 0.90048408375
02:25:57.860 --> 02:25:59.548 to answer more if there are some later.
NOTE Confidence: 0.886062105384615
02:26:05.750 --> 02:26:09.414 And just about a minute until we start
NOTE Confidence: 0.886062105384615
02:26:09.414 --> 02:26:12.998 the second half of our. Of our day today.
NOTE Confidence: 0.869359978
02:26:15.520 --> 02:26:17.410 Alex, do you want me to pull my slides up?
NOTE Confidence: 0.9584048
02:26:19.350 --> 02:26:20.840 Yeah, why don't we do that?
NOTE Confidence: 0.6805818
02:26:28.000 --> 02:26:29.990 Since I have 400 things open.
NOTE Confidence: 0.779653734
02:26:32.570 --> 02:26:33.690 That was a good sign.
NOTE Confidence: 0.9075787
02:26:34.800 --> 02:26:37.920 Yeah, I guess except.
NOTE Confidence: 0.8391468
02:26:40.400 --> 02:26:42.218 Huh? Hold on one second.
NOTE Confidence: 0.8391468
02:26:42.218 --> 02:26:43.078 Let me try this again.
NOTE Confidence: 0.6247999
02:26:45.610 --> 02:26:45.980 No.
NOTE Confidence: 0.9651328
02:26:48.730 --> 02:26:51.590 Sorry my daughter was helping me
NOTE Confidence: 0.9651328
02:26:51.590 --> 02:26:53.920 do this last night and. Something
NOTE Confidence: 0.89482315

02:26:53.920 --> 02:26:54.898 got screwed up.
NOTE Confidence: 0.8261397
02:26:56.210 --> 02:26:57.510 That's alright, you have some time.
NOTE Confidence: 0.53137577
02:26:58.700 --> 02:26:59.350 Excellent.
NOTE Confidence: 0.24556684
02:27:04.700 --> 02:27:05.680 Sue
NOTE Confidence: 0.878536135
02:27:19.320 --> 02:27:21.128 OK, so hopefully you can
NOTE Confidence: 0.91927697
02:27:21.370 --> 02:27:23.990 see my slides, yeah? Looks good
NOTE Confidence: 0.655074604
02:27:24.030 --> 02:27:27.164 and hopefully only my slides and not
NOTE Confidence: 0.655074604
02:27:27.164 --> 02:27:30.240 my notes. I believe so. OK good.
NOTE Confidence: 0.827497305
02:27:33.160 --> 02:27:33.980 OK, Yep.
NOTE Confidence: 0.899826294285714
02:27:35.250 --> 02:27:36.755 And I'm good to go whenever you
NOTE Confidence: 0.9488798775
02:27:36.770 --> 02:27:37.558 want me to start.
NOTE Confidence: 0.724136723333333
02:27:40.190 --> 02:27:45.340 OK, I think. Go on ahead. I appreciate it.
NOTE Confidence: 0.78868455
02:27:47.370 --> 02:27:48.500 OK so hi
NOTE Confidence: 0.796865546
02:27:48.510 --> 02:27:50.050 everyone, I'm Janice Berliner.
NOTE Confidence: 0.796865546
02:27:50.050 --> 02:27:52.360 I'm the director of the Master
NOTE Confidence: 0.89528445375
02:27:52.370 --> 02:27:53.935 of Science and Genetic Counseling

NOTE Confidence: 0.89528445375
02:27:53.935 --> 02:27:55.925 Training program at Bay Path University
NOTE Confidence: 0.89528445375
02:27:55.925 --> 02:27:57.775 which is in Western Massachusetts
NOTE Confidence: 0.822087433333333
02:27:58.370 --> 02:27:59.318 and I thought
NOTE Confidence: 0.894819241428571
02:27:59.330 --> 02:28:01.647 before I tell you the things that
NOTE Confidence: 0.894819241428571
02:28:01.647 --> 02:28:03.878 you probably want to know about what
NOTE Confidence: 0.8819573
02:28:03.890 --> 02:28:05.750 to expect in Graduate School.
NOTE Confidence: 0.8819573
02:28:05.750 --> 02:28:07.694 I give you a 32nd bio of who
NOTE Confidence: 0.8819573
02:28:07.694 --> 02:28:09.947 I am and and how I got here.
NOTE Confidence: 0.8819573
02:28:09.950 --> 02:28:11.450 So I've been the program director
NOTE Confidence: 0.8819573
02:28:11.450 --> 02:28:13.508 at Bay Path for four years
NOTE Confidence: 0.8819573
02:28:13.510 --> 02:28:15.412 before which I was a clinical
NOTE Confidence: 0.8819573
02:28:15.412 --> 02:28:17.100 genetic counselor for 29 years.
NOTE Confidence: 0.8819573
02:28:17.100 --> 02:28:19.252 Nine and a half of which was in
NOTE Confidence: 0.8819573
02:28:19.252 --> 02:28:20.714 prenatal genetics with a little
NOTE Confidence: 0.8819573
02:28:20.714 --> 02:28:22.154 bit of Pediatrics thrown in,
NOTE Confidence: 0.8819573

02:28:22.160 --> 02:28:24.329 and then for 20 years I worked in cancer

NOTE Confidence: 0.8819573

02:28:24.329 --> 02:28:26.036 centers seeing patients for cancer

NOTE Confidence: 0.8819573

02:28:26.036 --> 02:28:27.796 risk assessment and genetic testing.

NOTE Confidence: 0.8819573

02:28:27.800 --> 02:28:29.500 Much like you've just heard

NOTE Confidence: 0.8819573

02:28:29.500 --> 02:28:31.040 about over those years,

NOTE Confidence: 0.8819573

02:28:31.040 --> 02:28:33.850 our fields changed a lot and grown a lot,

NOTE Confidence: 0.8819573

02:28:33.850 --> 02:28:35.758 and I learned a lot along the way as

NOTE Confidence: 0.8819573

02:28:35.758 --> 02:28:37.928 I'm sure you will when you begin your

NOTE Confidence: 0.8819573

02:28:37.928 --> 02:28:39.858 journey to become a genetic counselor,

NOTE Confidence: 0.8819573

02:28:39.860 --> 02:28:41.560 I had always wanted to be a program

NOTE Confidence: 0.8819573

02:28:41.560 --> 02:28:44.205 director and four years ago I

NOTE Confidence: 0.8819573

02:28:44.205 --> 02:28:46.140 finally made it work for myself,

NOTE Confidence: 0.8819573

02:28:46.140 --> 02:28:47.728 so I thought we would talk about some

NOTE Confidence: 0.8819573

02:28:47.728 --> 02:28:49.464 of the basics of what to expect.

NOTE Confidence: 0.8819573

02:28:49.470 --> 02:28:51.115 In a graduate program and genetic counselor.

NOTE Confidence: 0.9175963825

02:28:53.260 --> 02:28:54.140 As you may know,

NOTE Confidence: 0.877163478666667
02:28:54.190 --> 02:28:56.485 there is an accreditation organization
NOTE Confidence: 0.877163478666667
02:28:56.485 --> 02:28:58.321 called the Accreditation Council
NOTE Confidence: 0.877163478666667
02:28:58.321 --> 02:29:00.560 for Genetic Counseling or a CGC.
NOTE Confidence: 0.877163478666667
02:29:00.560 --> 02:29:02.260 This organization was formed
NOTE Confidence: 0.877163478666667
02:29:02.260 --> 02:29:03.916 to accredit genetic counseling,
NOTE Confidence: 0.877163478666667
02:29:03.916 --> 02:29:05.644 training programs and it sets standards
NOTE Confidence: 0.877163478666667
02:29:05.644 --> 02:29:07.390 for all programs that they need to
NOTE Confidence: 0.877163478666667
02:29:07.390 --> 02:29:10.668 follow in order to be accredited.
NOTE Confidence: 0.877163478666667
02:29:10.670 --> 02:29:12.210 At the beginning and then
NOTE Confidence: 0.877163478666667
02:29:12.210 --> 02:29:13.650 subsequently throughout the years,
NOTE Confidence: 0.877163478666667
02:29:13.650 --> 02:29:15.204 they need to be reaccredited so they
NOTE Confidence: 0.877163478666667
02:29:15.204 --> 02:29:17.851 need to continue to prove over and over
NOTE Confidence: 0.877163478666667
02:29:17.851 --> 02:29:19.686 that they're meeting the requirements.
NOTE Confidence: 0.877163478666667
02:29:19.690 --> 02:29:21.261 Naturally, when you're applying to programs,
NOTE Confidence: 0.877163478666667
02:29:21.261 --> 02:29:22.920 you're going to want to be sure
NOTE Confidence: 0.877163478666667

02:29:22.966 --> 02:29:24.196 that the programs you're looking
NOTE Confidence: 0.877163478666667

02:29:24.196 --> 02:29:25.650 at are accredited by a CGC,
NOTE Confidence: 0.877163478666667

02:29:25.650 --> 02:29:27.466 and it will say that on their website.
NOTE Confidence: 0.877163478666667

02:29:27.470 --> 02:29:29.670 So if it doesn't say it on the website,
NOTE Confidence: 0.877163478666667

02:29:29.670 --> 02:29:31.870 you know to be a little bit cautious of that.
NOTE Confidence: 0.877163478666667

02:29:31.870 --> 02:29:33.459 I think it's pretty unusual for you
NOTE Confidence: 0.877163478666667

02:29:33.459 --> 02:29:35.071 to find anything like that because you
NOTE Confidence: 0.877163478666667

02:29:35.071 --> 02:29:36.765 know we all know what genetic counseling
NOTE Confidence: 0.877163478666667

02:29:36.765 --> 02:29:38.325 training programs are out there,
NOTE Confidence: 0.877163478666667

02:29:38.330 --> 02:29:39.470 and if there's something that's
NOTE Confidence: 0.877163478666667

02:29:39.470 --> 02:29:40.524 not accredited, it's it's.
NOTE Confidence: 0.877163478666667

02:29:40.524 --> 02:29:42.009 Not going to stick around.
NOTE Confidence: 0.712431626

02:29:43.450 --> 02:29:44.730 But due to these accreditation
NOTE Confidence: 0.712431626

02:29:44.730 --> 02:29:46.440 standards, all programs must
NOTE Confidence: 0.937156556666667

02:29:46.450 --> 02:29:48.170 provide a certain things and make
NOTE Confidence: 0.937156556666667

02:29:48.170 --> 02:29:50.378 sure that their students graduate

NOTE Confidence: 0.937156556666667

02:29:50.378 --> 02:29:51.824 with specific competencies.

NOTE Confidence: 0.937156556666667

02:29:51.830 --> 02:29:54.210 The three legs of the stool, so to speak,

NOTE Confidence: 0.937156556666667

02:29:54.210 --> 02:29:56.050 for all programs include coursework,

NOTE Confidence: 0.937156556666667

02:29:56.050 --> 02:29:58.684 field work and research in the form

NOTE Confidence: 0.937156556666667

02:29:58.684 --> 02:30:00.800 of a thesis or Capstone project.

NOTE Confidence: 0.917166215

02:30:02.090 --> 02:30:04.240 So let's start with the coursework. I realize

NOTE Confidence: 0.8764204

02:30:04.250 --> 02:30:05.786 that Bay path is not necessarily

NOTE Confidence: 0.8764204

02:30:05.786 --> 02:30:07.589 the same as every other program,

NOTE Confidence: 0.8764204

02:30:07.590 --> 02:30:09.610 and I can only speak to how we do things,

NOTE Confidence: 0.8764204

02:30:09.610 --> 02:30:11.682 but I'd be really surprised if they

NOTE Confidence: 0.8764204

02:30:11.682 --> 02:30:13.969 aren't all very similar in this regard.

NOTE Confidence: 0.8764204

02:30:13.970 --> 02:30:15.836 The main difference between our program and

NOTE Confidence: 0.8764204

02:30:15.836 --> 02:30:18.238 most others is the fact that ours is online,

NOTE Confidence: 0.8764204

02:30:18.238 --> 02:30:20.110 which means our lectures are mostly

NOTE Confidence: 0.8764204

02:30:20.110 --> 02:30:22.480 prerecorded and not presented synchronously

NOTE Confidence: 0.8764204

02:30:22.480 --> 02:30:24.830 with everyone in class together.

NOTE Confidence: 0.8764204

02:30:24.830 --> 02:30:27.550 Some of them are, but it's not the norm,

NOTE Confidence: 0.8764204

02:30:27.550 --> 02:30:28.510 and as I mentioned,

NOTE Confidence: 0.8764204

02:30:28.510 --> 02:30:30.950 each program must be accredited by a CGC,

NOTE Confidence: 0.8764204

02:30:30.950 --> 02:30:32.120 which means that.

NOTE Confidence: 0.8764204

02:30:32.120 --> 02:30:33.712 There are rules we must all

NOTE Confidence: 0.8764204

02:30:33.712 --> 02:30:35.056 follow and core competencies.

NOTE Confidence: 0.8764204

02:30:35.060 --> 02:30:37.475 We must make sure that our students

NOTE Confidence: 0.8764204

02:30:37.475 --> 02:30:40.256 achieve so every program will provide

NOTE Confidence: 0.8764204

02:30:40.256 --> 02:30:42.436 for you medical genetics courses,

NOTE Confidence: 0.8764204

02:30:42.440 --> 02:30:44.180 reproductive and cancer genetics

NOTE Confidence: 0.8764204

02:30:44.180 --> 02:30:46.108 courses in one form or another.

NOTE Confidence: 0.8764204

02:30:46.108 --> 02:30:47.938 Research courses that lead you

NOTE Confidence: 0.8764204

02:30:47.938 --> 02:30:49.854 through the process of writing

NOTE Confidence: 0.8764204

02:30:49.854 --> 02:30:51.714 a thesis or capstone project,

NOTE Confidence: 0.8764204

02:30:51.720 --> 02:30:52.359 and of course,

NOTE Confidence: 0.8764204

02:30:52.360 --> 02:30:53.824 clinical coursework that goes

NOTE Confidence: 0.8764204

02:30:53.824 --> 02:30:55.380 along with your field work.

NOTE Confidence: 0.8764204

02:30:55.380 --> 02:30:57.480 Rotations that will prepare you for and

NOTE Confidence: 0.8764204

02:30:57.480 --> 02:31:00.336 allow you to process and present cases

NOTE Confidence: 0.8764204

02:31:00.340 --> 02:31:02.374 to your supervisors and classmates.

NOTE Confidence: 0.8764204

02:31:02.374 --> 02:31:04.282 And become increasingly capable

NOTE Confidence: 0.8764204

02:31:04.282 --> 02:31:06.889 of seeing patients on your own.

NOTE Confidence: 0.8764204

02:31:06.890 --> 02:31:09.155 All of this is typically done within

NOTE Confidence: 0.8764204

02:31:09.155 --> 02:31:11.695 a framework of medical ethics, equity,

NOTE Confidence: 0.8764204

02:31:11.695 --> 02:31:13.600 diversity, inclusion, justice,

NOTE Confidence: 0.8764204

02:31:13.600 --> 02:31:15.830 and belonging in each course.

NOTE Confidence: 0.8764204

02:31:15.830 --> 02:31:18.189 I would expect that you would have

NOTE Confidence: 0.8764204

02:31:18.189 --> 02:31:19.950 a lecture accompanied by readings

NOTE Confidence: 0.8764204

02:31:19.950 --> 02:31:21.670 or videos and an assignment.

NOTE Confidence: 0.8764204

02:31:21.670 --> 02:31:22.020 Some

NOTE Confidence: 0.909008772

02:31:22.030 --> 02:31:24.080 assignments will involve role plays,
NOTE Confidence: 0.865350923

02:31:24.140 --> 02:31:25.805 standardized patients, or other ways
NOTE Confidence: 0.865350923

02:31:25.805 --> 02:31:27.470 to interact with their classmates,
NOTE Confidence: 0.865350923

02:31:27.470 --> 02:31:28.918 genetic counselors and other
NOTE Confidence: 0.865350923

02:31:28.918 --> 02:31:30.366 healthcare professionals to learn
NOTE Confidence: 0.865350923

02:31:30.366 --> 02:31:32.556 the skills you need to counsel
NOTE Confidence: 0.865350923

02:31:32.556 --> 02:31:33.618 appropriately and effectively.
NOTE Confidence: 0.865350923

02:31:33.620 --> 02:31:34.998 Other assignments may help you
NOTE Confidence: 0.865350923

02:31:34.998 --> 02:31:36.066 learn how to write a patient
NOTE Confidence: 0.865350923

02:31:36.070 --> 02:31:37.579 chart note or a summary letter,
NOTE Confidence: 0.865350923

02:31:37.579 --> 02:31:39.493 or research a specific disease to
NOTE Confidence: 0.865350923

02:31:39.493 --> 02:31:41.945 present to a patient or create
NOTE Confidence: 0.865350923

02:31:41.945 --> 02:31:43.857 educational materials for patients
NOTE Confidence: 0.865350923

02:31:43.857 --> 02:31:45.291 or healthcare professionals.
NOTE Confidence: 0.865350923

02:31:45.300 --> 02:31:46.890 Of course, you'll also be tested
NOTE Confidence: 0.865350923

02:31:46.890 --> 02:31:47.685 on your knowledge,

NOTE Confidence: 0.865350923

02:31:47.690 --> 02:31:49.772 and many programs will use test

NOTE Confidence: 0.865350923

02:31:49.772 --> 02:31:51.872 questions in the style of the

NOTE Confidence: 0.865350923

02:31:51.872 --> 02:31:53.477 board certification exam to get

NOTE Confidence: 0.865350923

02:31:53.477 --> 02:31:55.796 you used to the format and the

NOTE Confidence: 0.865350923

02:31:55.796 --> 02:31:57.722 pacing needed to pass the exam.

NOTE Confidence: 0.9688387

02:32:00.480 --> 02:32:03.040 Second, there's your clinical work again.

NOTE Confidence: 0.9688387

02:32:03.040 --> 02:32:04.300 Every program works differently,

NOTE Confidence: 0.9688387

02:32:04.300 --> 02:32:05.460 although there are core

NOTE Confidence: 0.9688387

02:32:05.460 --> 02:32:07.760 fundamentals that you must have.

NOTE Confidence: 0.9688387

02:32:07.760 --> 02:32:09.435 In general, you'll start out

NOTE Confidence: 0.9688387

02:32:09.435 --> 02:32:10.775 observing a genetic counselor,

NOTE Confidence: 0.9688387

02:32:10.780 --> 02:32:11.780 or several of them.

NOTE Confidence: 0.9688387

02:32:11.780 --> 02:32:13.925 You will likely be asked not to say

NOTE Confidence: 0.9688387

02:32:13.925 --> 02:32:15.385 anything during the session since

NOTE Confidence: 0.9688387

02:32:15.385 --> 02:32:17.258 your skills are not developed yet,

NOTE Confidence: 0.9688387

02:32:17.260 --> 02:32:19.248 but you will have the opportunity to
NOTE Confidence: 0.9688387

02:32:19.248 --> 02:32:21.910 learn not only the scientific material,
NOTE Confidence: 0.9688387

02:32:21.910 --> 02:32:23.877 but the nuances that the genetic counselors
NOTE Confidence: 0.9688387

02:32:23.877 --> 02:32:25.848 use in assessing the patients knowledge,
NOTE Confidence: 0.9688387

02:32:25.850 --> 02:32:27.990 interest, and receptivity to
NOTE Confidence: 0.9688387

02:32:27.990 --> 02:32:29.816 the information we find that.
NOTE Confidence: 0.9688387

02:32:29.816 --> 02:32:31.640 Not every patient is willing to hear
NOTE Confidence: 0.9688387

02:32:31.640 --> 02:32:33.856 that much and and some are in a
NOTE Confidence: 0.9688387

02:32:33.856 --> 02:32:35.661 fragile emotional state if say they
NOTE Confidence: 0.9688387

02:32:35.661 --> 02:32:37.880 or their child or fetus was recently
NOTE Confidence: 0.9688387

02:32:37.880 --> 02:32:39.698 diagnosed with a serious condition.
NOTE Confidence: 0.9688387

02:32:39.700 --> 02:32:41.730 So determining our patients medical
NOTE Confidence: 0.9688387

02:32:41.730 --> 02:32:44.229 literacy and ability to handle the
NOTE Confidence: 0.9688387

02:32:44.229 --> 02:32:45.829 information we're presenting may
NOTE Confidence: 0.9688387

02:32:45.829 --> 02:32:48.327 be the most important aspect of our
NOTE Confidence: 0.9688387

02:32:48.327 --> 02:32:50.788 jobs as GC's and that's one of the

NOTE Confidence: 0.9688387

02:32:50.788 --> 02:32:52.140 fundamental things you'll begin

NOTE Confidence: 0.9688387

02:32:52.207 --> 02:32:53.957 to learn in your observations,

NOTE Confidence: 0.9688387

02:32:53.960 --> 02:32:57.722 and they may ask you to draw a shadow

NOTE Confidence: 0.9688387

02:32:57.722 --> 02:32:59.960 pedigree while they're doing their cases.

NOTE Confidence: 0.9688387

02:32:59.960 --> 02:33:02.200 To see how your pedigree compares with

NOTE Confidence: 0.9688387

02:33:02.200 --> 02:33:04.569 theirs and that helps in your learning too.

NOTE Confidence: 0.9688387

02:33:04.570 --> 02:33:05.290 And then of course,

NOTE Confidence: 0.9688387

02:33:05.290 --> 02:33:06.110 as time goes by,

NOTE Confidence: 0.9688387

02:33:06.110 --> 02:33:07.555 you take on increasingly greater

NOTE Confidence: 0.9688387

02:33:07.555 --> 02:33:09.180 responsibility in cases until the

NOTE Confidence: 0.9688387

02:33:09.180 --> 02:33:10.990 final semester of your training,

NOTE Confidence: 0.9688387

02:33:10.990 --> 02:33:12.325 when you'd likely perform the

NOTE Confidence: 0.9688387

02:33:12.325 --> 02:33:13.393 whole session by yourself.

NOTE Confidence: 0.8377147

02:33:14.420 --> 02:33:15.230 With supervision

NOTE Confidence: 0.883507946666667

02:33:16.360 --> 02:33:17.608 in terms of

NOTE Confidence: 0.882434211764706

02:33:17.620 --> 02:33:19.325 content, every student must have
NOTE Confidence: 0.882434211764706

02:33:19.325 --> 02:33:22.019 what we call the big three rotations
NOTE Confidence: 0.882434211764706

02:33:22.019 --> 02:33:24.319 in prenatal Pediatrics and cancer.
NOTE Confidence: 0.882434211764706

02:33:24.320 --> 02:33:25.385 In a prenatal setting,
NOTE Confidence: 0.882434211764706

02:33:25.385 --> 02:33:27.010 you'll see patients who are
NOTE Confidence: 0.882434211764706

02:33:27.010 --> 02:33:29.225 pregnant or would like to be and
NOTE Confidence: 0.882434211764706

02:33:29.225 --> 02:33:30.655 have concerns about about their
NOTE Confidence: 0.882434211764706

02:33:30.655 --> 02:33:32.500 ability to have healthy children.
NOTE Confidence: 0.882434211764706

02:33:32.500 --> 02:33:35.772 This may be related to things like maternal
NOTE Confidence: 0.882434211764706

02:33:35.772 --> 02:33:38.098 age exposures to toxic substances,
NOTE Confidence: 0.882434211764706

02:33:38.100 --> 02:33:40.320 family histories of genetic conditions,
NOTE Confidence: 0.882434211764706

02:33:40.320 --> 02:33:41.704 abnormalities identified on ultrasound,
NOTE Confidence: 0.882434211764706

02:33:41.704 --> 02:33:43.434 or even a blood relationship
NOTE Confidence: 0.882434211764706

02:33:43.434 --> 02:33:46.410 between the patient and her partner.
NOTE Confidence: 0.882434211764706

02:33:46.410 --> 02:33:47.412 In a pediatric setting,
NOTE Confidence: 0.882434211764706

02:33:47.412 --> 02:33:49.056 you'll see children who have features

NOTE Confidence: 0.882434211764706

02:33:49.056 --> 02:33:50.793 that may be consistent with a genetic

NOTE Confidence: 0.882434211764706

02:33:50.793 --> 02:33:52.349 condition and need to be diagnosed.

NOTE Confidence: 0.882434211764706

02:33:52.350 --> 02:33:53.112 If that's possible,

NOTE Confidence: 0.882434211764706

02:33:53.112 --> 02:33:54.890 or you may see children who are

NOTE Confidence: 0.882434211764706

02:33:54.941 --> 02:33:56.269 diagnosed previously but are

NOTE Confidence: 0.882434211764706

02:33:56.269 --> 02:33:58.283 coming back for periodic follow up,

NOTE Confidence: 0.882434211764706

02:33:58.283 --> 02:34:00.685 you may even see newborns in the

NOTE Confidence: 0.882434211764706

02:34:00.685 --> 02:34:02.750 neonatal ICU who are suspected to

NOTE Confidence: 0.882434211764706

02:34:02.750 --> 02:34:04.864 have a condition that needs to be

NOTE Confidence: 0.882434211764706

02:34:04.864 --> 02:34:07.016 diagnosed so that treatment or surgery

NOTE Confidence: 0.882434211764706

02:34:07.016 --> 02:34:09.112 can be initiated in a cancer setting

NOTE Confidence: 0.882434211764706

02:34:09.112 --> 02:34:10.684 which you just heard all about.

NOTE Confidence: 0.882434211764706

02:34:10.690 --> 02:34:12.468 You now know that you'll see patients

NOTE Confidence: 0.882434211764706

02:34:12.468 --> 02:34:14.551 who have a personal and or family

NOTE Confidence: 0.882434211764706

02:34:14.551 --> 02:34:16.496 history of cancer who are hoping to

NOTE Confidence: 0.882434211764706

02:34:16.496 --> 02:34:17.984 find out if there's a hereditary.
NOTE Confidence: 0.882434211764706

02:34:17.990 --> 02:34:19.618 Component that that information
NOTE Confidence: 0.882434211764706

02:34:19.618 --> 02:34:22.060 of course can both guide treatment
NOTE Confidence: 0.882434211764706

02:34:22.125 --> 02:34:24.245 options and provide risk assessment
NOTE Confidence: 0.882434211764706

02:34:24.245 --> 02:34:25.517 for family members.
NOTE Confidence: 0.882434211764706

02:34:25.520 --> 02:34:27.620 It could even inform the patient if
NOTE Confidence: 0.882434211764706

02:34:27.620 --> 02:34:29.559 there are increased risks for more
NOTE Confidence: 0.882434211764706

02:34:29.559 --> 02:34:31.194 cancers than they've already had.
NOTE Confidence: 0.882434211764706

02:34:31.200 --> 02:34:33.213 Some programs like ours will not
NOTE Confidence: 0.882434211764706

02:34:33.213 --> 02:34:34.839 have you doing any rotations in
NOTE Confidence: 0.882434211764706

02:34:34.839 --> 02:34:35.980 your first semester,
NOTE Confidence: 0.882434211764706

02:34:35.980 --> 02:34:37.825 so that you can get used to Graduate School
NOTE Confidence: 0.882434211764706

02:34:37.825 --> 02:34:39.478 and knock out more of the academics.
NOTE Confidence: 0.882434211764706

02:34:39.480 --> 02:34:40.386 In the beginning,
NOTE Confidence: 0.882434211764706

02:34:40.386 --> 02:34:42.198 we start in the second semester,
NOTE Confidence: 0.882434211764706

02:34:42.200 --> 02:34:44.860 while some don't start until the summer.

NOTE Confidence: 0.882434211764706
02:34:44.860 --> 02:34:46.200 But in any program,
NOTE Confidence: 0.882434211764706
02:34:46.200 --> 02:34:48.318 these three clinic types are required
NOTE Confidence: 0.882434211764706
02:34:48.318 --> 02:34:50.602 to collect the cases you need to
NOTE Confidence: 0.882434211764706
02:34:50.602 --> 02:34:52.478 be eligible to sit for the board
NOTE Confidence: 0.882434211764706
02:34:52.541 --> 02:34:53.699 certification exam,
NOTE Confidence: 0.882434211764706
02:34:53.700 --> 02:34:54.798 but there are many other types
NOTE Confidence: 0.882434211764706
02:34:54.800 --> 02:34:56.444 of settings that you may have
NOTE Confidence: 0.882434211764706
02:34:56.444 --> 02:34:57.980 opportunities to rotate through,
NOTE Confidence: 0.882434211764706
02:34:57.980 --> 02:34:58.946 like cardio,
NOTE Confidence: 0.882434211764706
02:34:58.946 --> 02:35:00.878 genetics clinics or ophthalmology.
NOTE Confidence: 0.882434211764706
02:35:00.880 --> 02:35:02.385 Neurology or psychiatry you may
NOTE Confidence: 0.882434211764706
02:35:02.385 --> 02:35:05.030 even wish to do a rotation in a
NOTE Confidence: 0.882434211764706
02:35:05.030 --> 02:35:06.815 laboratory or other industry type
NOTE Confidence: 0.882434211764706
02:35:06.815 --> 02:35:08.908 setting or public health department
NOTE Confidence: 0.882434211764706
02:35:08.908 --> 02:35:10.664 or newborn screening lab.
NOTE Confidence: 0.882434211764706

02:35:10.670 --> 02:35:11.791 The Sky's the limit,
NOTE Confidence: 0.882434211764706

02:35:11.791 --> 02:35:12.028 really.
NOTE Confidence: 0.882434211764706

02:35:12.030 --> 02:35:14.190 If you have the time and if your
NOTE Confidence: 0.882434211764706

02:35:14.190 --> 02:35:14.970 program allows it,
NOTE Confidence: 0.882434211764706

02:35:14.970 --> 02:35:17.118 so again when you're researching programs,
NOTE Confidence: 0.882434211764706

02:35:17.120 --> 02:35:18.890 think about what might be important
NOTE Confidence: 0.882434211764706

02:35:18.890 --> 02:35:20.714 to you and ask the questions that
NOTE Confidence: 0.882434211764706

02:35:20.714 --> 02:35:22.205 will help you figure out what it is
NOTE Confidence: 0.882434211764706

02:35:22.205 --> 02:35:23.712 that you want to do and where would
NOTE Confidence: 0.882434211764706

02:35:23.712 --> 02:35:25.310 be the best place for you to do it.
NOTE Confidence: 0.82578948

02:35:27.860 --> 02:35:29.660 The third leg of the stool is
NOTE Confidence: 0.82578948

02:35:29.660 --> 02:35:31.290 your research project, and
NOTE Confidence: 0.872508775

02:35:31.300 --> 02:35:32.288 because I've always wondered
NOTE Confidence: 0.878359

02:35:32.300 --> 02:35:33.536 this and thought you might too,
NOTE Confidence: 0.878359

02:35:33.540 --> 02:35:35.406 I looked up the difference between
NOTE Confidence: 0.878359

02:35:35.406 --> 02:35:37.200 a capstone project and a thesis.

NOTE Confidence: 0.878359

02:35:37.200 --> 02:35:38.992 A capstone project attempts to

NOTE Confidence: 0.878359

02:35:38.992 --> 02:35:40.948 address an issue in the field

NOTE Confidence: 0.878359

02:35:40.948 --> 02:35:42.492 by applying existing knowledge

NOTE Confidence: 0.878359

02:35:42.492 --> 02:35:44.557 towards a real life problem,

NOTE Confidence: 0.878359

02:35:44.560 --> 02:35:47.510 whereas a thesis seeks to.

NOTE Confidence: 0.42902867

02:35:50.360 --> 02:35:51.350 To create new

NOTE Confidence: 0.9474163075

02:35:51.360 --> 02:35:53.500 knowledge through student research,

NOTE Confidence: 0.9474163075

02:35:53.500 --> 02:35:56.012 trying to prove or argue a hypothesis

NOTE Confidence: 0.9474163075

02:35:56.012 --> 02:35:58.790 rather than just investigative topic. So

NOTE Confidence: 0.939091076

02:35:58.800 --> 02:36:00.470 each program has a research

NOTE Confidence: 0.9487990225

02:36:00.480 --> 02:36:02.640 component that is required,

NOTE Confidence: 0.9487990225

02:36:02.640 --> 02:36:04.601 but which type of component varies

NOTE Confidence: 0.9487990225

02:36:04.601 --> 02:36:06.568 and of course is something else you

NOTE Confidence: 0.9487990225

02:36:06.568 --> 02:36:08.617 may wish to research ahead of time.

NOTE Confidence: 0.9487990225

02:36:08.620 --> 02:36:10.206 Most programs, I believe,

NOTE Confidence: 0.9487990225

02:36:10.206 --> 02:36:12.710 are like ours with a research course first

NOTE Confidence: 0.9487990225

02:36:12.773 --> 02:36:15.017 that helps you understand the process.

NOTE Confidence: 0.9487990225

02:36:15.020 --> 02:36:16.572 The difference between qualitative

NOTE Confidence: 0.9487990225

02:36:16.572 --> 02:36:17.736 and quantitative research,

NOTE Confidence: 0.9487990225

02:36:17.740 --> 02:36:19.798 and how to write a proposal.

NOTE Confidence: 0.9487990225

02:36:19.800 --> 02:36:21.828 Then there are the capstone courses

NOTE Confidence: 0.9487990225

02:36:21.828 --> 02:36:24.172 during which you apply for Institutional

NOTE Confidence: 0.9487990225

02:36:24.172 --> 02:36:26.676 Review Board approval and do the

NOTE Confidence: 0.9487990225

02:36:26.676 --> 02:36:28.236 data collection and write up.

NOTE Confidence: 0.9487990225

02:36:28.240 --> 02:36:29.840 Most programs will encourage you,

NOTE Confidence: 0.9487990225

02:36:29.840 --> 02:36:31.744 though they may not require you to

NOTE Confidence: 0.9487990225

02:36:31.744 --> 02:36:33.388 present your research on campus

NOTE Confidence: 0.9487990225

02:36:33.390 --> 02:36:35.382 and or submit it for presentation

NOTE Confidence: 0.9487990225

02:36:35.382 --> 02:36:37.256 or publication to a professional

NOTE Confidence: 0.9487990225

02:36:37.256 --> 02:36:39.666 organization such as the National

NOTE Confidence: 0.9487990225

02:36:39.666 --> 02:36:41.594 Society of Genetic Counselors,

NOTE Confidence: 0.9487990225

02:36:41.600 --> 02:36:43.256 the American Society of Human Genetics,

NOTE Confidence: 0.9487990225

02:36:43.260 --> 02:36:45.300 American College of Medical Genetics,

NOTE Confidence: 0.9487990225

02:36:45.300 --> 02:36:47.140 American Society of Clinical Oncology,

NOTE Confidence: 0.9487990225

02:36:47.140 --> 02:36:48.802 or American College of Obstetrics and

NOTE Confidence: 0.9487990225

02:36:48.802 --> 02:36:52.008 Gynecology. I could go on all day.

NOTE Confidence: 0.9487990225

02:36:52.010 --> 02:36:54.692 But it's a really good opportunity to

NOTE Confidence: 0.9487990225

02:36:54.692 --> 02:36:57.397 show the research that you've done and

NOTE Confidence: 0.9487990225

02:36:57.397 --> 02:37:00.268 to kind of show the world what you're

NOTE Confidence: 0.9487990225

02:37:00.268 --> 02:37:03.446 what kinds of research your program allows.

NOTE Confidence: 0.9487990225

02:37:03.450 --> 02:37:04.935 So those are the required components,

NOTE Confidence: 0.9487990225

02:37:04.935 --> 02:37:07.375 but most programs, if not all of them,

NOTE Confidence: 0.9487990225

02:37:07.380 --> 02:37:08.840 also have supplemental activities

NOTE Confidence: 0.9487990225

02:37:08.840 --> 02:37:11.030 that you can potentially engage in,

NOTE Confidence: 0.9487990225

02:37:11.030 --> 02:37:12.990 as there are so many other areas

NOTE Confidence: 0.9487990225

02:37:12.990 --> 02:37:14.430 from which students can learn,

NOTE Confidence: 0.9487990225

02:37:14.430 --> 02:37:16.404 they may be required in some programs
NOTE Confidence: 0.9487990225

02:37:16.404 --> 02:37:18.190 and voluntary or absent in others,
NOTE Confidence: 0.9487990225

02:37:18.190 --> 02:37:21.134 so these may include things like book groups,
NOTE Confidence: 0.9487990225

02:37:21.134 --> 02:37:21.946 journal clubs,
NOTE Confidence: 0.9487990225

02:37:21.950 --> 02:37:23.350 guest speakers,
NOTE Confidence: 0.9487990225

02:37:23.350 --> 02:37:26.085 webinars provided by outside organizations
NOTE Confidence: 0.9487990225

02:37:26.085 --> 02:37:28.265 like commercial Genetics Labs.
NOTE Confidence: 0.9487990225

02:37:28.270 --> 02:37:31.294 You could join some special interest groups
NOTE Confidence: 0.9487990225

02:37:31.294 --> 02:37:34.560 by becoming a student member of an SGC.
NOTE Confidence: 0.9487990225

02:37:34.560 --> 02:37:36.762 You can also request extra or
NOTE Confidence: 0.9487990225

02:37:36.762 --> 02:37:38.700 different field work rotations to
NOTE Confidence: 0.9487990225

02:37:38.700 --> 02:37:40.740 expand your knowledge and experience.
NOTE Confidence: 0.9487990225

02:37:40.740 --> 02:37:42.465 Most program leadership members are
NOTE Confidence: 0.9487990225

02:37:42.465 --> 02:37:44.673 very open to suggestions for these
NOTE Confidence: 0.9487990225

02:37:44.673 --> 02:37:46.357 kinds of supplemental activities,
NOTE Confidence: 0.9487990225

02:37:46.360 --> 02:37:48.401 so you want to be creative and

NOTE Confidence: 0.9487990225

02:37:48.401 --> 02:37:49.856 ask for what you want.

NOTE Confidence: 0.9487990225

02:37:49.860 --> 02:37:51.978 You will likely be pleasantly surprised.

NOTE Confidence: 0.9487990225

02:37:51.980 --> 02:37:53.120 I'll give you an example.

NOTE Confidence: 0.9487990225

02:37:53.120 --> 02:37:54.265 We've had a few students

NOTE Confidence: 0.9487990225

02:37:54.265 --> 02:37:55.410 over the years who said,

NOTE Confidence: 0.9487990225

02:37:55.410 --> 02:37:56.080 you know,

NOTE Confidence: 0.9487990225

02:37:56.080 --> 02:37:58.090 I really want to do psychiatric

NOTE Confidence: 0.9487990225

02:37:58.090 --> 02:37:58.760 genetic counseling,

NOTE Confidence: 0.9487990225

02:37:58.760 --> 02:38:00.440 and that's a really difficult thing to find.

NOTE Confidence: 0.9487990225

02:38:00.440 --> 02:38:02.320 There are just not a lot of psychiatric

NOTE Confidence: 0.9487990225

02:38:02.320 --> 02:38:03.469 genetics clinics in the country.

NOTE Confidence: 0.9487990225

02:38:03.470 --> 02:38:05.304 And that's probably largely because

NOTE Confidence: 0.9487990225

02:38:05.304 --> 02:38:07.689 the genes for psychiatric illnesses

NOTE Confidence: 0.9487990225

02:38:07.689 --> 02:38:10.340 haven't been discovered cloned.

NOTE Confidence: 0.9487990225

02:38:10.340 --> 02:38:12.167 You know, tests made available for them,

NOTE Confidence: 0.9487990225

02:38:12.170 --> 02:38:15.488 and so it's it's all counseling.
NOTE Confidence: 0.9487990225

02:38:15.490 --> 02:38:17.170 It's it's no genetic testing,
NOTE Confidence: 0.9487990225

02:38:17.170 --> 02:38:18.745 but we've had students who've
NOTE Confidence: 0.9487990225

02:38:18.745 --> 02:38:20.800 gone out to Vancouver for a few
NOTE Confidence: 0.9487990225

02:38:20.800 --> 02:38:24.430 weeks to the 1st and to date one
NOTE Confidence: 0.9487990225

02:38:24.430 --> 02:38:26.350 of very few psychiatric genetic
NOTE Confidence: 0.9487990225

02:38:26.435 --> 02:38:28.850 counseling clinics in the world.
NOTE Confidence: 0.9487990225

02:38:28.850 --> 02:38:30.510 So you know there are.
NOTE Confidence: 0.9487990225

02:38:30.510 --> 02:38:32.090 There are other kinds of things
NOTE Confidence: 0.9487990225

02:38:32.090 --> 02:38:34.090 you can apply for lab rotations,
NOTE Confidence: 0.9487990225

02:38:34.090 --> 02:38:35.050 and you know,
NOTE Confidence: 0.9487990225

02:38:35.050 --> 02:38:36.307 I know in our program our
NOTE Confidence: 0.9487990225

02:38:36.307 --> 02:38:37.849 students are required to do 30
NOTE Confidence: 0.9487990225

02:38:37.849 --> 02:38:39.229 day rotations in a semester,
NOTE Confidence: 0.9487990225

02:38:39.230 --> 02:38:40.749 but if they really want to do,
NOTE Confidence: 0.9487990225

02:38:40.750 --> 02:38:42.122 let's say, cardiac genetics,

NOTE Confidence: 0.9487990225

02:38:42.122 --> 02:38:45.007 then we can shave it down a little bit

NOTE Confidence: 0.9487990225

02:38:45.007 --> 02:38:47.549 so they can do 20 minute to 20 minutes.

NOTE Confidence: 0.9487990225

02:38:47.550 --> 02:38:50.115 20 days in a Cancer Center and then the

NOTE Confidence: 0.9487990225

02:38:50.115 --> 02:38:52.189 other 10 days in the cardiac clinic.

NOTE Confidence: 0.9487990225

02:38:52.190 --> 02:38:53.186 Things like that.

NOTE Confidence: 0.9487990225

02:38:53.186 --> 02:38:53.850 So again,

NOTE Confidence: 0.9593342875

02:38:53.850 --> 02:38:55.890 if you want something, ask for it.

NOTE Confidence: 0.9593342875

02:38:55.890 --> 02:38:57.210 They may very well be able

NOTE Confidence: 0.9593342875

02:38:57.210 --> 02:38:58.828 to accommodate your request.

NOTE Confidence: 0.85600007

02:39:01.190 --> 02:39:02.260 And then the last thing I

NOTE Confidence: 0.911241381428571

02:39:02.270 --> 02:39:04.898 really wanted to touch on is the very deep

NOTE Confidence: 0.911241381428571

02:39:04.898 --> 02:39:06.573 emotional components of our profession

NOTE Confidence: 0.911241381428571

02:39:06.573 --> 02:39:08.790 and the rigors of training for it.

NOTE Confidence: 0.911241381428571

02:39:08.790 --> 02:39:09.840 And because of all of that,

NOTE Confidence: 0.911241381428571

02:39:09.840 --> 02:39:11.681 we feel it's really important to care

NOTE Confidence: 0.911241381428571

02:39:11.681 --> 02:39:13.566 for yourself as it always is in life.

NOTE Confidence: 0.911241381428571

02:39:13.570 --> 02:39:16.209 So as part of a training program,

NOTE Confidence: 0.911241381428571

02:39:16.210 --> 02:39:18.100 whether it's actually embedded in the

NOTE Confidence: 0.911241381428571

02:39:18.100 --> 02:39:20.368 program or something that you do on your own,

NOTE Confidence: 0.911241381428571

02:39:20.370 --> 02:39:22.906 we feel that self care is very important.

NOTE Confidence: 0.911241381428571

02:39:22.910 --> 02:39:24.606 It's easy to get kind of pulled under,

NOTE Confidence: 0.911241381428571

02:39:24.610 --> 02:39:26.220 sometimes by again the emotions

NOTE Confidence: 0.911241381428571

02:39:26.220 --> 02:39:27.830 of our sessions with patients.

NOTE Confidence: 0.911241381428571

02:39:27.830 --> 02:39:29.614 You're stress regarding coursework

NOTE Confidence: 0.911241381428571

02:39:29.614 --> 02:39:30.506 or rotations.

NOTE Confidence: 0.911241381428571

02:39:30.510 --> 02:39:32.049 Interactions with classmates

NOTE Confidence: 0.911241381428571

02:39:32.049 --> 02:39:33.588 and colleagues so.

NOTE Confidence: 0.899378805

02:39:35.480 --> 02:39:36.528 It's it's an important

NOTE Confidence: 0.939172687

02:39:36.540 --> 02:39:38.244 thing to take care of yourself as it

NOTE Confidence: 0.939172687

02:39:38.244 --> 02:39:39.780 always is, and it can take many forms.

NOTE Confidence: 0.939172687

02:39:39.780 --> 02:39:41.260 Of course, maybe your thing

NOTE Confidence: 0.939172687

02:39:41.260 --> 02:39:43.120 is to meditate or do yoga,

NOTE Confidence: 0.939172687

02:39:43.120 --> 02:39:45.416 cook or be with family and friends.

NOTE Confidence: 0.939172687

02:39:45.420 --> 02:39:47.256 Some programs build it in and

NOTE Confidence: 0.939172687

02:39:47.256 --> 02:39:48.699 some will expect you to care

NOTE Confidence: 0.939172687

02:39:48.699 --> 02:39:49.797 for yourself and your own way.

NOTE Confidence: 0.939172687

02:39:49.800 --> 02:39:51.640 And in your own time.

NOTE Confidence: 0.939172687

02:39:51.640 --> 02:39:52.900 I know in our program,

NOTE Confidence: 0.939172687

02:39:52.900 --> 02:39:54.628 especially because it's online and our

NOTE Confidence: 0.939172687

02:39:54.628 --> 02:39:56.220 students are not physically together,

NOTE Confidence: 0.939172687

02:39:56.220 --> 02:39:58.236 they have created movie nights at game

NOTE Confidence: 0.939172687

02:39:58.236 --> 02:40:00.359 nights and other kinds of social events.

NOTE Confidence: 0.939172687

02:40:00.360 --> 02:40:01.613 And when we do have our students

NOTE Confidence: 0.939172687

02:40:01.613 --> 02:40:03.797 together on campus once or twice a year,

NOTE Confidence: 0.939172687

02:40:03.800 --> 02:40:06.488 we always build in some time for

NOTE Confidence: 0.939172687

02:40:06.488 --> 02:40:07.640 socializing and decompression.

NOTE Confidence: 0.939172687

02:40:07.640 --> 02:40:09.241 But of course that involves the
NOTE Confidence: 0.939172687

02:40:09.241 --> 02:40:10.867 students being with each other and
NOTE Confidence: 0.939172687

02:40:10.867 --> 02:40:12.365 sometimes self care requires you to
NOTE Confidence: 0.939172687

02:40:12.365 --> 02:40:14.461 be alone or to be with people who are
NOTE Confidence: 0.939172687

02:40:14.461 --> 02:40:15.886 completely disconnected from the pieces
NOTE Confidence: 0.939172687

02:40:15.886 --> 02:40:18.820 of your lives that are creating the stress.
NOTE Confidence: 0.939172687

02:40:18.820 --> 02:40:20.264 What you do is not as important
NOTE Confidence: 0.939172687

02:40:20.264 --> 02:40:21.818 as the fact that you're doing it,
NOTE Confidence: 0.939172687

02:40:21.820 --> 02:40:23.283 and we feel strongly that this should
NOTE Confidence: 0.939172687

02:40:23.283 --> 02:40:25.130 be part of everyone's Graduate School.
NOTE Confidence: 0.939172687

02:40:25.130 --> 02:40:27.302 Experience and in fact when we
NOTE Confidence: 0.939172687

02:40:27.302 --> 02:40:29.620 interview students or applicants,
NOTE Confidence: 0.939172687

02:40:29.620 --> 02:40:32.194 we ask them what kinds of
NOTE Confidence: 0.939172687

02:40:32.194 --> 02:40:34.280 self care they engage in.
NOTE Confidence: 0.939172687

02:40:34.280 --> 02:40:35.860 So something to think about.
NOTE Confidence: 0.939172687

02:40:35.860 --> 02:40:36.910 I'm not saying that other

NOTE Confidence: 0.939172687

02:40:36.910 --> 02:40:38.299 programs ask that question,

NOTE Confidence: 0.939172687

02:40:38.300 --> 02:40:39.784 but it's probably a good thing to

NOTE Confidence: 0.939172687

02:40:39.784 --> 02:40:41.462 have in your pocket if they ask you

NOTE Confidence: 0.939172687

02:40:41.462 --> 02:40:43.059 how do you take care of yourself?

NOTE Confidence: 0.939172687

02:40:43.060 --> 02:40:46.120 You want to have some kind of answer and

NOTE Confidence: 0.939172687

02:40:46.120 --> 02:40:47.150 hopefully it'll be actually something

NOTE Confidence: 0.939172687

02:40:47.150 --> 02:40:48.700 that you practice on a regular basis.

NOTE Confidence: 0.8989486

02:40:50.300 --> 02:40:51.260 So that's what I wanted you

NOTE Confidence: 0.906255395555556

02:40:51.270 --> 02:40:52.320 to know about what to

NOTE Confidence: 0.906255395555556

02:40:52.320 --> 02:40:53.160 expect in Graduate School.

NOTE Confidence: 0.906255395555556

02:40:53.160 --> 02:40:54.616 I hope you will feel free to

NOTE Confidence: 0.906255395555556

02:40:54.616 --> 02:40:56.667 reach out to me at anytime with

NOTE Confidence: 0.906255395555556

02:40:56.667 --> 02:40:58.039 questions about genetic counseling,

NOTE Confidence: 0.906255395555556

02:40:58.040 --> 02:40:59.912 training programs in general,

NOTE Confidence: 0.906255395555556

02:40:59.912 --> 02:41:02.720 or Bay Pass program in particular.

NOTE Confidence: 0.906255395555556

02:41:02.720 --> 02:41:04.330 And I welcome your questions.
NOTE Confidence: 0.1444211

02:41:06.960 --> 02:41:09.368 Janice thought was great and I love the
NOTE Confidence: 0.77444448

02:41:09.380 --> 02:41:11.170 self care bingo to
NOTE Confidence: 0.625374504

02:41:11.900 --> 02:41:12.960 feel that for me. You
NOTE Confidence: 0.864040265

02:41:12.970 --> 02:41:14.638 find any graphic online.
NOTE Confidence: 0.83371055

02:41:18.180 --> 02:41:19.465 But I know that there were
NOTE Confidence: 0.83371055

02:41:19.465 --> 02:41:20.370 a couple of questions that
NOTE Confidence: 0.9246216935

02:41:20.407 --> 02:41:21.292 have popped up in the
NOTE Confidence: 0.9246216935

02:41:21.292 --> 02:41:22.177 first half of the session.
NOTE Confidence: 0.9246216935

02:41:22.180 --> 02:41:24.108 I think I'll wait to ask them until
NOTE Confidence: 0.9246216935

02:41:24.108 --> 02:41:25.880 Maria has given her talk and then
NOTE Confidence: 0.9246216935

02:41:25.880 --> 02:41:30.020 maybe you 2 can address them in tandem.
NOTE Confidence: 0.9246216935

02:41:30.020 --> 02:41:34.674 So I'm going to switch it over then to.
NOTE Confidence: 0.9246216935

02:41:34.680 --> 02:41:40.960 Maria, let's see here. Perfect.
NOTE Confidence: 0.61802869

02:41:44.960 --> 02:41:45.950 All right, let
NOTE Confidence: 0.941961075

02:41:45.960 --> 02:41:46.740 me see my screen.

NOTE Confidence: 0.61643696

02:41:50.510 --> 02:41:56.300 Great. Alright. So hi everyone,

NOTE Confidence: 0.61643696

02:41:56.300 --> 02:41:57.900 thanks for coming and sticking

NOTE Confidence: 0.61643696

02:41:57.900 --> 02:41:59.679 with us through the afternoon.

NOTE Confidence: 0.61643696

02:41:59.680 --> 02:42:00.860 My name is Maria Geyer.

NOTE Confidence: 0.61643696

02:42:00.860 --> 02:42:03.352 I am the program director for the

NOTE Confidence: 0.61643696

02:42:03.352 --> 02:42:04.837 UConn genetic counseling program

NOTE Confidence: 0.61643696

02:42:04.837 --> 02:42:06.973 as well as some other graduate

NOTE Confidence: 0.61643696

02:42:06.973 --> 02:42:08.900 programs within the UConn family.

NOTE Confidence: 0.61643696

02:42:08.900 --> 02:42:10.835 So I wanted to chat with you a little

NOTE Confidence: 0.61643696

02:42:10.835 --> 02:42:12.648 bit today about applying to programs

NOTE Confidence: 0.61643696

02:42:12.648 --> 02:42:14.880 and how to strengthen your application.

NOTE Confidence: 0.61643696

02:42:14.880 --> 02:42:16.889 It can be quite an intimidating process,

NOTE Confidence: 0.61643696

02:42:16.890 --> 02:42:19.034 as some of you may have already experienced,

NOTE Confidence: 0.61643696

02:42:19.040 --> 02:42:20.615 so I kind of wanted to go through a

NOTE Confidence: 0.61643696

02:42:20.615 --> 02:42:22.192 few steps and how to start that and

NOTE Confidence: 0.61643696

02:42:22.192 --> 02:42:23.811 some of the questions that you might
NOTE Confidence: 0.61643696

02:42:23.811 --> 02:42:25.812 want to ask yourself as you're thinking
NOTE Confidence: 0.61643696

02:42:25.812 --> 02:42:28.884 about what programs to apply to.
NOTE Confidence: 0.61643696

02:42:28.890 --> 02:42:31.186 So step one of this process is
NOTE Confidence: 0.61643696

02:42:31.186 --> 02:42:32.170 to know yourself.
NOTE Confidence: 0.61643696

02:42:32.170 --> 02:42:33.970 You know genetic counseling has
NOTE Confidence: 0.61643696

02:42:33.970 --> 02:42:36.599 lots to offer in terms of a career
NOTE Confidence: 0.61643696

02:42:36.599 --> 02:42:38.910 in terms of kind of a life choice,
NOTE Confidence: 0.61643696

02:42:38.910 --> 02:42:40.044 but you want to make sure that
NOTE Confidence: 0.61643696

02:42:40.044 --> 02:42:41.070 that choice is right for you.
NOTE Confidence: 0.61643696

02:42:41.070 --> 02:42:42.801 So really take some time to reflect
NOTE Confidence: 0.61643696

02:42:42.801 --> 02:42:44.086 on what's important to you,
NOTE Confidence: 0.61643696

02:42:44.090 --> 02:42:46.246 what you know, what makes you tick,
NOTE Confidence: 0.61643696

02:42:46.250 --> 02:42:47.832 and what do you think will be
NOTE Confidence: 0.61643696

02:42:47.832 --> 02:42:49.463 fulfilling in in a career in general.
NOTE Confidence: 0.61643696

02:42:49.463 --> 02:42:51.270 And sometimes the best way to do

NOTE Confidence: 0.61643696

02:42:51.270 --> 02:42:53.390 this is to talk to people you know.

NOTE Confidence: 0.61643696

02:42:53.390 --> 02:42:55.806 Being here today is a great is

NOTE Confidence: 0.61643696

02:42:55.806 --> 02:42:58.280 a great start and I think you.

NOTE Confidence: 0.61643696

02:42:58.280 --> 02:43:00.098 Probably now met some folks that

NOTE Confidence: 0.61643696

02:43:00.098 --> 02:43:02.365 you could reach out to to question

NOTE Confidence: 0.61643696

02:43:02.365 --> 02:43:04.357 and ask and maybe have conversations

NOTE Confidence: 0.61643696

02:43:04.357 --> 02:43:05.389 about the career,

NOTE Confidence: 0.61643696

02:43:05.390 --> 02:43:07.052 but that's really a good starting

NOTE Confidence: 0.61643696

02:43:07.052 --> 02:43:09.224 point is to kind of do your due

NOTE Confidence: 0.61643696

02:43:09.224 --> 02:43:11.446 diligence in terms of what you as a

NOTE Confidence: 0.61643696

02:43:11.446 --> 02:43:14.990 potential applicant are looking for.

NOTE Confidence: 0.61643696

02:43:14.990 --> 02:43:15.726 So Step 2,

NOTE Confidence: 0.61643696

02:43:15.726 --> 02:43:17.390 so once you kind of determine that and

NOTE Confidence: 0.61643696

02:43:17.439 --> 02:43:19.063 that this is the right step for you,

NOTE Confidence: 0.61643696

02:43:19.070 --> 02:43:20.430 is to know the programs.

NOTE Confidence: 0.61643696

02:43:20.430 --> 02:43:21.802 So as you've heard,
NOTE Confidence: 0.61643696

02:43:21.802 --> 02:43:23.517 there are many programs throughout
NOTE Confidence: 0.61643696

02:43:23.517 --> 02:43:25.050 the country and Canada,
NOTE Confidence: 0.61643696

02:43:25.050 --> 02:43:27.138 and although they're very similar in
NOTE Confidence: 0.61643696

02:43:27.138 --> 02:43:29.497 the fact that they're held to specific
NOTE Confidence: 0.61643696

02:43:29.497 --> 02:43:31.767 standards by our accreditation agency,
NOTE Confidence: 0.61643696

02:43:31.770 --> 02:43:33.800 you know many programs have
NOTE Confidence: 0.61643696

02:43:33.800 --> 02:43:35.830 their own strengths or niches.
NOTE Confidence: 0.61643696

02:43:35.830 --> 02:43:36.704 You know,
NOTE Confidence: 0.61643696

02:43:36.704 --> 02:43:38.889 some really stress psychosocial skills.
NOTE Confidence: 0.61643696

02:43:38.890 --> 02:43:39.476 For example,
NOTE Confidence: 0.61643696

02:43:39.476 --> 02:43:41.234 you know some are really big
NOTE Confidence: 0.61643696

02:43:41.234 --> 02:43:42.650 on research or technology,
NOTE Confidence: 0.61643696

02:43:42.650 --> 02:43:44.323 or you know it might be important
NOTE Confidence: 0.61643696

02:43:44.323 --> 02:43:45.984 to think about the types and
NOTE Confidence: 0.61643696

02:43:45.984 --> 02:43:47.474 amounts of clinical exposure that.

NOTE Confidence: 0.61643696

02:43:47.480 --> 02:43:49.672 That each program has to offer you know

NOTE Confidence: 0.61643696

02:43:49.672 --> 02:43:51.535 what are the patient populations based

NOTE Confidence: 0.61643696

02:43:51.535 --> 02:43:54.218 on where you are or where you would be.

NOTE Confidence: 0.61643696

02:43:54.220 --> 02:43:55.852 So I encourage you to do

NOTE Confidence: 0.61643696

02:43:55.852 --> 02:43:56.940 your homework around that.

NOTE Confidence: 0.61643696

02:43:56.940 --> 02:43:58.105 There's a lot of different

NOTE Confidence: 0.61643696

02:43:58.105 --> 02:43:59.625 ways to choose programs and and

NOTE Confidence: 0.61643696

02:43:59.625 --> 02:44:00.975 we're going to talk about that,

NOTE Confidence: 0.61643696

02:44:00.980 --> 02:44:03.171 but just know that not all programs

NOTE Confidence: 0.61643696

02:44:03.171 --> 02:44:06.336 are created equal in terms of what they

NOTE Confidence: 0.61643696

02:44:06.336 --> 02:44:09.768 want to emphasize to their students.

NOTE Confidence: 0.61643696

02:44:09.770 --> 02:44:11.945 So when you're at the phase of wanting

NOTE Confidence: 0.61643696

02:44:11.945 --> 02:44:13.918 to select a program, what do you do?

NOTE Confidence: 0.61643696

02:44:13.918 --> 02:44:14.110 So?

NOTE Confidence: 0.61643696

02:44:14.110 --> 02:44:16.133 There's lots and lots and lots of

NOTE Confidence: 0.61643696

02:44:16.133 --> 02:44:17.609 different things that are important
NOTE Confidence: 0.61643696

02:44:17.609 --> 02:44:19.527 and things that go into the formula
NOTE Confidence: 0.61643696

02:44:19.527 --> 02:44:21.379 of what makes somebody want to
NOTE Confidence: 0.61643696

02:44:21.379 --> 02:44:22.904 apply to a particular program.
NOTE Confidence: 0.61643696

02:44:22.910 --> 02:44:24.674 So these are just some things
NOTE Confidence: 0.61643696

02:44:24.674 --> 02:44:25.850 on the left that
NOTE Confidence: 0.885325449166667

02:44:25.918 --> 02:44:27.501 could be questions or checkboxes
NOTE Confidence: 0.885325449166667

02:44:27.501 --> 02:44:29.286 for you to think about,
NOTE Confidence: 0.885325449166667

02:44:29.290 --> 02:44:31.650 or things that could be important to someone.
NOTE Confidence: 0.885325449166667

02:44:31.650 --> 02:44:34.410 So first is education delivery.
NOTE Confidence: 0.885325449166667

02:44:34.410 --> 02:44:36.175 You know there are different
NOTE Confidence: 0.885325449166667

02:44:36.175 --> 02:44:38.347 types of programs in terms of
NOTE Confidence: 0.885325449166667

02:44:38.347 --> 02:44:40.057 whether they're face to face.
NOTE Confidence: 0.885325449166667

02:44:40.060 --> 02:44:41.548 Whether they're completely online,
NOTE Confidence: 0.885325449166667

02:44:41.548 --> 02:44:43.780 do they have a hybrid modality?
NOTE Confidence: 0.885325449166667

02:44:43.780 --> 02:44:45.716 So that might mean you you go to

NOTE Confidence: 0.885325449166667

02:44:45.716 --> 02:44:48.560 campus sometimes, but not all the time.

NOTE Confidence: 0.885325449166667

02:44:48.560 --> 02:44:50.558 And and how does that play into class size?

NOTE Confidence: 0.885325449166667

02:44:50.560 --> 02:44:52.177 Like? Are you someone who likes to

NOTE Confidence: 0.885325449166667

02:44:52.177 --> 02:44:54.160 be part of a of a larger group,

NOTE Confidence: 0.885325449166667

02:44:54.160 --> 02:44:56.197 or do you like a smaller class size?

NOTE Confidence: 0.885325449166667

02:44:56.200 --> 02:44:57.550 I mean, I had three classmates

NOTE Confidence: 0.885325449166667

02:44:57.550 --> 02:44:59.300 when I went to Graduate School,

NOTE Confidence: 0.885325449166667

02:44:59.300 --> 02:45:01.636 so it's very different than some of the

NOTE Confidence: 0.885325449166667

02:45:01.636 --> 02:45:03.659 class sizes that are out there today

NOTE Confidence: 0.885325449166667

02:45:03.659 --> 02:45:06.698 with 2224 upwards of 30 students per cohort.

NOTE Confidence: 0.885325449166667

02:45:06.700 --> 02:45:07.504 So is that?

NOTE Confidence: 0.885325449166667

02:45:07.504 --> 02:45:09.380 Is that a deal breaker for you,

NOTE Confidence: 0.885325449166667

02:45:09.380 --> 02:45:10.440 or is that something that

NOTE Confidence: 0.885325449166667

02:45:10.440 --> 02:45:11.288 makes you gravitate toward?

NOTE Confidence: 0.885325449166667

02:45:11.290 --> 02:45:13.618 Away from a program.

NOTE Confidence: 0.885325449166667

02:45:13.620 --> 02:45:14.679 Cost is important,
NOTE Confidence: 0.885325449166667

02:45:14.679 --> 02:45:16.444 so tuition and fees obviously
NOTE Confidence: 0.885325449166667

02:45:16.444 --> 02:45:18.575 plays a big role into which
NOTE Confidence: 0.885325449166667

02:45:18.575 --> 02:45:20.615 programs you might want to select.
NOTE Confidence: 0.885325449166667

02:45:20.620 --> 02:45:22.606 Are there scholarships that are available
NOTE Confidence: 0.885325449166667

02:45:22.606 --> 02:45:24.758 to help alleviate some of those costs?
NOTE Confidence: 0.885325449166667

02:45:24.760 --> 02:45:27.256 What is the cost of living within a
NOTE Confidence: 0.885325449166667

02:45:27.256 --> 02:45:29.479 program and and where it's located?
NOTE Confidence: 0.885325449166667

02:45:29.480 --> 02:45:34.040 You know this can be a huge deterrent
NOTE Confidence: 0.885325449166667

02:45:34.040 --> 02:45:36.944 and attraction based on whatever your
NOTE Confidence: 0.885325449166667

02:45:36.944 --> 02:45:38.568 particular financial situation is,
NOTE Confidence: 0.885325449166667

02:45:38.570 --> 02:45:41.320 but it's important and tuition
NOTE Confidence: 0.885325449166667

02:45:41.320 --> 02:45:42.821 and fees potential.
NOTE Confidence: 0.885325449166667

02:45:42.821 --> 02:45:44.425 Scholarship availability are things
NOTE Confidence: 0.885325449166667

02:45:44.425 --> 02:45:46.729 that a program might have online
NOTE Confidence: 0.885325449166667

02:45:46.729 --> 02:45:48.641 so that you can kind of do your

NOTE Confidence: 0.885325449166667
02:45:48.641 --> 02:45:50.333 your homework and your research by
NOTE Confidence: 0.885325449166667
02:45:50.333 --> 02:45:52.342 going to each of the websites of the
NOTE Confidence: 0.885325449166667
02:45:52.342 --> 02:45:53.770 programs that are of interest to you.
NOTE Confidence: 0.885325449166667
02:45:53.770 --> 02:45:55.947 You should be able to glean some
NOTE Confidence: 0.885325449166667
02:45:55.947 --> 02:45:57.344 really good information regarding
NOTE Confidence: 0.885325449166667
02:45:57.344 --> 02:45:59.339 cost straight from their website.
NOTE Confidence: 0.885325449166667
02:45:59.340 --> 02:46:00.891 Location is important,
NOTE Confidence: 0.885325449166667
02:46:00.891 --> 02:46:03.476 so similar to cost it,
NOTE Confidence: 0.885325449166667
02:46:03.480 --> 02:46:05.595 it tends to be a biggie in terms of
NOTE Confidence: 0.885325449166667
02:46:05.595 --> 02:46:08.187 why applicants choose particular programs.
NOTE Confidence: 0.885325449166667
02:46:08.190 --> 02:46:08.780 You know,
NOTE Confidence: 0.885325449166667
02:46:08.780 --> 02:46:10.472 maybe you're someone who you know
NOTE Confidence: 0.885325449166667
02:46:10.472 --> 02:46:12.520 likes a a more urban setting or more
NOTE Confidence: 0.885325449166667
02:46:12.577 --> 02:46:14.337 suburban setting or very rural.
NOTE Confidence: 0.885325449166667
02:46:14.340 --> 02:46:16.440 There are programs that kind of check
NOTE Confidence: 0.885325449166667

02:46:16.440 --> 02:46:18.525 all of those boxes in different
NOTE Confidence: 0.885325449166667

02:46:18.525 --> 02:46:19.468 places you know.
NOTE Confidence: 0.885325449166667

02:46:19.468 --> 02:46:21.456 Do you need a program that's close
NOTE Confidence: 0.885325449166667

02:46:21.456 --> 02:46:23.980 to family or friends for whether
NOTE Confidence: 0.885325449166667

02:46:23.980 --> 02:46:27.970 it be support systems or for living
NOTE Confidence: 0.885325449166667

02:46:27.970 --> 02:46:28.540 arrangements?
NOTE Confidence: 0.885325449166667

02:46:28.540 --> 02:46:30.374 Do you have to travel for field?
NOTE Confidence: 0.885325449166667

02:46:30.380 --> 02:46:31.274 Or, you know,
NOTE Confidence: 0.885325449166667

02:46:31.274 --> 02:46:33.360 is that kind of within the bounds
NOTE Confidence: 0.885325449166667

02:46:33.424 --> 02:46:35.008 of public transportation?
NOTE Confidence: 0.885325449166667

02:46:35.010 --> 02:46:37.790 Or do you need to have a car for campus?
NOTE Confidence: 0.885325449166667

02:46:37.790 --> 02:46:40.004 So these are all questions that
NOTE Confidence: 0.885325449166667

02:46:40.004 --> 02:46:41.480 are logistically important and
NOTE Confidence: 0.885325449166667

02:46:41.539 --> 02:46:43.489 necessary to consider when you're
NOTE Confidence: 0.885325449166667

02:46:43.489 --> 02:46:45.049 thinking about a program.
NOTE Confidence: 0.885325449166667

02:46:45.050 --> 02:46:49.090 I will kind of put a plug in here for yes,

NOTE Confidence: 0.885325449166667
02:46:49.090 --> 02:46:50.110 location is important,
NOTE Confidence: 0.885325449166667
02:46:50.110 --> 02:46:51.193 but if a program Member asks,
NOTE Confidence: 0.885325449166667
02:46:51.193 --> 02:46:53.137 you know why you chose them as a
NOTE Confidence: 0.885325449166667
02:46:53.137 --> 02:46:54.707 program over others like please,
NOTE Confidence: 0.885325449166667
02:46:54.710 --> 02:46:54.955 please,
NOTE Confidence: 0.885325449166667
02:46:54.955 --> 02:46:55.200 please,
NOTE Confidence: 0.885325449166667
02:46:55.200 --> 02:46:56.915 don't ever say us because my aunt
NOTE Confidence: 0.885325449166667
02:46:56.915 --> 02:46:58.637 lives here and I want to be close to
NOTE Confidence: 0.885325449166667
02:46:58.637 --> 02:47:00.115 family or I just always wanted to
NOTE Confidence: 0.885325449166667
02:47:00.115 --> 02:47:01.830 move to Boston or things like that.
NOTE Confidence: 0.885325449166667
02:47:01.830 --> 02:47:03.110 So while they're important,
NOTE Confidence: 0.885325449166667
02:47:03.110 --> 02:47:04.699 they tend to be your personal reasons,
NOTE Confidence: 0.885325449166667
02:47:04.700 --> 02:47:06.317 so make sure that that you can
NOTE Confidence: 0.885325449166667
02:47:06.317 --> 02:47:07.660 make your choice accordingly,
NOTE Confidence: 0.885325449166667
02:47:07.660 --> 02:47:11.290 but but also relay that appropriately.
NOTE Confidence: 0.88896096

02:47:11.290 --> 02:47:12.800 Faculty are important,
NOTE Confidence: 0.88896096

02:47:12.800 --> 02:47:15.520 so you know who's going to be your
NOTE Confidence: 0.88896096

02:47:15.590 --> 02:47:18.582 instructors and and who's going to be your
NOTE Confidence: 0.88896096

02:47:18.582 --> 02:47:21.347 mentors and advisors are very important,
NOTE Confidence: 0.88896096

02:47:21.350 --> 02:47:23.718 and while you might not know who they
NOTE Confidence: 0.88896096

02:47:23.718 --> 02:47:25.446 are specifically, before you get there,
NOTE Confidence: 0.88896096

02:47:25.446 --> 02:47:27.890 you know it can be important to research.
NOTE Confidence: 0.88896096

02:47:27.890 --> 02:47:30.284 What is the faculty to student ratio you know
NOTE Confidence: 0.88896096

02:47:30.284 --> 02:47:32.652 is the class so big that you don't get a
NOTE Confidence: 0.88896096

02:47:32.652 --> 02:47:35.160 lot of engagement from your faculty members?
NOTE Confidence: 0.88896096

02:47:35.160 --> 02:47:37.221 Or is the class you know so small that
NOTE Confidence: 0.88896096

02:47:37.221 --> 02:47:39.086 you're hearing from them all the time?
NOTE Confidence: 0.88896096

02:47:39.090 --> 02:47:41.376 It's all this comes kind of down to personal.
NOTE Confidence: 0.88896096

02:47:41.380 --> 02:47:43.078 Preference and what you feel like.
NOTE Confidence: 0.88896096

02:47:43.080 --> 02:47:45.755 You need to be successful
NOTE Confidence: 0.88896096

02:47:45.755 --> 02:47:47.895 in your graduate education.

NOTE Confidence: 0.88896096

02:47:47.900 --> 02:47:49.699 Affiliations are also important,

NOTE Confidence: 0.88896096

02:47:49.700 --> 02:47:53.964 so these are collaborators that that your GC

NOTE Confidence: 0.88896096

02:47:53.964 --> 02:47:57.799 programs will have made relationships with,

NOTE Confidence: 0.88896096

02:47:57.800 --> 02:48:00.110 and these can include other

NOTE Confidence: 0.88896096

02:48:00.110 --> 02:48:01.496 universities or colleges.

NOTE Confidence: 0.88896096

02:48:01.500 --> 02:48:03.660 Are they part of a a medical school?

NOTE Confidence: 0.88896096

02:48:03.660 --> 02:48:05.310 Are they part of the

NOTE Confidence: 0.88896096

02:48:05.310 --> 02:48:06.300 university based hospital?

NOTE Confidence: 0.88896096

02:48:06.300 --> 02:48:07.788 Are there international partnerships

NOTE Confidence: 0.88896096

02:48:07.788 --> 02:48:10.372 so there may be some places that

NOTE Confidence: 0.88896096

02:48:10.372 --> 02:48:12.082 you're hoping to train or hoping

NOTE Confidence: 0.88896096

02:48:12.082 --> 02:48:14.421 to get some exposure to particular

NOTE Confidence: 0.88896096

02:48:14.421 --> 02:48:16.317 industry partners or laboratories.

NOTE Confidence: 0.88896096

02:48:16.320 --> 02:48:18.630 So it's important to look at.

NOTE Confidence: 0.88896096

02:48:18.630 --> 02:48:20.555 The different collaborators that programs

NOTE Confidence: 0.88896096

02:48:20.555 --> 02:48:22.480 have and the different affiliations
NOTE Confidence: 0.88896096

02:48:22.537 --> 02:48:24.434 and and where you'll where you rotate.
NOTE Confidence: 0.88896096

02:48:24.440 --> 02:48:26.252 So that kind of brings me
NOTE Confidence: 0.88896096

02:48:26.252 --> 02:48:27.158 to training opportunities.
NOTE Confidence: 0.88896096

02:48:27.160 --> 02:48:29.095 You know, while while Janice
NOTE Confidence: 0.88896096

02:48:29.095 --> 02:48:31.030 talked about having you know,
NOTE Confidence: 0.88896096

02:48:31.030 --> 02:48:33.014 kind of the big three rotation of PEDs,
NOTE Confidence: 0.88896096

02:48:33.020 --> 02:48:34.625 prenatal and cancer.
NOTE Confidence: 0.88896096

02:48:34.625 --> 02:48:36.230 You know where?
NOTE Confidence: 0.88896096

02:48:36.230 --> 02:48:38.134 What does that look like within each program?
NOTE Confidence: 0.88896096

02:48:38.140 --> 02:48:39.877 Are you going to get all of your education?
NOTE Confidence: 0.88896096

02:48:39.880 --> 02:48:41.986 Kind of within one university based
NOTE Confidence: 0.88896096

02:48:41.986 --> 02:48:44.277 hospital that they have their tentacles
NOTE Confidence: 0.88896096

02:48:44.277 --> 02:48:46.743 out larger where you can experience
NOTE Confidence: 0.88896096

02:48:46.743 --> 02:48:48.340 different patient populations.
NOTE Confidence: 0.88896096

02:48:48.340 --> 02:48:50.758 There are different hospitals and specific

NOTE Confidence: 0.88896096

02:48:50.758 --> 02:48:52.978 clinics and there are specialties.

NOTE Confidence: 0.88896096

02:48:52.980 --> 02:48:55.374 Do you get exposure to something like

NOTE Confidence: 0.88896096

02:48:55.374 --> 02:48:57.159 advocacy or community outreach or?

NOTE Confidence: 0.88896096

02:48:57.160 --> 02:48:58.640 Maybe public health is really

NOTE Confidence: 0.88896096

02:48:58.640 --> 02:48:59.528 important to you,

NOTE Confidence: 0.88896096

02:48:59.530 --> 02:49:01.202 so there's there could be a lot to

NOTE Confidence: 0.88896096

02:49:01.202 --> 02:49:02.949 unpack in the training opportunities.

NOTE Confidence: 0.88896096

02:49:02.950 --> 02:49:04.450 And again, this is.

NOTE Confidence: 0.88896096

02:49:04.450 --> 02:49:05.686 This all comes down to what

NOTE Confidence: 0.88896096

02:49:05.690 --> 02:49:07.370 you want out of a program,

NOTE Confidence: 0.88896096

02:49:07.370 --> 02:49:09.330 so as much as they would be.

NOTE Confidence: 0.88896096

02:49:09.330 --> 02:49:10.124 You know,

NOTE Confidence: 0.88896096

02:49:10.124 --> 02:49:12.506 interviewing you and asking you questions.

NOTE Confidence: 0.88896096

02:49:12.510 --> 02:49:13.644 These are the questions you want

NOTE Confidence: 0.88896096

02:49:13.644 --> 02:49:15.563 to ask of a program and kind of to

NOTE Confidence: 0.88896096

02:49:15.563 --> 02:49:17.125 yourself before you get there to make
NOTE Confidence: 0.88896096

02:49:17.125 --> 02:49:18.511 sure that that program would be a
NOTE Confidence: 0.88896096

02:49:18.511 --> 02:49:20.378 good fit should you match with them.
NOTE Confidence: 0.8376192

02:49:22.850 --> 02:49:24.020 So once you kind of have your
NOTE Confidence: 0.941018385555556

02:49:24.030 --> 02:49:28.494 list of programs that may fit your needs and.
NOTE Confidence: 0.941018385555556

02:49:28.500 --> 02:49:30.396 I've seen a plethora of lists from students.
NOTE Confidence: 0.941018385555556

02:49:30.400 --> 02:49:31.724 I've created my own.
NOTE Confidence: 0.941018385555556

02:49:31.724 --> 02:49:33.710 They can look like very elaborate
NOTE Confidence: 0.941018385555556

02:49:33.773 --> 02:49:38.034 spreadsheets, sometimes in terms of.
NOTE Confidence: 0.941018385555556

02:49:38.034 --> 02:49:39.548 Prerequisites, and then where
NOTE Confidence: 0.941018385555556

02:49:39.548 --> 02:49:40.628 they're located and how much
NOTE Confidence: 0.941018385555556

02:49:40.628 --> 02:49:41.970 they cost and things like that.
NOTE Confidence: 0.941018385555556

02:49:41.970 --> 02:49:43.200 So whatever is important to you,
NOTE Confidence: 0.941018385555556

02:49:43.200 --> 02:49:44.904 make sure to put that on your list.
NOTE Confidence: 0.941018385555556

02:49:44.910 --> 02:49:46.468 But the ways that you can
NOTE Confidence: 0.941018385555556

02:49:46.468 --> 02:49:47.776 explore programs can vary,

NOTE Confidence: 0.941018385555556
02:49:47.776 --> 02:49:49.924 so you can first review websites,
NOTE Confidence: 0.941018385555556
02:49:49.930 --> 02:49:51.760 and I think that's a great
NOTE Confidence: 0.941018385555556
02:49:51.760 --> 02:49:53.420 place for everybody to start.
NOTE Confidence: 0.941018385555556
02:49:53.420 --> 02:49:55.788 I put the website here for the accreditation
NOTE Confidence: 0.941018385555556
02:49:55.788 --> 02:49:57.918 agency that lists the program directory,
NOTE Confidence: 0.941018385555556
02:49:57.920 --> 02:50:01.998 so you can kind of look by state for who is
NOTE Confidence: 0.941018385555556
02:50:01.998 --> 02:50:05.268 currently accredited and accepting students.
NOTE Confidence: 0.941018385555556
02:50:05.270 --> 02:50:07.046 You can visit campuses and I
NOTE Confidence: 0.941018385555556
02:50:07.046 --> 02:50:08.665 understand that during COVID obviously
NOTE Confidence: 0.941018385555556
02:50:08.665 --> 02:50:10.570 sometimes this makes it difficult,
NOTE Confidence: 0.941018385555556
02:50:10.570 --> 02:50:12.962 but you can always have a virtual tour
NOTE Confidence: 0.941018385555556
02:50:12.962 --> 02:50:15.538 or virtual visit emails and reaching out
NOTE Confidence: 0.941018385555556
02:50:15.538 --> 02:50:17.950 to program directors and other faculty
NOTE Confidence: 0.941018385555556
02:50:18.021 --> 02:50:20.044 and program leadership is helpful.
NOTE Confidence: 0.941018385555556
02:50:20.044 --> 02:50:23.007 So if you can explore the area if it's a
NOTE Confidence: 0.941018385555556

02:50:23.007 --> 02:50:25.402 new town just to kind of get a feel for
NOTE Confidence: 0.941018385555556

02:50:25.402 --> 02:50:27.788 for whether you like that type of a setting.
NOTE Confidence: 0.941018385555556

02:50:27.790 --> 02:50:30.155 I completely understand that this
NOTE Confidence: 0.941018385555556

02:50:30.155 --> 02:50:32.150 is could be very cost prohibitive,
NOTE Confidence: 0.941018385555556

02:50:32.150 --> 02:50:33.926 but I think once you narrow
NOTE Confidence: 0.941018385555556

02:50:33.926 --> 02:50:36.098 your list down to to just a few.
NOTE Confidence: 0.941018385555556

02:50:36.100 --> 02:50:38.472 Visiting and exploring a
NOTE Confidence: 0.941018385555556

02:50:38.472 --> 02:50:41.437 campus in itself is worthwhile.
NOTE Confidence: 0.941018385555556

02:50:41.440 --> 02:50:42.972 Engaging students and alumni.
NOTE Confidence: 0.941018385555556

02:50:42.972 --> 02:50:43.738 So again,
NOTE Confidence: 0.941018385555556

02:50:43.740 --> 02:50:45.552 some of the most important information
NOTE Confidence: 0.941018385555556

02:50:45.552 --> 02:50:47.716 you can glean from this process could
NOTE Confidence: 0.941018385555556

02:50:47.716 --> 02:50:49.516 be to speak to current students,
NOTE Confidence: 0.941018385555556

02:50:49.520 --> 02:50:51.255 and many programs will have
NOTE Confidence: 0.941018385555556

02:50:51.255 --> 02:50:52.296 a student representative.
NOTE Confidence: 0.941018385555556

02:50:52.300 --> 02:50:54.064 Generally a second year student who

NOTE Confidence: 0.941018385555556
02:50:54.064 --> 02:50:55.838 you know has already gone through
NOTE Confidence: 0.941018385555556
02:50:55.838 --> 02:50:57.714 the program for the first year who
NOTE Confidence: 0.941018385555556
02:50:57.714 --> 02:50:59.462 has been able to develop an opinion
NOTE Confidence: 0.941018385555556
02:50:59.462 --> 02:51:01.350 on on some of the pros and the cons,
NOTE Confidence: 0.941018385555556
02:51:01.350 --> 02:51:02.550 and what would they do differently
NOTE Confidence: 0.941018385555556
02:51:02.550 --> 02:51:03.540 and how happy they are.
NOTE Confidence: 0.941018385555556
02:51:03.540 --> 02:51:05.480 And generally these conversations
NOTE Confidence: 0.941018385555556
02:51:05.480 --> 02:51:07.466 could be very, very helpful,
NOTE Confidence: 0.941018385555556
02:51:07.466 --> 02:51:09.307 so I encourage you to reach out
NOTE Confidence: 0.941018385555556
02:51:09.307 --> 02:51:10.619 to to students or or.
NOTE Confidence: 0.941018385555556
02:51:10.620 --> 02:51:12.930 Folks who have graduated from a program
NOTE Confidence: 0.941018385555556
02:51:12.930 --> 02:51:15.019 and asked them their experience.
NOTE Confidence: 0.941018385555556
02:51:15.020 --> 02:51:16.736 So the last little bucket here
NOTE Confidence: 0.941018385555556
02:51:16.736 --> 02:51:17.880 is to ask questions,
NOTE Confidence: 0.941018385555556
02:51:17.880 --> 02:51:19.385 and you know these are some of
NOTE Confidence: 0.941018385555556

02:51:19.385 --> 02:51:20.661 the questions that you might want
NOTE Confidence: 0.941018385555556

02:51:20.661 --> 02:51:22.288 to ask a program to help give you
NOTE Confidence: 0.941018385555556

02:51:22.288 --> 02:51:23.408 the information that might help
NOTE Confidence: 0.941018385555556

02:51:23.408 --> 02:51:25.122 you make a more informed decision.
NOTE Confidence: 0.941018385555556

02:51:25.122 --> 02:51:26.340 So for example,
NOTE Confidence: 0.941018385555556

02:51:26.340 --> 02:51:28.560 what do programs emphasize in terms
NOTE Confidence: 0.941018385555556

02:51:28.560 --> 02:51:30.640 of educational content and delivery?
NOTE Confidence: 0.941018385555556

02:51:30.640 --> 02:51:32.488 So this is kind of like what makes
NOTE Confidence: 0.941018385555556

02:51:32.488 --> 02:51:33.400 your program special,
NOTE Confidence: 0.941018385555556

02:51:33.400 --> 02:51:35.152 and then how do you disseminate
NOTE Confidence: 0.941018385555556

02:51:35.152 --> 02:51:36.320 that information to students?
NOTE Confidence: 0.941018385555556

02:51:36.320 --> 02:51:37.608 Is it all online?
NOTE Confidence: 0.941018385555556

02:51:37.608 --> 02:51:39.640 Is it is a kind of hand holding?
NOTE Confidence: 0.941018385555556

02:51:39.640 --> 02:51:41.440 Is it throw you in the deep end?
NOTE Confidence: 0.941018385555556

02:51:41.440 --> 02:51:43.092 You know you could get a variety
NOTE Confidence: 0.941018385555556

02:51:43.092 --> 02:51:43.800 of answers here,

NOTE Confidence: 0.941018385555556
02:51:43.800 --> 02:51:44.658 but I think all of it.
NOTE Confidence: 0.941018385555556
02:51:44.660 --> 02:51:45.820 Be very,
NOTE Confidence: 0.941018385555556
02:51:45.820 --> 02:51:47.592 very important and you know
NOTE Confidence: 0.941018385555556
02:51:47.592 --> 02:51:48.816 obviously you want to know what
NOTE Confidence: 0.941018385555556
02:51:48.816 --> 02:51:50.307 the strengths of the program are.
NOTE Confidence: 0.941018385555556
02:51:50.310 --> 02:51:52.250 What are their kind of
NOTE Confidence: 0.941018385555556
02:51:52.250 --> 02:51:53.414 accolades and accomplishments?
NOTE Confidence: 0.941018385555556
02:51:53.420 --> 02:51:55.310 And I think that's important to
NOTE Confidence: 0.941018385555556
02:51:55.310 --> 02:51:57.562 be able to consider in making your
NOTE Confidence: 0.941018385555556
02:51:57.562 --> 02:51:59.441 decision of how what a program's
NOTE Confidence: 0.941018385555556
02:51:59.441 --> 02:52:01.660 been able to do with their time
NOTE Confidence: 0.741449127647059
02:52:01.733 --> 02:52:04.379 while they've they've been a program so.
NOTE Confidence: 0.741449127647059
02:52:04.380 --> 02:52:06.870 OK, so step three is to know the process of
NOTE Confidence: 0.741449127647059
02:52:06.934 --> 02:52:09.950 the application and there's quite a process.
NOTE Confidence: 0.741449127647059
02:52:09.950 --> 02:52:12.835 So while most programs are similar
NOTE Confidence: 0.741449127647059

02:52:12.835 --> 02:52:15.170 in terms of their requirements,
NOTE Confidence: 0.741449127647059

02:52:15.170 --> 02:52:16.480 they're not all the same.
NOTE Confidence: 0.741449127647059

02:52:16.480 --> 02:52:19.360 Some require one semester of organic
NOTE Confidence: 0.741449127647059

02:52:19.360 --> 02:52:21.760 chemistry, and some might require 2,
NOTE Confidence: 0.741449127647059

02:52:21.760 --> 02:52:23.680 and you know, so this is again where
NOTE Confidence: 0.741449127647059

02:52:23.680 --> 02:52:25.120 your spreadsheet might come in handy.
NOTE Confidence: 0.741449127647059

02:52:25.120 --> 02:52:28.010 If you have created one to kind of list out
NOTE Confidence: 0.741449127647059

02:52:28.085 --> 02:52:30.780 what the prereqs are for for coursework.
NOTE Confidence: 0.741449127647059

02:52:30.780 --> 02:52:33.590 Timing for applications is important because
NOTE Confidence: 0.741449127647059

02:52:33.590 --> 02:52:36.050 the deadline for submission for applications
NOTE Confidence: 0.741449127647059

02:52:36.050 --> 02:52:39.238 is not the same throughout each program,
NOTE Confidence: 0.741449127647059

02:52:39.240 --> 02:52:41.802 so some may have a deadline of
NOTE Confidence: 0.741449127647059

02:52:41.802 --> 02:52:43.865 November 30th or December 15th
NOTE Confidence: 0.741449127647059

02:52:43.865 --> 02:52:46.499 or January 1st or February 1st.
NOTE Confidence: 0.741449127647059

02:52:46.500 --> 02:52:48.180 So we really can go throughout
NOTE Confidence: 0.741449127647059

02:52:48.180 --> 02:52:49.300 that whole winter time,

NOTE Confidence: 0.741449127647059
02:52:49.300 --> 02:52:51.624 so make sure you are well aware
NOTE Confidence: 0.741449127647059
02:52:51.624 --> 02:52:53.760 of what your timelines are.
NOTE Confidence: 0.741449127647059
02:52:53.760 --> 02:52:55.594 So applying to more than one program,
NOTE Confidence: 0.741449127647059
02:52:55.600 --> 02:52:57.714 I put that here feels ironic to
NOTE Confidence: 0.741449127647059
02:52:57.714 --> 02:52:59.841 say because I only applied to 1
NOTE Confidence: 0.741449127647059
02:52:59.841 --> 02:53:02.180 program and I got into my program,
NOTE Confidence: 0.741449127647059
02:53:02.180 --> 02:53:04.718 but that is not the norm.
NOTE Confidence: 0.741449127647059
02:53:04.720 --> 02:53:07.568 I think some of the studies show that
NOTE Confidence: 0.741449127647059
02:53:07.568 --> 02:53:11.339 people who apply to four or more programs
NOTE Confidence: 0.741449127647059
02:53:11.339 --> 02:53:13.327 are statistically significantly more
NOTE Confidence: 0.741449127647059
02:53:13.330 --> 02:53:15.038 likely to gain entrance into a program
NOTE Confidence: 0.741449127647059
02:53:15.038 --> 02:53:16.899 than if you applied to one or two,
NOTE Confidence: 0.741449127647059
02:53:16.900 --> 02:53:18.212 which which makes sense,
NOTE Confidence: 0.741449127647059
02:53:18.212 --> 02:53:20.954 but so I think in terms of how
NOTE Confidence: 0.741449127647059
02:53:20.954 --> 02:53:23.054 many programs to apply to there's.
NOTE Confidence: 0.741449127647059

02:53:23.060 --> 02:53:23.684 You know,
NOTE Confidence: 0.741449127647059
02:53:23.684 --> 02:53:25.556 there's things to consider in terms
NOTE Confidence: 0.741449127647059
02:53:25.556 --> 02:53:28.026 of of cost and time and effort
NOTE Confidence: 0.741449127647059
02:53:28.026 --> 02:53:29.446 and letters of recommendation
NOTE Confidence: 0.741449127647059
02:53:29.446 --> 02:53:31.649 and and all of that goes into it.
NOTE Confidence: 0.741449127647059
02:53:31.650 --> 02:53:35.186 But I think the the typical applicant will
NOTE Confidence: 0.741449127647059
02:53:35.186 --> 02:53:38.769 apply to a few at least a few programs.
NOTE Confidence: 0.741449127647059
02:53:38.770 --> 02:53:41.260 And now with with interviews being virtual,
NOTE Confidence: 0.741449127647059
02:53:41.260 --> 02:53:43.710 that does help with cost.
NOTE Confidence: 0.741449127647059
02:53:43.710 --> 02:53:46.113 It used to be that you'd have to fly
NOTE Confidence: 0.741449127647059
02:53:46.113 --> 02:53:47.904 everywhere to go to your interview and
NOTE Confidence: 0.741449127647059
02:53:47.904 --> 02:53:50.247 or find a hotel or stay with a student,
NOTE Confidence: 0.741449127647059
02:53:50.250 --> 02:53:50.764 make arrangements,
NOTE Confidence: 0.741449127647059
02:53:50.764 --> 02:53:53.163 take time off of work, things like that.
NOTE Confidence: 0.741449127647059
02:53:53.163 --> 02:53:56.940 So I will say that you know one of the
NOTE Confidence: 0.741449127647059
02:53:56.940 --> 02:53:59.899 only benefits to COVID is that it has

NOTE Confidence: 0.741449127647059
02:53:59.899 --> 02:54:02.270 made interview the interview process
NOTE Confidence: 0.741449127647059
02:54:02.270 --> 02:54:04.820 more accessible to more applicants.
NOTE Confidence: 0.741449127647059
02:54:04.820 --> 02:54:06.486 So we chatted about cost a little
NOTE Confidence: 0.741449127647059
02:54:06.486 --> 02:54:08.308 bit so there are costs associated
NOTE Confidence: 0.741449127647059
02:54:08.308 --> 02:54:10.058 simply with applying to programs.
NOTE Confidence: 0.741449127647059
02:54:10.060 --> 02:54:11.280 You have the match fee,
NOTE Confidence: 0.741449127647059
02:54:11.280 --> 02:54:12.960 so I don't think we really
NOTE Confidence: 0.741449127647059
02:54:12.960 --> 02:54:14.380 touched on the match yet,
NOTE Confidence: 0.741449127647059
02:54:14.380 --> 02:54:17.201 but it is something that all genetic
NOTE Confidence: 0.741449127647059
02:54:17.201 --> 02:54:18.788 counseling applicants will have
NOTE Confidence: 0.741449127647059
02:54:18.788 --> 02:54:20.916 to do is register with the match,
NOTE Confidence: 0.741449127647059
02:54:20.920 --> 02:54:23.056 and I think the match is about \$100.
NOTE Confidence: 0.741449127647059
02:54:23.060 --> 02:54:25.220 Some programs do have waivers
NOTE Confidence: 0.741449127647059
02:54:25.220 --> 02:54:27.660 for for fees for applications.
NOTE Confidence: 0.741449127647059
02:54:27.660 --> 02:54:30.036 I think that the match system has an Ms,
NOTE Confidence: 0.741449127647059

02:54:30.040 --> 02:54:32.684 has potential waivers for for
NOTE Confidence: 0.741449127647059

02:54:32.684 --> 02:54:35.074 fees for the match as well, so.
NOTE Confidence: 0.741449127647059

02:54:35.074 --> 02:54:38.694 Be able to investigate where those
NOTE Confidence: 0.741449127647059

02:54:38.694 --> 02:54:42.204 incentives or alleviations might be.
NOTE Confidence: 0.741449127647059

02:54:42.210 --> 02:54:42.746 And again,
NOTE Confidence: 0.741449127647059

02:54:42.746 --> 02:54:44.354 interview expenses can be can be
NOTE Confidence: 0.741449127647059

02:54:44.354 --> 02:54:46.209 costly if you have to travel there,
NOTE Confidence: 0.741449127647059

02:54:46.210 --> 02:54:47.810 so so it's a process,
NOTE Confidence: 0.741449127647059

02:54:47.810 --> 02:54:50.370 so understand it's a process and we we
NOTE Confidence: 0.741449127647059

02:54:50.370 --> 02:54:52.825 all as directors understand it's the
NOTE Confidence: 0.741449127647059

02:54:52.825 --> 02:54:56.150 process and and do have empathy for that.
NOTE Confidence: 0.741449127647059

02:54:56.150 --> 02:54:58.068 So this is a very busy slide.
NOTE Confidence: 0.741449127647059

02:54:58.070 --> 02:55:00.150 It has lots and lots of words on it about
NOTE Confidence: 0.842250073333333

02:55:00.208 --> 02:55:01.480 application requirements.
NOTE Confidence: 0.842250073333333

02:55:01.480 --> 02:55:02.971 The important thing to know is that
NOTE Confidence: 0.842250073333333

02:55:02.971 --> 02:55:04.519 this is not an exhaustive list,

NOTE Confidence: 0.842250073333333

02:55:04.520 --> 02:55:06.184 so there is lots and lots and lots

NOTE Confidence: 0.842250073333333

02:55:06.184 --> 02:55:08.284 to do when it comes to an actual

NOTE Confidence: 0.842250073333333

02:55:08.284 --> 02:55:09.890 application and things to consider.

NOTE Confidence: 0.842250073333333

02:55:09.890 --> 02:55:12.058 So do you have all of your prereqs

NOTE Confidence: 0.842250073333333

02:55:12.058 --> 02:55:14.327 and order by the time that you apply,

NOTE Confidence: 0.842250073333333

02:55:14.330 --> 02:55:15.854 know that for some programs you

NOTE Confidence: 0.842250073333333

02:55:15.854 --> 02:55:17.812 have to have all of your prereqs

NOTE Confidence: 0.842250073333333

02:55:17.812 --> 02:55:19.588 on a transcript prior to submitting

NOTE Confidence: 0.842250073333333

02:55:19.588 --> 02:55:21.527 your application or it has to be

NOTE Confidence: 0.842250073333333

02:55:21.527 --> 02:55:22.961 prior to the interview process.

NOTE Confidence: 0.842250073333333

02:55:22.961 --> 02:55:24.816 So there are different timelines

NOTE Confidence: 0.842250073333333

02:55:24.816 --> 02:55:26.660 even for things like that.

NOTE Confidence: 0.842250073333333

02:55:26.660 --> 02:55:29.187 One caveat to note is AP courses,

NOTE Confidence: 0.842250073333333

02:55:29.190 --> 02:55:31.440 and in general if you took,

NOTE Confidence: 0.842250073333333

02:55:31.440 --> 02:55:33.638 you know a psychology and high school

NOTE Confidence: 0.842250073333333

02:55:33.638 --> 02:55:35.852 and got credit for it and didn't
NOTE Confidence: 0.8422500733333333

02:55:35.852 --> 02:55:37.694 take a psychology and undergraduate,
NOTE Confidence: 0.8422500733333333

02:55:37.694 --> 02:55:40.496 then it generally won't fulfill the
NOTE Confidence: 0.8422500733333333

02:55:40.496 --> 02:55:42.655 requirement for Graduate School to
NOTE Confidence: 0.8422500733333333

02:55:42.655 --> 02:55:45.038 have to have that level of psychology.
NOTE Confidence: 0.8422500733333333

02:55:45.040 --> 02:55:47.020 So I get this question from students a lot.
NOTE Confidence: 0.8422500733333333

02:55:47.020 --> 02:55:47.644 And again,
NOTE Confidence: 0.8422500733333333

02:55:47.644 --> 02:55:49.516 every program is different in terms
NOTE Confidence: 0.8422500733333333

02:55:49.516 --> 02:55:51.677 of the decisions that they make,
NOTE Confidence: 0.8422500733333333

02:55:51.680 --> 02:55:54.038 so this is all general information.
NOTE Confidence: 0.8422500733333333

02:55:54.040 --> 02:55:56.847 So typically AP courses won't be accepted.
NOTE Confidence: 0.8422500733333333

02:55:56.850 --> 02:56:00.870 Fulfilled prereqs for GC school.
NOTE Confidence: 0.8422500733333333

02:56:00.870 --> 02:56:03.957 The GRE the GRE is becoming a little bit
NOTE Confidence: 0.8422500733333333

02:56:03.957 --> 02:56:06.830 less and less required from programs,
NOTE Confidence: 0.8422500733333333

02:56:06.830 --> 02:56:09.179 So what I've seen in the past few years
NOTE Confidence: 0.8422500733333333

02:56:09.179 --> 02:56:11.912 is a shift where in the past every

NOTE Confidence: 0.8422500733333333
02:56:11.912 --> 02:56:13.792 single program requires the GRE's to,
NOTE Confidence: 0.8422500733333333
02:56:13.792 --> 02:56:14.394 you know,
NOTE Confidence: 0.8422500733333333
02:56:14.394 --> 02:56:16.200 just a couple were outliers where
NOTE Confidence: 0.8422500733333333
02:56:16.259 --> 02:56:17.849 they didn't require the GRE.
NOTE Confidence: 0.8422500733333333
02:56:17.850 --> 02:56:19.320 So if you were going to apply
NOTE Confidence: 0.8422500733333333
02:56:19.320 --> 02:56:19.950 to multiple programs,
NOTE Confidence: 0.8422500733333333
02:56:19.950 --> 02:56:22.200 you kind of had to take the GRE because
NOTE Confidence: 0.8422500733333333
02:56:22.200 --> 02:56:23.790 chances are you know at least one
NOTE Confidence: 0.8422500733333333
02:56:23.790 --> 02:56:25.691 or two of your your programs would
NOTE Confidence: 0.8422500733333333
02:56:25.691 --> 02:56:28.001 require that that's not becoming the case,
NOTE Confidence: 0.8422500733333333
02:56:28.010 --> 02:56:30.162 so I definitely encourage you to look at
NOTE Confidence: 0.8422500733333333
02:56:30.162 --> 02:56:32.189 that piece of the application process.
NOTE Confidence: 0.8422500733333333
02:56:32.190 --> 02:56:34.190 The requirement within the programs
NOTE Confidence: 0.8422500733333333
02:56:34.190 --> 02:56:36.190 that you're considering because now
NOTE Confidence: 0.8422500733333333
02:56:36.247 --> 02:56:38.018 it does vary quite widely in the
NOTE Confidence: 0.8422500733333333

02:56:38.018 --> 02:56:40.122 terms of the numbers of programs that
NOTE Confidence: 0.8422500733333333

02:56:40.122 --> 02:56:42.048 are no longer requiring the GRE.
NOTE Confidence: 0.8422500733333333

02:56:42.050 --> 02:56:43.889 Language language requirements
NOTE Confidence: 0.8422500733333333

02:56:43.889 --> 02:56:46.954 are are still fairly standard,
NOTE Confidence: 0.8422500733333333

02:56:46.960 --> 02:56:49.330 so English is your second language.
NOTE Confidence: 0.8422500733333333

02:56:49.330 --> 02:56:51.394 There are going to be requirements
NOTE Confidence: 0.8422500733333333

02:56:51.394 --> 02:56:53.485 based on school in terms of
NOTE Confidence: 0.8422500733333333

02:56:53.485 --> 02:56:55.105 what they will accept for,
NOTE Confidence: 0.8422500733333333

02:56:55.110 --> 02:56:55.868 you know,
NOTE Confidence: 0.8422500733333333

02:56:55.868 --> 02:56:58.142 sample total scores or or writing
NOTE Confidence: 0.8422500733333333

02:56:58.142 --> 02:56:59.590 assignment things like that.
NOTE Confidence: 0.8422500733333333

02:56:59.590 --> 02:57:01.160 They may differ from university
NOTE Confidence: 0.8422500733333333

02:57:01.160 --> 02:57:01.788 to university,
NOTE Confidence: 0.8422500733333333

02:57:01.790 --> 02:57:04.214 but they generally will have some
NOTE Confidence: 0.8422500733333333

02:57:04.214 --> 02:57:05.830 type of language requirement.
NOTE Confidence: 0.8422500733333333

02:57:05.830 --> 02:57:07.545 You're going to have to submit transcripts.

NOTE Confidence: 0.842250073333333

02:57:07.550 --> 02:57:10.006 I'm going to have to submit your GPA.

NOTE Confidence: 0.842250073333333

02:57:10.010 --> 02:57:11.970 I have some shameless plugs in here

NOTE Confidence: 0.842250073333333

02:57:11.970 --> 02:57:13.852 of the clinical genetics and genomics

NOTE Confidence: 0.842250073333333

02:57:13.852 --> 02:57:15.826 certificate that I run at UConn,

NOTE Confidence: 0.842250073333333

02:57:15.830 --> 02:57:17.690 as well as the clinical communication

NOTE Confidence: 0.842250073333333

02:57:17.690 --> 02:57:18.620 and counseling certificate

NOTE Confidence: 0.842250073333333

02:57:18.620 --> 02:57:20.008 that I run at UConn as well.

NOTE Confidence: 0.842250073333333

02:57:20.010 --> 02:57:21.928 These are a set of of courses

NOTE Confidence: 0.842250073333333

02:57:21.928 --> 02:57:23.782 which can gain you a graduate

NOTE Confidence: 0.842250073333333

02:57:23.782 --> 02:57:25.130 certificate in these areas,

NOTE Confidence: 0.842250073333333

02:57:25.130 --> 02:57:27.890 which a lot of students join

NOTE Confidence: 0.842250073333333

02:57:27.890 --> 02:57:30.308 and apply to these programs in

NOTE Confidence: 0.842250073333333

02:57:30.308 --> 02:57:32.560 order to boost their GPA so.

NOTE Confidence: 0.842250073333333

02:57:32.560 --> 02:57:34.440 I tend to get the question of like

NOTE Confidence: 0.842250073333333

02:57:34.440 --> 02:57:36.204 what is the golden number for GPA

NOTE Confidence: 0.842250073333333

02:57:36.204 --> 02:57:38.868 and what do I have to do and this
NOTE Confidence: 0.8422500733333333

02:57:38.868 --> 02:57:41.415 varies widely for for programs as
NOTE Confidence: 0.8422500733333333

02:57:41.415 --> 02:57:43.550 well some will come out and say
NOTE Confidence: 0.82073437631579

02:57:43.623 --> 02:57:46.413 what they will and will not accept for GPA.
NOTE Confidence: 0.82073437631579

02:57:46.420 --> 02:57:48.658 Some are a little more ambiguous
NOTE Confidence: 0.82073437631579

02:57:48.658 --> 02:57:51.242 and some programs are moving to a
NOTE Confidence: 0.82073437631579

02:57:51.242 --> 02:57:53.276 more holistic space of not relying
NOTE Confidence: 0.82073437631579

02:57:53.276 --> 02:57:55.948 as much on GPA as they are trying to
NOTE Confidence: 0.82073437631579

02:57:55.948 --> 02:57:58.040 look at the applicant as a whole.
NOTE Confidence: 0.82073437631579

02:57:58.040 --> 02:58:01.336 So, but for people who are interested in,
NOTE Confidence: 0.82073437631579

02:58:01.340 --> 02:58:02.978 you know taking more graduate level.
NOTE Confidence: 0.82073437631579

02:58:02.980 --> 02:58:05.085 Courses which are related to
NOTE Confidence: 0.82073437631579

02:58:05.085 --> 02:58:06.769 clinical genetics specifically or
NOTE Confidence: 0.82073437631579

02:58:06.769 --> 02:58:09.379 the psychosocial piece which is
NOTE Confidence: 0.82073437631579

02:58:09.379 --> 02:58:10.966 the communication certificate.
NOTE Confidence: 0.82073437631579

02:58:10.970 --> 02:58:13.406 You know, these two certificate programs

NOTE Confidence: 0.82073437631579

02:58:13.406 --> 02:58:16.086 are available through UConn and and many

NOTE Confidence: 0.82073437631579

02:58:16.086 --> 02:58:18.072 students go on to genetic counseling.

NOTE Confidence: 0.82073437631579

02:58:18.080 --> 02:58:20.300 Graduate schools from these programs.

NOTE Confidence: 0.82073437631579

02:58:20.300 --> 02:58:22.253 Letters of recommendation.

NOTE Confidence: 0.82073437631579

02:58:22.253 --> 02:58:24.857 Usually it's about 3.

NOTE Confidence: 0.82073437631579

02:58:24.860 --> 02:58:26.828 You want to kind of have the trifecta

NOTE Confidence: 0.82073437631579

02:58:26.828 --> 02:58:28.482 of letters of recommendation so you

NOTE Confidence: 0.82073437631579

02:58:28.482 --> 02:58:30.488 know you want to have someone from

NOTE Confidence: 0.82073437631579

02:58:30.488 --> 02:58:32.240 academics who can speak to your

NOTE Confidence: 0.82073437631579

02:58:32.240 --> 02:58:33.864 academic prowess and your potential

NOTE Confidence: 0.82073437631579

02:58:33.864 --> 02:58:36.096 for success in a graduate program.

NOTE Confidence: 0.82073437631579

02:58:36.100 --> 02:58:38.305 You know if you've done a research

NOTE Confidence: 0.82073437631579

02:58:38.305 --> 02:58:39.908 in undergrad or as a position

NOTE Confidence: 0.82073437631579

02:58:39.908 --> 02:58:41.118 that you hold right now.

NOTE Confidence: 0.82073437631579

02:58:41.120 --> 02:58:44.054 Research is a good letter of

NOTE Confidence: 0.82073437631579

02:58:44.054 --> 02:58:46.010 recommendation from a Pi.
NOTE Confidence: 0.82073437631579

02:58:46.010 --> 02:58:48.831 I have folks who have advocacy and
NOTE Confidence: 0.82073437631579

02:58:48.831 --> 02:58:51.394 outreach experience so kind of the
NOTE Confidence: 0.82073437631579

02:58:51.394 --> 02:58:53.519 counseling portion of the genetic
NOTE Confidence: 0.82073437631579

02:58:53.519 --> 02:58:55.626 counseling hat that's a good another
NOTE Confidence: 0.82073437631579

02:58:55.626 --> 02:58:58.195 base for the triangle there to have you
NOTE Confidence: 0.82073437631579

02:58:58.195 --> 02:59:00.358 want to have basically a well rounded
NOTE Confidence: 0.82073437631579

02:59:00.360 --> 02:59:02.710 list of letters of recommendation.
NOTE Confidence: 0.82073437631579

02:59:02.710 --> 02:59:04.110 Do not ask family.
NOTE Confidence: 0.82073437631579

02:59:04.110 --> 02:59:05.510 Do not ask friends.
NOTE Confidence: 0.82073437631579

02:59:05.510 --> 02:59:08.302 Do not ask peers really to assess you
NOTE Confidence: 0.82073437631579

02:59:08.302 --> 02:59:11.427 and give you a letter of recommendation.
NOTE Confidence: 0.82073437631579

02:59:11.430 --> 02:59:13.030 It's not as professional looking.
NOTE Confidence: 0.82073437631579

02:59:13.030 --> 02:59:14.486 It doesn't carry as much weight and
NOTE Confidence: 0.82073437631579

02:59:14.486 --> 02:59:16.195 you want to make sure you really only
NOTE Confidence: 0.82073437631579

02:59:16.195 --> 02:59:17.714 get like those two or three letters

NOTE Confidence: 0.82073437631579

02:59:17.714 --> 02:59:19.450 you want to make sure they are from

NOTE Confidence: 0.82073437631579

02:59:19.450 --> 02:59:22.327 folks who can really speak the language

NOTE Confidence: 0.82073437631579

02:59:22.327 --> 02:59:24.549 that graduate programs need to hear

NOTE Confidence: 0.82073437631579

02:59:24.549 --> 02:59:27.219 and say the things that they need to say.

NOTE Confidence: 0.82073437631579

02:59:27.220 --> 02:59:27.841 A personal statement.

NOTE Confidence: 0.82073437631579

02:59:27.841 --> 02:59:29.799 So I get a lot of questions about personal

NOTE Confidence: 0.82073437631579

02:59:29.799 --> 02:59:31.423 statements and a lot of students who

NOTE Confidence: 0.82073437631579

02:59:31.423 --> 02:59:33.099 are looking for assistance with this.

NOTE Confidence: 0.82073437631579

02:59:33.100 --> 02:59:35.134 You know this can be your time to shine.

NOTE Confidence: 0.82073437631579

02:59:35.140 --> 02:59:38.800 This can be your opportunity to be

NOTE Confidence: 0.82073437631579

02:59:38.800 --> 02:59:40.910 able to say what it is that makes

NOTE Confidence: 0.82073437631579

02:59:40.910 --> 02:59:42.775 you different from other applicants.

NOTE Confidence: 0.82073437631579

02:59:42.780 --> 02:59:43.444 So please,

NOTE Confidence: 0.82073437631579

02:59:43.444 --> 02:59:45.436 please please take this very seriously.

NOTE Confidence: 0.82073437631579

02:59:45.440 --> 02:59:46.560 Don't challenge yourself to write

NOTE Confidence: 0.82073437631579

02:59:46.560 --> 02:59:47.456 it in a weekend.
NOTE Confidence: 0.82073437631579

02:59:47.460 --> 02:59:49.145 You should be going through
NOTE Confidence: 0.82073437631579

02:59:49.145 --> 02:59:50.493 multiple drafts of this.
NOTE Confidence: 0.82073437631579

02:59:50.500 --> 02:59:52.530 You should be going to a writing
NOTE Confidence: 0.82073437631579

02:59:52.530 --> 02:59:55.277 center if you have access to one at
NOTE Confidence: 0.82073437631579

02:59:55.277 --> 02:59:57.954 your current university, if not there.
NOTE Confidence: 0.82073437631579

02:59:57.954 --> 03:00:00.000 Are actually places online that
NOTE Confidence: 0.82073437631579

03:00:00.000 --> 03:00:02.310 you can send your statement to to
NOTE Confidence: 0.82073437631579

03:00:02.376 --> 03:00:04.314 get edited to have questions asked
NOTE Confidence: 0.82073437631579

03:00:04.314 --> 03:00:06.250 to help you with rewrites,
NOTE Confidence: 0.82073437631579

03:00:06.250 --> 03:00:08.440 so I encourage you to really,
NOTE Confidence: 0.82073437631579

03:00:08.440 --> 03:00:10.305 really really take the personal
NOTE Confidence: 0.82073437631579

03:00:10.305 --> 03:00:11.797 statement piece pretty seriously
NOTE Confidence: 0.82073437631579

03:00:11.797 --> 03:00:13.521 because that can be what sets
NOTE Confidence: 0.82073437631579

03:00:13.521 --> 03:00:15.190 you apart from somebody else's
NOTE Confidence: 0.82073437631579

03:00:15.190 --> 03:00:17.710 volunteer experience is important.

NOTE Confidence: 0.82073437631579

03:00:17.710 --> 03:00:20.769 They want to see that you've had

NOTE Confidence: 0.82073437631579

03:00:20.770 --> 03:00:23.530 experience putting on that psychosocial hat.

NOTE Confidence: 0.82073437631579

03:00:23.530 --> 03:00:25.055 Crisis counseling is very common

NOTE Confidence: 0.82073437631579

03:00:25.055 --> 03:00:26.580 for applicants to have for

NOTE Confidence: 0.82073437631579

03:00:26.638 --> 03:00:27.830 bereavement counseling.

NOTE Confidence: 0.82073437631579

03:00:27.830 --> 03:00:29.518 Support groups working with

NOTE Confidence: 0.82073437631579

03:00:29.518 --> 03:00:30.784 the disability community.

NOTE Confidence: 0.82073437631579

03:00:30.790 --> 03:00:32.710 All types of these things that

NOTE Confidence: 0.82073437631579

03:00:32.710 --> 03:00:34.937 could be local to you or they

NOTE Confidence: 0.82073437631579

03:00:34.937 --> 03:00:36.988 could be virtual now in times of

NOTE Confidence: 0.87964034

03:00:37.060 --> 03:00:39.392 COVID. Basically what you want in your

NOTE Confidence: 0.87964034

03:00:39.392 --> 03:00:41.870 application to show All in all is that

NOTE Confidence: 0.87964034

03:00:41.870 --> 03:00:44.348 you've done your due diligence in terms of

NOTE Confidence: 0.87964034

03:00:44.348 --> 03:00:46.163 investigating the profession and knowing

NOTE Confidence: 0.87964034

03:00:46.163 --> 03:00:48.410 that this is the right fit for you.

NOTE Confidence: 0.87964034

03:00:48.410 --> 03:00:50.786 So everything that you do you do with
NOTE Confidence: 0.87964034

03:00:50.786 --> 03:00:53.900 a purpose and you know shadowing or
NOTE Confidence: 0.87964034

03:00:53.900 --> 03:00:56.880 interviewing genetic counselors is wonderful.
NOTE Confidence: 0.87964034

03:00:56.880 --> 03:00:58.584 It's not required.
NOTE Confidence: 0.87964034

03:00:58.584 --> 03:01:00.856 Shadowing is becoming increasingly
NOTE Confidence: 0.87964034

03:01:00.856 --> 03:01:04.060 impossible to find in times of COVID,
NOTE Confidence: 0.87964034

03:01:04.060 --> 03:01:05.896 so just please don't be discouraged
NOTE Confidence: 0.87964034

03:01:05.896 --> 03:01:07.869 if you don't have a shadowing.
NOTE Confidence: 0.87964034

03:01:07.870 --> 03:01:11.290 Experience prior to application.
NOTE Confidence: 0.87964034

03:01:11.290 --> 03:01:13.334 We as programs understand that it's very
NOTE Confidence: 0.87964034

03:01:13.334 --> 03:01:15.500 difficult to get that type of experience.
NOTE Confidence: 0.87964034

03:01:15.500 --> 03:01:17.696 There are other ways of kind
NOTE Confidence: 0.87964034

03:01:17.696 --> 03:01:19.160 of seeking that information.
NOTE Confidence: 0.87964034

03:01:19.160 --> 03:01:21.225 You could call a genetic counselor and
NOTE Confidence: 0.87964034

03:01:21.225 --> 03:01:23.296 try to interview them or talk to them.
NOTE Confidence: 0.87964034

03:01:23.300 --> 03:01:25.010 There is a master genetic counselor

NOTE Confidence: 0.87964034

03:01:25.010 --> 03:01:27.237 series which is a set of videos that

NOTE Confidence: 0.87964034

03:01:27.237 --> 03:01:29.202 are free to watch through the National

NOTE Confidence: 0.87964034

03:01:29.202 --> 03:01:31.368 Society of Genetic Counselors and SGC.

NOTE Confidence: 0.87964034

03:01:31.370 --> 03:01:33.370 Which shows examples of different

NOTE Confidence: 0.87964034

03:01:33.370 --> 03:01:34.570 genetic counseling settings,

NOTE Confidence: 0.87964034

03:01:34.570 --> 03:01:36.660 it's role play, you know,

NOTE Confidence: 0.87964034

03:01:36.660 --> 03:01:38.345 through with actors and actual

NOTE Confidence: 0.87964034

03:01:38.345 --> 03:01:40.397 genetic counselors so you can see

NOTE Confidence: 0.87964034

03:01:40.397 --> 03:01:42.227 what an actual session looks like.

NOTE Confidence: 0.87964034

03:01:42.230 --> 03:01:43.530 They have prenatal and cancer

NOTE Confidence: 0.87964034

03:01:43.530 --> 03:01:45.800 and PEDs I think, but or can't.

NOTE Confidence: 0.87964034

03:01:45.800 --> 03:01:47.850 Yeah they have all three.

NOTE Confidence: 0.87964034

03:01:47.850 --> 03:01:49.418 But they're about 1/2 an hour piece

NOTE Confidence: 0.87964034

03:01:49.418 --> 03:01:51.069 and they get digested afterwards.

NOTE Confidence: 0.87964034

03:01:51.070 --> 03:01:52.764 For for questions and things like that.

NOTE Confidence: 0.87964034

03:01:52.770 --> 03:01:54.150 And it's really a great.
NOTE Confidence: 0.87964034

03:01:54.150 --> 03:01:56.446 Another great way to to kind of get
NOTE Confidence: 0.87964034

03:01:56.446 --> 03:01:58.504 some of that experience all right.
NOTE Confidence: 0.87964034

03:01:58.504 --> 03:02:00.160 So one of the last steps here you're
NOTE Confidence: 0.87964034

03:02:00.211 --> 03:02:01.579 going to listen to my daughter.
NOTE Confidence: 0.87964034

03:02:01.580 --> 03:02:02.690 There's a picture of my dad.
NOTE Confidence: 0.87964034

03:02:02.690 --> 03:02:05.036 He's holding my son that's Nicholas and
NOTE Confidence: 0.87964034

03:02:05.036 --> 03:02:07.430 my dad always said if the jobs worth doing,
NOTE Confidence: 0.87964034

03:02:07.430 --> 03:02:08.522 it's worth doing right.
NOTE Confidence: 0.87964034

03:02:08.522 --> 03:02:10.705 So that means if you're going to go
NOTE Confidence: 0.87964034

03:02:10.705 --> 03:02:12.641 through this process and it is a process,
NOTE Confidence: 0.87964034

03:02:12.650 --> 03:02:14.330 it's big and it's overwhelming at
NOTE Confidence: 0.87964034

03:02:14.330 --> 03:02:16.350 times that you want to put your
NOTE Confidence: 0.87964034

03:02:16.350 --> 03:02:17.726 whole everything into it, OK?
NOTE Confidence: 0.87964034

03:02:17.726 --> 03:02:19.774 So you're going to do your best when
NOTE Confidence: 0.87964034

03:02:19.774 --> 03:02:22.058 it comes to that personal statement.

NOTE Confidence: 0.87964034

03:02:22.060 --> 03:02:23.747 You're going to make sure you check

NOTE Confidence: 0.87964034

03:02:23.747 --> 03:02:25.441 off the boxes for prereqs well

NOTE Confidence: 0.87964034

03:02:25.441 --> 03:02:26.976 before you have that application,

NOTE Confidence: 0.87964034

03:02:26.980 --> 03:02:28.716 you're going to make sure that if you

NOTE Confidence: 0.87964034

03:02:28.716 --> 03:02:29.982 don't have volunteer experience that

NOTE Confidence: 0.87964034

03:02:29.982 --> 03:02:32.445 you're not doing it just a month or two

NOTE Confidence: 0.87964034

03:02:32.445 --> 03:02:33.895 right before your application process,

NOTE Confidence: 0.87964034

03:02:33.900 --> 03:02:36.000 you have to show them that you're

NOTE Confidence: 0.87964034

03:02:36.000 --> 03:02:38.120 really invested in in this career path,

NOTE Confidence: 0.87964034

03:02:38.120 --> 03:02:40.540 so no half assing everything.

NOTE Confidence: 0.87964034

03:02:40.540 --> 03:02:43.012 Do everything to your best of your ability

NOTE Confidence: 0.87964034

03:02:43.012 --> 03:02:45.597 and it will show in your application.

NOTE Confidence: 0.87964034

03:02:45.600 --> 03:02:47.490 Those are words from my dad.

NOTE Confidence: 0.87964034

03:02:47.490 --> 03:02:49.695 So lastly, I'll leave you with some

NOTE Confidence: 0.87964034

03:02:49.695 --> 03:02:50.804 helpful information this relates to.

NOTE Confidence: 0.87964034

03:02:50.804 --> 03:02:52.484 I think I saw a couple of questions about
NOTE Confidence: 0.87964034

03:02:52.484 --> 03:02:54.510 this, potentially taking a gap year.
NOTE Confidence: 0.87964034

03:02:54.510 --> 03:02:56.590 So for some students they feel like it's
NOTE Confidence: 0.87964034

03:02:56.590 --> 03:02:58.666 looked upon negatively to have a gap year.
NOTE Confidence: 0.87964034

03:02:58.670 --> 03:03:00.713 I'm here to tell you that it is absolutely
NOTE Confidence: 0.87964034

03:03:00.713 --> 03:03:02.768 not looked down upon to have a gap year.
NOTE Confidence: 0.87964034

03:03:02.770 --> 03:03:04.180 You know, for students who
NOTE Confidence: 0.87964034

03:03:04.180 --> 03:03:06.070 take that gap year or longer,
NOTE Confidence: 0.87964034

03:03:06.070 --> 03:03:06.997 it took longer.
NOTE Confidence: 0.87964034

03:03:06.997 --> 03:03:09.160 You know that means you might actually
NOTE Confidence: 0.87964034

03:03:09.226 --> 03:03:10.886 be in a professional setting,
NOTE Confidence: 0.87964034

03:03:10.890 --> 03:03:12.502 so you're gaining professionalism.
NOTE Confidence: 0.87964034

03:03:12.502 --> 03:03:14.920 You're gaining experience in the field
NOTE Confidence: 0.81817406

03:03:14.976 --> 03:03:16.880 if it's related. Hopefully it's related.
NOTE Confidence: 0.81817406

03:03:16.880 --> 03:03:19.260 You know you're saving money so that
NOTE Confidence: 0.81817406

03:03:19.325 --> 03:03:21.365 finances don't become such a burden.

NOTE Confidence: 0.81817406

03:03:21.370 --> 03:03:23.155 You know you're doing what you need

NOTE Confidence: 0.81817406

03:03:23.155 --> 03:03:25.236 to do to prepare for grad school,

NOTE Confidence: 0.81817406

03:03:25.236 --> 03:03:28.398 so taking a gap year not a bad thing at all.

NOTE Confidence: 0.81817406

03:03:28.400 --> 03:03:30.884 If you go through this process and you don't

NOTE Confidence: 0.81817406

03:03:30.884 --> 03:03:33.770 match, it is disheartening, obviously,

NOTE Confidence: 0.81817406

03:03:33.770 --> 03:03:36.740 and disappointing to have that happen,

NOTE Confidence: 0.81817406

03:03:36.740 --> 03:03:37.890 but you are not alone.

NOTE Confidence: 0.81817406

03:03:37.890 --> 03:03:38.890 This is very common.

NOTE Confidence: 0.81817406

03:03:38.890 --> 03:03:39.986 There are many, many,

NOTE Confidence: 0.81817406

03:03:39.986 --> 03:03:42.754 many applicants for not a lot of spots.

NOTE Confidence: 0.81817406

03:03:42.760 --> 03:03:44.640 So if you're not accepted, please please,

NOTE Confidence: 0.81817406

03:03:44.640 --> 03:03:47.432 please reach out to the programs that you

NOTE Confidence: 0.81817406

03:03:47.432 --> 03:03:50.414 wanted to match with and get feedback.

NOTE Confidence: 0.81817406

03:03:50.420 --> 03:03:52.408 You may think I didn't get in

NOTE Confidence: 0.81817406

03:03:52.408 --> 03:03:54.380 because I didn't have a great GPA,

NOTE Confidence: 0.81817406

03:03:54.380 --> 03:03:55.892 but maybe it had nothing to do with it
NOTE Confidence: 0.81817406

03:03:55.892 --> 03:03:57.599 and it was the fact that you didn't
NOTE Confidence: 0.81817406

03:03:57.599 --> 03:03:58.720 have enough volunteer experience.
NOTE Confidence: 0.81817406

03:03:58.720 --> 03:04:00.826 Or your professional or your personal
NOTE Confidence: 0.81817406

03:04:00.826 --> 03:04:03.194 statement just wasn't up to par, you know?
NOTE Confidence: 0.81817406

03:04:03.194 --> 03:04:04.706 So just please seek feedback so
NOTE Confidence: 0.81817406

03:04:04.706 --> 03:04:06.707 that if you decide to do this again,
NOTE Confidence: 0.81817406

03:04:06.710 --> 03:04:09.466 you can work and make make the
NOTE Confidence: 0.81817406

03:04:09.466 --> 03:04:11.974 right strides to to get in.
NOTE Confidence: 0.81817406

03:04:11.980 --> 03:04:13.486 Contact programs to make sure you're
NOTE Confidence: 0.81817406

03:04:13.486 --> 03:04:14.239 fulfilling their requirements,
NOTE Confidence: 0.81817406

03:04:14.240 --> 03:04:15.822 so if there's ever a question when
NOTE Confidence: 0.81817406

03:04:15.822 --> 03:04:17.033 you're going through the application
NOTE Confidence: 0.81817406

03:04:17.033 --> 03:04:18.017 process of like ooh,
NOTE Confidence: 0.81817406

03:04:18.020 --> 03:04:19.490 I don't know if this is going
NOTE Confidence: 0.81817406

03:04:19.490 --> 03:04:20.380 to count or not.

NOTE Confidence: 0.81817406

03:04:20.380 --> 03:04:22.228 Don't just wing it because it

NOTE Confidence: 0.81817406

03:04:22.228 --> 03:04:23.152 might not count.

NOTE Confidence: 0.81817406

03:04:23.160 --> 03:04:25.440 Please feel free to contact programs.

NOTE Confidence: 0.81817406

03:04:25.440 --> 03:04:27.190 There are folks who can answer those

NOTE Confidence: 0.81817406

03:04:27.190 --> 03:04:28.580 types of questions very quickly,

NOTE Confidence: 0.81817406

03:04:28.580 --> 03:04:29.738 so you'd have to kick yourself

NOTE Confidence: 0.81817406

03:04:29.738 --> 03:04:30.978 later for being like, oh,

NOTE Confidence: 0.81817406

03:04:30.978 --> 03:04:33.318 I just didn't know that.

NOTE Confidence: 0.81817406

03:04:33.320 --> 03:04:33.954 And again,

NOTE Confidence: 0.81817406

03:04:33.954 --> 03:04:35.539 familiarize yourself with the profession.

NOTE Confidence: 0.81817406

03:04:35.540 --> 03:04:36.940 So this is you doing your homework

NOTE Confidence: 0.81817406

03:04:36.940 --> 03:04:38.159 and doing your due diligence.

NOTE Confidence: 0.81817406

03:04:38.160 --> 03:04:40.416 You know, review the NSGC code of ethics,

NOTE Confidence: 0.81817406

03:04:40.420 --> 03:04:42.569 the position statements that they put out,

NOTE Confidence: 0.81817406

03:04:42.570 --> 03:04:44.316 the policy statements that are written,

NOTE Confidence: 0.81817406

03:04:44.320 --> 03:04:46.198 be able to have an intelligent
NOTE Confidence: 0.81817406

03:04:46.198 --> 03:04:48.220 conversation about some of those things,
NOTE Confidence: 0.81817406

03:04:48.220 --> 03:04:49.718 should they come up in an interview,
NOTE Confidence: 0.81817406

03:04:49.720 --> 03:04:51.589 or when you're talking to a genetic
NOTE Confidence: 0.81817406

03:04:51.589 --> 03:04:53.270 counselor while you're interviewing them.
NOTE Confidence: 0.81817406

03:04:53.270 --> 03:04:54.406 Read the genetic counseling
NOTE Confidence: 0.81817406

03:04:54.406 --> 03:04:56.110 literature so lots of things come
NOTE Confidence: 0.81817406

03:04:56.159 --> 03:04:57.509 out about genetics right now,
NOTE Confidence: 0.81817406

03:04:57.510 --> 03:04:59.533 and it's very important to kind of
NOTE Confidence: 0.81817406

03:04:59.533 --> 03:05:01.855 stay abreast of that and that actually
NOTE Confidence: 0.81817406

03:05:01.855 --> 03:05:03.590 shows that you're very passionate
NOTE Confidence: 0.81817406

03:05:03.590 --> 03:05:05.568 and invested in the profession.
NOTE Confidence: 0.81817406

03:05:05.570 --> 03:05:05.941 Again,
NOTE Confidence: 0.81817406

03:05:05.941 --> 03:05:07.425 the master genetic counselor
NOTE Confidence: 0.81817406

03:05:07.425 --> 03:05:09.079 videos at nsgc.org are free,
NOTE Confidence: 0.81817406

03:05:09.079 --> 03:05:11.208 and they're available, and they're wonderful,

NOTE Confidence: 0.81817406
03:05:11.208 --> 03:05:14.050 so I encourage you to do that.
NOTE Confidence: 0.81817406
03:05:14.050 --> 03:05:16.430 You can do this. It is hard.
NOTE Confidence: 0.81817406
03:05:16.430 --> 03:05:18.418 I know it's hard, it's a lot.
NOTE Confidence: 0.81817406
03:05:18.420 --> 03:05:20.332 There are a lot of pieces that go
NOTE Confidence: 0.81817406
03:05:20.332 --> 03:05:22.150 into this and it's a long process
NOTE Confidence: 0.81817406
03:05:22.150 --> 03:05:23.329 but stay positive,
NOTE Confidence: 0.81817406
03:05:23.329 --> 03:05:25.294 keep working hard and you'll
NOTE Confidence: 0.81817406
03:05:25.294 --> 03:05:27.449 make it happen eventually.
NOTE Confidence: 0.81817406
03:05:27.450 --> 03:05:28.850 So if you have questions,
NOTE Confidence: 0.81817406
03:05:28.850 --> 03:05:31.170 I'm available, that's my email.
NOTE Confidence: 0.81817406
03:05:31.170 --> 03:05:32.370 Feel free to reach out.
NOTE Confidence: 0.81817406
03:05:32.370 --> 03:05:33.990 I'm always happy to chat with
NOTE Confidence: 0.81817406
03:05:33.990 --> 03:05:35.070 students and potential students,
NOTE Confidence: 0.81817406
03:05:35.070 --> 03:05:35.445 applicants,
NOTE Confidence: 0.81817406
03:05:35.445 --> 03:05:35.820 whatever,
NOTE Confidence: 0.81817406

03:05:35.820 --> 03:05:38.070 and answer any questions that you
NOTE Confidence: 0.81817406

03:05:38.070 --> 03:05:39.953 might have about the process or
NOTE Confidence: 0.81817406

03:05:39.953 --> 03:05:42.130 programs and and so on and so forth.
NOTE Confidence: 0.81817406

03:05:42.130 --> 03:05:43.678 So so thanks for your time.
NOTE Confidence: 0.81817406

03:05:43.680 --> 03:05:45.080 I hope I didn't go too too long.
NOTE Confidence: 0.81817406

03:05:45.080 --> 03:05:46.574 I tried to speak very very
NOTE Confidence: 0.81817406

03:05:46.574 --> 03:05:47.570 fast and I'm happy
NOTE Confidence: 0.89725314375

03:05:47.625 --> 03:05:49.335 to answer questions at the end.
NOTE Confidence: 0.811920988

03:05:51.310 --> 03:05:53.950 Thanks Maria, that was really inspirational.
NOTE Confidence: 0.811920988

03:05:53.950 --> 03:05:55.672 I feel like I'm ready to
NOTE Confidence: 0.811920988

03:05:55.672 --> 03:05:58.652 apply again round two,
NOTE Confidence: 0.811920988

03:05:58.652 --> 03:06:01.058 but I feel like your presentation
NOTE Confidence: 0.811920988

03:06:01.058 --> 03:06:03.547 was almost like an FAQ in itself,
NOTE Confidence: 0.811920988

03:06:03.550 --> 03:06:05.590 so I'm going to just switch
NOTE Confidence: 0.811920988

03:06:05.590 --> 03:06:07.630 it over to Olivia and Kim.
NOTE Confidence: 0.811920988

03:06:07.630 --> 03:06:08.790 I appreciate if you could

NOTE Confidence: 0.811920988

03:06:08.790 --> 03:06:09.950 stay around till the end,

NOTE Confidence: 0.811920988

03:06:09.950 --> 03:06:12.950 but of course you did provide your email,

NOTE Confidence: 0.811920988

03:06:12.950 --> 03:06:16.889 so let's get this show on the road.

NOTE Confidence: 0.811920988

03:06:16.890 --> 03:06:17.679 There we go.

NOTE Confidence: 0.63685596

03:06:29.220 --> 03:06:31.420 Let me just share my screen here.

NOTE Confidence: 0.898548916

03:06:38.100 --> 03:06:39.790 OK, can everyone see this?

NOTE Confidence: 0.902768375

03:06:41.590 --> 03:06:42.790 I think we're good.

NOTE Confidence: 0.902768375

03:06:42.790 --> 03:06:46.370 OK, great OK so I know we're

NOTE Confidence: 0.902768375

03:06:46.370 --> 03:06:49.658 short on time so I am Kim Freya.

NOTE Confidence: 0.902768375

03:06:49.658 --> 03:06:52.682 I am just recently graduated bapak

NOTE Confidence: 0.902768375

03:06:52.682 --> 03:06:54.986 the university this week so we're

NOTE Confidence: 0.902768375

03:06:54.986 --> 03:06:57.237 kind of here to talk to you a little

NOTE Confidence: 0.902768375

03:06:57.237 --> 03:06:59.403 bit about the the Graduate School

NOTE Confidence: 0.902768375

03:06:59.403 --> 03:07:01.650 experience and kind of what we went

NOTE Confidence: 0.902768375

03:07:01.650 --> 03:07:03.460 through in the last couple of years.

NOTE Confidence: 0.860900950769231

03:07:04.860 --> 03:07:07.471 And I'm Olivia, I just became a
NOTE Confidence: 0.860900950769231

03:07:07.471 --> 03:07:10.059 second year at Bay Path program.
NOTE Confidence: 0.860900950769231

03:07:10.060 --> 03:07:10.936 And like Kim said,
NOTE Confidence: 0.860900950769231

03:07:10.936 --> 03:07:12.585 we're just going to go over a
NOTE Confidence: 0.860900950769231

03:07:12.585 --> 03:07:13.975 little bit about our backgrounds,
NOTE Confidence: 0.860900950769231

03:07:13.980 --> 03:07:16.201 how we got into the program and
NOTE Confidence: 0.860900950769231

03:07:16.201 --> 03:07:17.887 any little advice that we can
NOTE Confidence: 0.860900950769231

03:07:17.887 --> 03:07:19.839 give to kind of help you guys.
NOTE Confidence: 0.860900950769231

03:07:19.840 --> 03:07:22.010 So let me just go on
NOTE Confidence: 0.64537685

03:07:23.060 --> 03:07:25.800 OK, so every genetic counseling
NOTE Confidence: 0.64537685

03:07:25.800 --> 03:07:27.720 student is definitely going to
NOTE Confidence: 0.64537685

03:07:27.720 --> 03:07:29.640 have their own unique background.
NOTE Confidence: 0.64537685

03:07:29.640 --> 03:07:33.412 Mine is a little different than I would say.
NOTE Confidence: 0.64537685

03:07:33.412 --> 03:07:36.954 Probably most of those that I've seen.
NOTE Confidence: 0.64537685

03:07:36.960 --> 03:07:38.556 My education background I
NOTE Confidence: 0.64537685

03:07:38.556 --> 03:07:40.396 completed my Bachelors of Science

NOTE Confidence: 0.64537685

03:07:40.396 --> 03:07:42.280 at University of Oklahoma.

NOTE Confidence: 0.64537685

03:07:42.280 --> 03:07:44.266 I worked on my bachelors for

NOTE Confidence: 0.64537685

03:07:44.270 --> 03:07:46.210 for over a decade because I was

NOTE Confidence: 0.64537685

03:07:46.210 --> 03:07:47.959 in the Air Force for 10 years.

NOTE Confidence: 0.64537685

03:07:47.960 --> 03:07:50.095 Active duty and I was taking classes.

NOTE Confidence: 0.64537685

03:07:50.095 --> 03:07:51.625 Kind of one or two at

NOTE Confidence: 0.929533578333333

03:07:51.640 --> 03:07:53.690 a time while I was also working full

NOTE Confidence: 0.847987750909091

03:07:53.700 --> 03:07:55.328 time in the military,

NOTE Confidence: 0.847987750909091

03:07:55.328 --> 03:07:57.770 I transitioned over into the reserve

NOTE Confidence: 0.847987750909091

03:07:57.849 --> 03:07:59.716 so that I could finish my bachelor's

NOTE Confidence: 0.847987750909091

03:07:59.716 --> 03:08:02.620 degree and then also apply and go

NOTE Confidence: 0.847987750909091

03:08:02.620 --> 03:08:05.693 through Graduate School so that

NOTE Confidence: 0.847987750909091

03:08:05.693 --> 03:08:08.388 particular piece I would say is.

NOTE Confidence: 0.847987750909091

03:08:08.390 --> 03:08:10.256 I'm very different than most students

NOTE Confidence: 0.847987750909091

03:08:10.256 --> 03:08:13.560 that I've I've met and experienced.

NOTE Confidence: 0.847987750909091

03:08:13.560 --> 03:08:15.876 Not many have gone through a
NOTE Confidence: 0.847987750909091

03:08:15.876 --> 03:08:18.208 military background as follows.
NOTE Confidence: 0.847987750909091

03:08:18.210 --> 03:08:20.667 As far as volunteer goes in my
NOTE Confidence: 0.847987750909091

03:08:20.667 --> 03:08:22.901 work as a an Air Force member,
NOTE Confidence: 0.847987750909091

03:08:22.901 --> 03:08:25.260 I did a lot of crisis intervention
NOTE Confidence: 0.847987750909091

03:08:25.326 --> 03:08:27.526 counseling as a as part of my job,
NOTE Confidence: 0.847987750909091

03:08:27.530 --> 03:08:30.994 but I also did suicide intervention training,
NOTE Confidence: 0.847987750909091

03:08:30.994 --> 03:08:31.987 so I was.
NOTE Confidence: 0.847987750909091

03:08:31.990 --> 03:08:33.880 I'm actually a trainer that that
NOTE Confidence: 0.847987750909091

03:08:33.880 --> 03:08:37.020 does that program to teach others
NOTE Confidence: 0.847987750909091

03:08:37.020 --> 03:08:38.628 about suicide intervention.
NOTE Confidence: 0.847987750909091

03:08:38.630 --> 03:08:40.238 So that's another.
NOTE Confidence: 0.847987750909091

03:08:40.238 --> 03:08:42.918 Different kind of volunteer experience,
NOTE Confidence: 0.847987750909091

03:08:42.920 --> 03:08:45.468 so I don't really have a very
NOTE Confidence: 0.847987750909091

03:08:45.468 --> 03:08:47.349 typical background as a student,
NOTE Confidence: 0.847987750909091

03:08:47.350 --> 03:08:47.923 that's you know,

NOTE Confidence: 0.847987750909091
03:08:47.923 --> 03:08:49.925 applying to a genetic counseling program,
NOTE Confidence: 0.847987750909091
03:08:49.925 --> 03:08:50.400 but.
NOTE Confidence: 0.7529114925
03:08:53.900 --> 03:08:54.708 So, like Kim was
NOTE Confidence: 0.81552722
03:08:54.720 --> 03:08:57.276 saying, is actually a great example.
NOTE Confidence: 0.81552722
03:08:57.280 --> 03:08:59.356 My backgrounds are very different from Kim,
NOTE Confidence: 0.81552722
03:08:59.356 --> 03:09:01.748 so I have a Bachelors of Science and a
NOTE Confidence: 0.81552722
03:09:01.748 --> 03:09:03.744 Masters of Science and infectious disease
NOTE Confidence: 0.81552722
03:09:03.744 --> 03:09:05.962 from the University of Saint Joseph's
NOTE Confidence: 0.81552722
03:09:05.962 --> 03:09:08.916 kind of in between getting those degrees,
NOTE Confidence: 0.81552722
03:09:08.920 --> 03:09:11.790 I worked as a cancer clinical research
NOTE Confidence: 0.81552722
03:09:11.790 --> 03:09:14.212 coordinator, so I was enrolling
NOTE Confidence: 0.81552722
03:09:14.212 --> 03:09:16.727 patients on to clinical trials.
NOTE Confidence: 0.81552722
03:09:16.730 --> 03:09:19.365 I kind of focused on the Memorial Sloan
NOTE Confidence: 0.81552722
03:09:19.365 --> 03:09:21.675 Kettering impact study and the GRAIL.
NOTE Confidence: 0.81552722
03:09:21.680 --> 03:09:24.302 Money which developed the new cancer
NOTE Confidence: 0.81552722

03:09:24.302 --> 03:09:27.026 screening blood test called Gallery and
NOTE Confidence: 0.81552722

03:09:27.026 --> 03:09:30.434 after that I did a medical scribe position
NOTE Confidence: 0.81552722

03:09:30.434 --> 03:09:33.875 at an asthma allergy place when I was there.
NOTE Confidence: 0.81552722

03:09:33.875 --> 03:09:37.330 I actually got accepted into PA school
NOTE Confidence: 0.81552722

03:09:37.330 --> 03:09:40.700 and did go but I found out while I
NOTE Confidence: 0.81552722

03:09:40.700 --> 03:09:42.345 was there it really wasn't for me.
NOTE Confidence: 0.81552722

03:09:42.350 --> 03:09:44.182 So that was like a big kind of
NOTE Confidence: 0.81552722

03:09:44.182 --> 03:09:46.569 twist in my journey that I would say
NOTE Confidence: 0.81552722

03:09:46.569 --> 03:09:47.813 that it wasn't expecting.
NOTE Confidence: 0.81552722

03:09:47.820 --> 03:09:51.724 So I actually took a gap year and.
NOTE Confidence: 0.81552722

03:09:51.730 --> 03:09:54.439 Kind of wanted to just really look
NOTE Confidence: 0.81552722

03:09:54.439 --> 03:09:56.853 over my experiences and kind of figure
NOTE Confidence: 0.81552722

03:09:56.853 --> 03:09:59.553 out what I wanted as a career who I
NOTE Confidence: 0.81552722

03:09:59.553 --> 03:10:01.600 was just kind of about my future.
NOTE Confidence: 0.81552722

03:10:01.600 --> 03:10:03.136 So I kind of was looking back when
NOTE Confidence: 0.81552722

03:10:03.136 --> 03:10:05.410 I was a researcher and I remembered

NOTE Confidence: 0.81552722

03:10:05.410 --> 03:10:06.835 my interactions with the genetic

NOTE Confidence: 0.81552722

03:10:06.835 --> 03:10:08.803 counselor and I really didn't know

NOTE Confidence: 0.81552722

03:10:08.803 --> 03:10:10.219 anything about genetic counseling.

NOTE Confidence: 0.81552722

03:10:10.220 --> 03:10:12.296 I never even heard about it,

NOTE Confidence: 0.81552722

03:10:12.300 --> 03:10:14.433 so I kind of did a deep dive into

NOTE Confidence: 0.81552722

03:10:14.433 --> 03:10:16.239 the profession and I just kind

NOTE Confidence: 0.81552722

03:10:16.239 --> 03:10:18.000 of fell in love with it.

NOTE Confidence: 0.81552722

03:10:18.000 --> 03:10:20.416 So I decided to volunteer as a genetic

NOTE Confidence: 0.81552722

03:10:20.416 --> 03:10:22.099 counseling assistant at a maternal fetal.

NOTE Confidence: 0.81552722

03:10:22.100 --> 03:10:24.396 Medicine and kind of really got to

NOTE Confidence: 0.81552722

03:10:24.396 --> 03:10:26.983 learn the role of the genetic counselor

NOTE Confidence: 0.81552722

03:10:26.983 --> 03:10:29.275 and really just could see myself

NOTE Confidence: 0.81552722

03:10:29.347 --> 03:10:31.827 doing this for the rest of my career.

NOTE Confidence: 0.81552722

03:10:31.830 --> 03:10:35.700 So I decided to kind of build up my resume

NOTE Confidence: 0.81552722

03:10:35.794 --> 03:10:38.990 so that I could apply and it was like I said,

NOTE Confidence: 0.81552722

03:10:38.990 --> 03:10:39.530 my gap year.
NOTE Confidence: 0.81552722

03:10:39.530 --> 03:10:42.910 So I kind of wanted to do something that was.
NOTE Confidence: 0.81552722

03:10:42.910 --> 03:10:44.290 Inch of interest of me.
NOTE Confidence: 0.81552722

03:10:44.290 --> 03:10:45.815 Something that I've always wanted
NOTE Confidence: 0.81552722

03:10:45.815 --> 03:10:48.291 to do and that that I had the time
NOTE Confidence: 0.81552722

03:10:48.291 --> 03:10:50.679 I decided to volunteer at at a
NOTE Confidence: 0.81552722

03:10:50.679 --> 03:10:52.920 equine assisted therapy program.
NOTE Confidence: 0.81552722

03:10:52.920 --> 03:10:54.540 And I'm a lifetime horseback rider,
NOTE Confidence: 0.81552722

03:10:54.540 --> 03:10:56.853 so it was really just a passion of mine
NOTE Confidence: 0.81552722

03:10:56.853 --> 03:10:59.234 and I decided to really help those we
NOTE Confidence: 0.81552722

03:10:59.234 --> 03:11:01.159 were doing frontline workers at the
NOTE Confidence: 0.81552722

03:11:01.159 --> 03:11:02.993 time during the pandemic and we also
NOTE Confidence: 0.81552722

03:11:02.993 --> 03:11:05.069 did veterans and children with autism
NOTE Confidence: 0.81552722

03:11:05.069 --> 03:11:07.022 or other disabilities so they would
NOTE Confidence: 0.81552722

03:11:07.022 --> 03:11:09.378 take us on trail rides and we would
NOTE Confidence: 0.81552722

03:11:09.378 --> 03:11:11.148 just teach them about horsemanship.

NOTE Confidence: 0.81552722

03:11:11.150 --> 03:11:13.030 So it was just something that I really.

NOTE Confidence: 0.81552722

03:11:13.030 --> 03:11:15.890 Was passionate about and UM,

NOTE Confidence: 0.81552722

03:11:15.890 --> 03:11:17.102 while during the pandemic.

NOTE Confidence: 0.81552722

03:11:17.102 --> 03:11:19.349 I also decided to do like a

NOTE Confidence: 0.81552722

03:11:19.349 --> 03:11:20.336 virtual teaching program,

NOTE Confidence: 0.81552722

03:11:20.336 --> 03:11:23.530 so I taught immigrants and refugees.

NOTE Confidence: 0.81552722

03:11:23.530 --> 03:11:25.310 English as a second language,

NOTE Confidence: 0.81552722

03:11:25.310 --> 03:11:26.870 which was brand new to me.

NOTE Confidence: 0.81552722

03:11:26.870 --> 03:11:28.262 It was very challenging,

NOTE Confidence: 0.81552722

03:11:28.262 --> 03:11:30.756 but I really loved it and kind

NOTE Confidence: 0.81552722

03:11:30.756 --> 03:11:32.724 of just what Kim was saying.

NOTE Confidence: 0.81552722

03:11:32.730 --> 03:11:34.320 These were things that I was

NOTE Confidence: 0.81552722

03:11:34.320 --> 03:11:35.834 passionate about and I like thought

NOTE Confidence: 0.81552722

03:11:35.834 --> 03:11:37.542 they would look good on my resume,

NOTE Confidence: 0.81552722

03:11:37.542 --> 03:11:40.519 but that really wasn't why I was doing it.

NOTE Confidence: 0.81552722

03:11:40.520 --> 03:11:41.759 So I would just kind of encourage
NOTE Confidence: 0.81552722

03:11:41.759 --> 03:11:42.290 you guys to
NOTE Confidence: 0.894662551176471

03:11:42.334 --> 03:11:44.028 do things that you really passionate about.
NOTE Confidence: 0.894662551176471

03:11:44.030 --> 03:11:45.986 Have like a really good interest
NOTE Confidence: 0.894662551176471

03:11:45.986 --> 03:11:48.506 in and that kind of makes you
NOTE Confidence: 0.894662551176471

03:11:48.506 --> 03:11:50.030 unique in your application.
NOTE Confidence: 0.894662551176471

03:11:50.030 --> 03:11:51.480 So that's just what I
NOTE Confidence: 0.894662551176471

03:11:51.480 --> 03:11:52.930 wanted to say about that.
NOTE Confidence: 0.894662551176471

03:11:52.930 --> 03:11:54.848 And that's pretty much my background.
NOTE Confidence: 0.894662551176471

03:11:54.850 --> 03:11:57.622 So Kim and me wanted to just do another
NOTE Confidence: 0.894662551176471

03:11:57.622 --> 03:11:59.522 slide about, you know advice for
NOTE Confidence: 0.894662551176471

03:11:59.522 --> 03:12:01.190 you guys getting into the program.
NOTE Confidence: 0.894662551176471

03:12:01.190 --> 03:12:02.860 And during the program,
NOTE Confidence: 0.894662551176471

03:12:02.860 --> 03:12:04.638 so I'll let Kim take over.
NOTE Confidence: 0.894662551176471

03:12:05.460 --> 03:12:06.790 Yeah so.
NOTE Confidence: 0.882460962727273

03:12:08.080 --> 03:12:09.160 I mean, graduate schools definitely

NOTE Confidence: 0.882460962727273

03:12:09.160 --> 03:12:10.510 not for the faint of heart.

NOTE Confidence: 0.882460962727273

03:12:10.510 --> 03:12:11.830 I don't think it really matters.

NOTE Confidence: 0.882460962727273

03:12:11.830 --> 03:12:14.715 Kind of what degree you end up going

NOTE Confidence: 0.882460962727273

03:12:14.715 --> 03:12:17.459 into with with like getting into higher

NOTE Confidence: 0.882460962727273

03:12:17.460 --> 03:12:19.903 levels of education Graduate School PHD's,

NOTE Confidence: 0.882460962727273

03:12:19.903 --> 03:12:22.970 it's going to be a lot of work.

NOTE Confidence: 0.882460962727273

03:12:22.970 --> 03:12:25.226 It's going to take a lot from you.

NOTE Confidence: 0.882460962727273

03:12:25.230 --> 03:12:27.030 And so like Olivia said,

NOTE Confidence: 0.882460962727273

03:12:27.030 --> 03:12:28.620 you doing doing things that help

NOTE Confidence: 0.882460962727273

03:12:28.620 --> 03:12:30.620 set you up for that kind of thing

NOTE Confidence: 0.882460962727273

03:12:30.620 --> 03:12:32.136 that you're passionate about.

NOTE Confidence: 0.882460962727273

03:12:32.136 --> 03:12:34.610 Really makes a difference going into

NOTE Confidence: 0.882460962727273

03:12:34.610 --> 03:12:36.170 those Graduate School interviews.

NOTE Confidence: 0.882460962727273

03:12:36.170 --> 03:12:37.484 You know, saying I did these

NOTE Confidence: 0.882460962727273

03:12:37.484 --> 03:12:38.830 things because I really like them.

NOTE Confidence: 0.882460962727273

03:12:38.830 --> 03:12:41.023 And I know a lot about myself and
NOTE Confidence: 0.882460962727273

03:12:41.023 --> 03:12:42.938 I know that this career is going to
NOTE Confidence: 0.882460962727273

03:12:42.938 --> 03:12:44.975 be for me because I know that it's
NOTE Confidence: 0.882460962727273

03:12:44.975 --> 03:12:47.176 going to be something that I am
NOTE Confidence: 0.882460962727273

03:12:47.176 --> 03:12:50.030 passionate about and why that is.
NOTE Confidence: 0.882460962727273

03:12:50.030 --> 03:12:51.120 Can really help.
NOTE Confidence: 0.882460962727273

03:12:51.120 --> 03:12:53.913 Kind of key into the you know to
NOTE Confidence: 0.882460962727273

03:12:53.913 --> 03:12:55.078 those that are interviewing you,
NOTE Confidence: 0.882460962727273

03:12:55.080 --> 03:12:56.608 that you've really thought
NOTE Confidence: 0.908955388571429

03:12:56.620 --> 03:12:57.684 about it and you really kind of
NOTE Confidence: 0.916023236666667

03:12:57.730 --> 03:12:58.828 know a little bit more about
NOTE Confidence: 0.900201714285714

03:12:58.840 --> 03:13:01.857 yourself. And then maybe when you started.
NOTE Confidence: 0.900201714285714

03:13:01.860 --> 03:13:04.340 I would also say that highlighting
NOTE Confidence: 0.900201714285714

03:13:04.340 --> 03:13:06.674 kind of what makes you unique
NOTE Confidence: 0.900201714285714

03:13:06.674 --> 03:13:09.169 is a really good aspect in.
NOTE Confidence: 0.900201714285714

03:13:09.170 --> 03:13:11.300 I'm getting into Graduate School and

NOTE Confidence: 0.88653552

03:13:11.390 --> 03:13:13.160 and also going

NOTE Confidence: 0.8411072

03:13:13.170 --> 03:13:14.414 through your clinical rotations

NOTE Confidence: 0.8411072

03:13:14.414 --> 03:13:15.969 and those kinds of things.

NOTE Confidence: 0.8411072

03:13:15.970 --> 03:13:18.448 Being able to again know yourself,

NOTE Confidence: 0.8411072

03:13:18.450 --> 03:13:21.410 make help yourself stand out a little bit

NOTE Confidence: 0.8411072

03:13:21.410 --> 03:13:23.550 from what other people make them unique.

NOTE Confidence: 0.8411072

03:13:23.550 --> 03:13:24.678 You know, so you can really

NOTE Confidence: 0.8411072

03:13:24.678 --> 03:13:26.226 stand out in the minds of those

NOTE Confidence: 0.8411072

03:13:26.226 --> 03:13:27.226 that are interviewing you.

NOTE Confidence: 0.8411072

03:13:27.230 --> 03:13:28.540 Those that you're working with.

NOTE Confidence: 0.80057525

03:13:29.900 --> 03:13:32.070 It it it definitely

NOTE Confidence: 0.903797713333333

03:13:32.080 --> 03:13:33.328 is a asset

NOTE Confidence: 0.870934278333333

03:13:33.340 --> 03:13:34.600 and not something that's

NOTE Confidence: 0.870934278333333

03:13:34.600 --> 03:13:37.140 a hindrance and then also

NOTE Confidence: 0.824636757272727

03:13:37.140 --> 03:13:38.108 Graduate School like I

NOTE Confidence: 0.824636757272727

03:13:38.108 --> 03:13:39.900 said is it's a lot of work.
NOTE Confidence: 0.824636757272727

03:13:39.900 --> 03:13:42.136 It's a lot of time management
NOTE Confidence: 0.824636757272727

03:13:42.136 --> 03:13:43.931 skills going between didactic
NOTE Confidence: 0.824636757272727

03:13:43.931 --> 03:13:45.632 work and your clinical rotations,
NOTE Confidence: 0.824636757272727

03:13:45.632 --> 03:13:48.710 and being able to do your capstone or thesis
NOTE Confidence: 0.851004264

03:13:49.400 --> 03:13:50.860 all at the same time.
NOTE Confidence: 0.88671245625

03:13:51.200 --> 03:13:52.875 Sometimes it's a little disheartening
NOTE Confidence: 0.88671245625

03:13:52.875 --> 03:13:55.162 where you feel like you know,
NOTE Confidence: 0.88671245625

03:13:55.162 --> 03:13:56.999 why did I get into this in the 1st place?
NOTE Confidence: 0.88671245625

03:13:57.000 --> 03:13:57.900 Can I really do this?
NOTE Confidence: 0.88671245625

03:13:57.900 --> 03:13:59.500 Is this really what I want to do?
NOTE Confidence: 0.88671245625

03:13:59.500 --> 03:14:01.440 Trying to have those.
NOTE Confidence: 0.88671245625

03:14:01.440 --> 03:14:03.520 The reminders about why you decided
NOTE Confidence: 0.88671245625

03:14:03.520 --> 03:14:05.110 to do this in the 1st place can
NOTE Confidence: 0.88671245625

03:14:05.110 --> 03:14:06.960 really help push you through some
NOTE Confidence: 0.88671245625

03:14:06.960 --> 03:14:08.664 of those really rough days where

NOTE Confidence: 0.88671245625

03:14:08.664 --> 03:14:10.956 you're really like tasked to the

NOTE Confidence: 0.88671245625

03:14:10.956 --> 03:14:13.548 Max with case Prep and also getting

NOTE Confidence: 0.88671245625

03:14:13.548 --> 03:14:15.284 an assignment done or an oral exam

NOTE Confidence: 0.88671245625

03:14:15.284 --> 03:14:16.849 done and then also by the way,

NOTE Confidence: 0.88671245625

03:14:16.850 --> 03:14:18.814 your thesis professor is going to say hey,

NOTE Confidence: 0.88671245625

03:14:18.814 --> 03:14:20.797 have you done this part for your thesis yet?

NOTE Confidence: 0.88671245625

03:14:20.800 --> 03:14:21.160 You should

NOTE Confidence: 0.848419771666667

03:14:21.170 --> 03:14:22.988 probably really be thinking about that.

NOTE Confidence: 0.92055292

03:14:24.250 --> 03:14:25.538 You can have a lot of things

NOTE Confidence: 0.953547728

03:14:25.550 --> 03:14:26.730 going on at one time,

NOTE Confidence: 0.953547728

03:14:26.730 --> 03:14:29.832 so being being cognizant of why

NOTE Confidence: 0.953547728

03:14:29.832 --> 03:14:32.940 you really want to do this can.

NOTE Confidence: 0.953547728

03:14:32.940 --> 03:14:34.866 Can really bolster your energy

NOTE Confidence: 0.953547728

03:14:34.866 --> 03:14:36.271 and your motivation to keep

NOTE Confidence: 0.953547728

03:14:36.271 --> 03:14:37.626 going and to keep trying

NOTE Confidence: 0.8656181

03:14:37.640 --> 03:14:38.868 and and and to
NOTE Confidence: 0.845946166666667

03:14:38.880 --> 03:14:40.392 give yourself confidence that you
NOTE Confidence: 0.845946166666667

03:14:40.392 --> 03:14:42.589 really can do it because you can.
NOTE Confidence: 0.845946166666667

03:14:42.589 --> 03:14:43.738 Everybody can they.
NOTE Confidence: 0.845946166666667

03:14:43.740 --> 03:14:44.972 You know if you get to the place
NOTE Confidence: 0.845946166666667

03:14:44.972 --> 03:14:46.483 where you've applied and they've
NOTE Confidence: 0.845946166666667

03:14:46.483 --> 03:14:47.898 accepted you into a program,
NOTE Confidence: 0.845946166666667

03:14:47.900 --> 03:14:49.125 they can see that you can do
NOTE Confidence: 0.795178388

03:14:49.140 --> 03:14:50.390 this and they have faith
NOTE Confidence: 0.824639572

03:14:50.400 --> 03:14:51.590 in you and that's why
NOTE Confidence: 0.923178063333333

03:14:51.600 --> 03:14:54.078 they accept you into the programs
NOTE Confidence: 0.923178063333333

03:14:54.080 --> 03:14:55.376 because they feel like you're ready
NOTE Confidence: 0.923178063333333

03:14:55.376 --> 03:14:56.690 and they know that you're you
NOTE Confidence: 0.9252614675

03:14:56.700 --> 03:15:00.210 can do it so. Keep that confidence up.
NOTE Confidence: 0.832892882

03:15:02.210 --> 03:15:06.278 So for mine I just. I guess because
NOTE Confidence: 0.832892882

03:15:06.280 --> 03:15:08.338 I'm a second year, I still remember

NOTE Confidence: 0.832892882

03:15:08.338 --> 03:15:09.710 applying and being actually

NOTE Confidence: 0.87644525

03:15:10.500 --> 03:15:12.000 doing this program last year

NOTE Confidence: 0.830152542

03:15:12.620 --> 03:15:14.904 as an applicant. So I just want to say,

NOTE Confidence: 0.830152542

03:15:14.904 --> 03:15:16.472 don't compare yourself to anyone else.

NOTE Confidence: 0.830152542

03:15:16.472 --> 03:15:19.193 I think a lot of times when we do

NOTE Confidence: 0.830152542

03:15:19.193 --> 03:15:20.788 these webinars and the students

NOTE Confidence: 0.830152542

03:15:20.788 --> 03:15:22.580 talk about their backgrounds,

NOTE Confidence: 0.830152542

03:15:22.580 --> 03:15:24.680 a lot of applicants tend to think, well,

NOTE Confidence: 0.830152542

03:15:24.680 --> 03:15:26.300 I don't have this or I didn't do this.

NOTE Confidence: 0.830152542

03:15:26.300 --> 03:15:28.876 Or should I do this and it's?

NOTE Confidence: 0.830152542

03:15:28.880 --> 03:15:30.700 It's just everyone has their own journey

NOTE Confidence: 0.830152542

03:15:30.700 --> 03:15:33.078 like me and Kim like are a good example like

NOTE Confidence: 0.830152542

03:15:33.078 --> 03:15:35.247 we are very different in our backgrounds,

NOTE Confidence: 0.830152542

03:15:35.250 --> 03:15:37.182 but we both made it into the

NOTE Confidence: 0.830152542

03:15:37.182 --> 03:15:38.700 program and she graduated.

NOTE Confidence: 0.830152542

03:15:38.700 --> 03:15:40.290 I'm a second year so
NOTE Confidence: 0.830152542

03:15:40.290 --> 03:15:41.562 we're definitely doing it.
NOTE Confidence: 0.830152542

03:15:41.570 --> 03:15:43.130 So just don't compare yourself.
NOTE Confidence: 0.830152542

03:15:43.130 --> 03:15:45.338 We all have our own strengths and weaknesses.
NOTE Confidence: 0.830152542

03:15:45.340 --> 03:15:50.160 Our own unique abilities and experiences.
NOTE Confidence: 0.830152542

03:15:50.160 --> 03:15:51.936 So really, like I said, just you know,
NOTE Confidence: 0.830152542

03:15:51.936 --> 03:15:53.748 do things that you really enjoy
NOTE Confidence: 0.830152542

03:15:53.748 --> 03:15:55.928 and shows who you are as a person.
NOTE Confidence: 0.830152542

03:15:55.930 --> 03:15:57.512 And I think that will make you
NOTE Confidence: 0.830152542

03:15:57.512 --> 03:15:58.730 a really strong applicant.
NOTE Confidence: 0.830152542

03:15:58.730 --> 03:16:01.530 So just don't compare yourself to anyone.
NOTE Confidence: 0.830152542

03:16:01.530 --> 03:16:02.826 I think that goes along with
NOTE Confidence: 0.830152542

03:16:02.826 --> 03:16:03.690 even in the program.
NOTE Confidence: 0.830152542

03:16:03.690 --> 03:16:05.610 I think a lot of times we have
NOTE Confidence: 0.830152542

03:16:05.610 --> 03:16:06.788 imposter syndrome like did they
NOTE Confidence: 0.830152542

03:16:06.790 --> 03:16:09.128 really choose me and I think I

NOTE Confidence: 0.830152542

03:16:09.128 --> 03:16:10.820 still have that a little bit.

NOTE Confidence: 0.830152542

03:16:10.820 --> 03:16:12.962 So just remember that if you do

NOTE Confidence: 0.830152542

03:16:12.962 --> 03:16:15.112 get in you are there for a purpose

NOTE Confidence: 0.830152542

03:16:15.112 --> 03:16:17.173 and if you don't it's really a

NOTE Confidence: 0.830152542

03:16:17.173 --> 03:16:19.105 numbers game like there is limited

NOTE Confidence: 0.830152542

03:16:19.105 --> 03:16:20.719 spaces and limited programs.

NOTE Confidence: 0.830152542

03:16:20.720 --> 03:16:23.072 We're all really qualified.

NOTE Confidence: 0.830152542

03:16:23.072 --> 03:16:24.248 It's just.

NOTE Confidence: 0.830152542

03:16:24.250 --> 03:16:25.888 Sometimes you just have to up a

NOTE Confidence: 0.830152542

03:16:25.888 --> 03:16:27.603 little bit and like I said before,

NOTE Confidence: 0.830152542

03:16:27.603 --> 03:16:29.617 like talk to your program director

NOTE Confidence: 0.830152542

03:16:29.617 --> 03:16:31.626 or any interviewers and see what you

NOTE Confidence: 0.830152542

03:16:31.626 --> 03:16:33.809 can do to improve your application.

NOTE Confidence: 0.830152542

03:16:33.810 --> 03:16:35.746 Because most of the time you are qualified,

NOTE Confidence: 0.830152542

03:16:35.750 --> 03:16:38.734 it's just a numbers game and then my

NOTE Confidence: 0.830152542

03:16:38.734 --> 03:16:41.310 second one and Janice already touched upon.

NOTE Confidence: 0.830152542

03:16:41.310 --> 03:16:43.550 This is just self care and Kim,

NOTE Confidence: 0.830152542

03:16:43.550 --> 03:16:44.429 like Kim said,

NOTE Confidence: 0.830152542

03:16:44.429 --> 03:16:47.950 it can be a really stressful program,

NOTE Confidence: 0.830152542

03:16:47.950 --> 03:16:50.134 but it's worth it in the end and

NOTE Confidence: 0.830152542

03:16:50.134 --> 03:16:52.396 I think to able to get through

NOTE Confidence: 0.830152542

03:16:52.396 --> 03:16:54.036 the program in one piece.

NOTE Confidence: 0.830152542

03:16:54.040 --> 03:16:55.770 Home is really self care.

NOTE Confidence: 0.830152542

03:16:55.770 --> 03:16:58.010 You gotta have to remember why you

NOTE Confidence: 0.830152542

03:16:58.010 --> 03:17:00.495 went into it in the self care of

NOTE Confidence: 0.830152542

03:17:00.495 --> 03:17:02.470 just doing anything that you enjoy.

NOTE Confidence: 0.830152542

03:17:02.470 --> 03:17:03.080 Whether that's

NOTE Confidence: 0.876580035

03:17:03.090 --> 03:17:04.090 going for a walk.

NOTE Confidence: 0.864580547777778

03:17:05.480 --> 03:17:07.496 Reaching out to friends taking 20

NOTE Confidence: 0.864580547777778

03:17:07.496 --> 03:17:09.950 minutes a day, maybe taking a couple

NOTE Confidence: 0.864580547777778

03:17:09.950 --> 03:17:11.750 hours off during your program.

NOTE Confidence: 0.864580547777778
03:17:11.750 --> 03:17:13.205 Just anything that will keep
NOTE Confidence: 0.864580547777778
03:17:13.205 --> 03:17:15.250 you a little bit like yourself.
NOTE Confidence: 0.864580547777778
03:17:15.250 --> 03:17:16.540 Because like Janice was saying,
NOTE Confidence: 0.864580547777778
03:17:16.540 --> 03:17:17.870 you can really get in the undertow
NOTE Confidence: 0.864580547777778
03:17:17.870 --> 03:17:19.229 and kind of forget about that.
NOTE Confidence: 0.864580547777778
03:17:19.230 --> 03:17:20.682 So just self care is really
NOTE Confidence: 0.864580547777778
03:17:20.682 --> 03:17:21.650 important during the program.
NOTE Confidence: 0.864580547777778
03:17:21.650 --> 03:17:23.606 And while we're teaching right now,
NOTE Confidence: 0.864580547777778
03:17:23.610 --> 03:17:24.990 they're teaching us about compassion,
NOTE Confidence: 0.864580547777778
03:17:24.990 --> 03:17:25.918 fatigue for genetic counselors,
NOTE Confidence: 0.864580547777778
03:17:25.918 --> 03:17:27.474 so I think that's really important.
NOTE Confidence: 0.864580547777778
03:17:27.474 --> 03:17:29.224 Going into the career as well
NOTE Confidence: 0.864580547777778
03:17:29.224 --> 03:17:30.629 to take care of yourself.
NOTE Confidence: 0.864580547777778
03:17:30.630 --> 03:17:32.486 So I think those were just our advice.
NOTE Confidence: 0.864580547777778
03:17:32.490 --> 03:17:34.714 Kim, do you have anything else to add?
NOTE Confidence: 0.8168766975

03:17:34.910 --> 03:17:35.870 We're super happy.
NOTE Confidence: 0.8168766975

03:17:35.870 --> 03:17:37.652 To have you guys contact us.
NOTE Confidence: 0.8168766975

03:17:37.652 --> 03:17:39.166 That's why we're giving you her email.
NOTE Confidence: 0.8168766975

03:17:39.166 --> 03:17:41.518 Please use it if you have other questions.
NOTE Confidence: 0.8168766975

03:17:41.520 --> 03:17:42.876 It's is a very short amount
NOTE Confidence: 0.8168766975

03:17:42.876 --> 03:17:44.662 of time to be able to explain
NOTE Confidence: 0.8168766975

03:17:44.662 --> 03:17:46.059 such a complicated thing,
NOTE Confidence: 0.8168766975

03:17:46.060 --> 03:17:47.430 so please feel free to
NOTE Confidence: 0.97642485

03:17:47.440 --> 03:17:48.228 reach out to us
NOTE Confidence: 0.623684781666667

03:17:48.620 --> 03:17:50.846 definitely, and I'll stop sharing now.
NOTE Confidence: 0.7881699

03:17:54.160 --> 03:17:56.040 Thank you both and Kim,
NOTE Confidence: 0.7881699

03:17:56.040 --> 03:17:57.408 congratulations on graduating
NOTE Confidence: 0.7881699

03:17:57.408 --> 03:18:00.144 making it to the promised land
NOTE Confidence: 0.7881699

03:18:00.144 --> 03:18:02.560 and hang in there. I love you you.
NOTE Confidence: 0.7881699

03:18:02.560 --> 03:18:06.010 You'll be there in no time.
NOTE Confidence: 0.7881699

03:18:06.010 --> 03:18:08.930 But let me I might share my screen

NOTE Confidence: 0.7881699

03:18:08.930 --> 03:18:11.798 to go over. Where did that go?

NOTE Confidence: 0.7881699

03:18:11.798 --> 03:18:15.110 The emails for our our great panelists?

NOTE Confidence: 0.7881699

03:18:15.110 --> 03:18:16.358 Thank you again.

NOTE Confidence: 0.7881699

03:18:16.358 --> 03:18:19.710 So much for taking the time out of

NOTE Confidence: 0.7881699

03:18:19.710 --> 03:18:22.833 our day out of your day to share your

NOTE Confidence: 0.7881699

03:18:22.921 --> 03:18:26.479 insights and thoughts with our attendees.

NOTE Confidence: 0.7881699

03:18:26.480 --> 03:18:29.574 Let's see now I can see that

NOTE Confidence: 0.7881699

03:18:29.580 --> 03:18:31.326 there were a couple of questions.

NOTE Confidence: 0.7881699

03:18:31.330 --> 03:18:33.465 I wonder if there was anyone on

NOTE Confidence: 0.7881699

03:18:33.465 --> 03:18:36.460 the panel who had last minute

NOTE Confidence: 0.7881699

03:18:36.460 --> 03:18:38.994 remarks to make to our group here

NOTE Confidence: 0.7881699

03:18:38.994 --> 03:18:41.030 before we closed for the day.

NOTE Confidence: 0.90635682625

03:18:43.390 --> 03:18:45.654 As I kind of look through these questions.

NOTE Confidence: 0.86156308

03:18:58.440 --> 03:19:01.024 OK, Maya or Emily?

NOTE Confidence: 0.86156308

03:19:01.024 --> 03:19:05.910 Are you guys still on? Yeah.

NOTE Confidence: 0.86156308

03:19:05.910 --> 03:19:07.974 OK, and there was a question
NOTE Confidence: 0.86156308

03:19:07.974 --> 03:19:09.350 from earlier about deciding
NOTE Confidence: 0.86156308

03:19:09.418 --> 03:19:11.078 whether you wanted to work.
NOTE Confidence: 0.86156308

03:19:11.080 --> 03:19:14.002 Continue working in the lab or
NOTE Confidence: 0.86156308

03:19:14.002 --> 03:19:15.463 exploring multiple specialties,
NOTE Confidence: 0.86156308

03:19:15.470 --> 03:19:16.952 or if there is anyone here
NOTE Confidence: 0.86156308

03:19:16.952 --> 03:19:18.361 who has kind of transitioned
NOTE Confidence: 0.86156308

03:19:18.361 --> 03:19:20.527 from 1 specialty to the other,
NOTE Confidence: 0.86156308

03:19:20.530 --> 03:19:22.290 and if you could just comment on that.
NOTE Confidence: 0.6243103233333333

03:19:24.010 --> 03:19:29.298 Yeah, so UM. For the time being,
NOTE Confidence: 0.6243103233333333

03:19:29.298 --> 03:19:32.509 I really don't know if this is something
NOTE Confidence: 0.6243103233333333

03:19:32.509 --> 03:19:35.323 that I wanna stay in long term.
NOTE Confidence: 0.6243103233333333

03:19:35.330 --> 03:19:37.830 I like it right now.
NOTE Confidence: 0.6243103233333333

03:19:37.830 --> 03:19:40.651 But I also like the fact that
NOTE Confidence: 0.6243103233333333

03:19:40.651 --> 03:19:43.079 I've been offered the opportunity
NOTE Confidence: 0.6243103233333333

03:19:43.079 --> 03:19:45.899 to start seeing some patients.

NOTE Confidence: 0.624310323333333

03:19:45.900 --> 03:19:48.696 It will only be, I believe.

NOTE Confidence: 0.813659806666667

03:19:51.180 --> 03:19:55.689 Two days per month so it will be limited,

NOTE Confidence: 0.813659806666667

03:19:55.690 --> 03:19:59.254 but it will be nice to actually get back

NOTE Confidence: 0.813659806666667

03:19:59.254 --> 03:20:04.680 into the clinic and see people. But, uh.

NOTE Confidence: 0.813659806666667

03:20:04.680 --> 03:20:07.305 As far as long term, I don't know.

NOTE Confidence: 0.813659806666667

03:20:07.305 --> 03:20:10.064 I do find it rewarding in its own

NOTE Confidence: 0.813659806666667

03:20:10.064 --> 03:20:12.248 sort of ways, but it is different.

NOTE Confidence: 0.62683413

03:20:18.590 --> 03:20:21.100 And I probably

NOTE Confidence: 0.882987805

03:20:21.150 --> 03:20:24.126 will stay in lab for my whole career,

NOTE Confidence: 0.882987805

03:20:24.130 --> 03:20:25.870 but one of my favorite things

NOTE Confidence: 0.882987805

03:20:25.870 --> 03:20:28.240 about GC is if that does change. I

NOTE Confidence: 0.946269534

03:20:28.250 --> 03:20:30.180 do have the opportunity to

NOTE Confidence: 0.97202022

03:20:30.270 --> 03:20:32.200 go to a different specialty.

NOTE Confidence: 0.840804428125

03:20:35.520 --> 03:20:37.908 And anyone who might have taken

NOTE Confidence: 0.840804428125

03:20:37.908 --> 03:20:40.100 some time between their undergrad

NOTE Confidence: 0.840804428125

03:20:40.100 --> 03:20:42.695 between that and Graduate School,
NOTE Confidence: 0.840804428125

03:20:42.700 --> 03:20:45.316 and how did those jobs or your experience
NOTE Confidence: 0.840804428125

03:20:45.316 --> 03:20:47.399 during that time that prepare you?
NOTE Confidence: 0.8424350125

03:20:56.120 --> 03:20:59.440 I can maybe provide an answer to that.
NOTE Confidence: 0.8424350125

03:20:59.440 --> 03:21:01.918 That's OK, so personally I had
NOTE Confidence: 0.8424350125

03:21:01.918 --> 03:21:04.679 taken two years off in between
NOTE Confidence: 0.8424350125

03:21:04.679 --> 03:21:06.719 undergrad and grad school.
NOTE Confidence: 0.8424350125

03:21:06.720 --> 03:21:08.800 I did not know that I wanted to be a
NOTE Confidence: 0.8424350125

03:21:08.865 --> 03:21:11.294 genetic counselor when I was in undergrad.
NOTE Confidence: 0.8424350125

03:21:11.300 --> 03:21:12.948 I think I had heard of the profession,
NOTE Confidence: 0.8424350125

03:21:12.950 --> 03:21:15.911 but not known enough about it to
NOTE Confidence: 0.8424350125

03:21:15.911 --> 03:21:18.210 consider it seriously as a career.
NOTE Confidence: 0.8424350125

03:21:18.210 --> 03:21:20.210 I personally majored in psychology
NOTE Confidence: 0.8424350125

03:21:20.210 --> 03:21:22.890 and had a minor in biology,
NOTE Confidence: 0.8424350125

03:21:22.890 --> 03:21:24.900 so in between, you know,
NOTE Confidence: 0.8424350125

03:21:24.900 --> 03:21:26.016 going back to school,

NOTE Confidence: 0.8424350125

03:21:26.016 --> 03:21:27.690 there were like two other classes.

NOTE Confidence: 0.8424350125

03:21:27.690 --> 03:21:30.362 I think that I had to take and I

NOTE Confidence: 0.8424350125

03:21:30.362 --> 03:21:32.027 did those at like a local Community

NOTE Confidence: 0.8424350125

03:21:32.027 --> 03:21:35.129 College because of money of course.

NOTE Confidence: 0.823737753

03:21:37.280 --> 03:21:42.032 And in in the time between in those two

NOTE Confidence: 0.823737753

03:21:42.032 --> 03:21:46.640 years, I worked primarily in mental health,

NOTE Confidence: 0.823737753

03:21:46.640 --> 03:21:50.675 so I worked with individuals in a mental

NOTE Confidence: 0.823737753

03:21:50.675 --> 03:21:53.230 Health Center and also with some individuals

NOTE Confidence: 0.823737753

03:21:53.302 --> 03:21:55.978 with disabilities such as cerebral palsy.

NOTE Confidence: 0.823737753

03:21:55.980 --> 03:22:00.180 And I actually volunteered to help

NOTE Confidence: 0.823737753

03:22:00.180 --> 03:22:03.912 teach a kind of an art class for these

NOTE Confidence: 0.823737753

03:22:03.912 --> 03:22:06.459 individuals with disabilities at a day.

NOTE Confidence: 0.823737753

03:22:06.460 --> 03:22:09.604 Center kind of an art class you know

NOTE Confidence: 0.823737753

03:22:09.604 --> 03:22:12.028 modified to their their levels,

NOTE Confidence: 0.823737753

03:22:12.030 --> 03:22:14.880 and I definitely think that working

NOTE Confidence: 0.823737753

03:22:14.880 --> 03:22:17.919 with individuals with you know various

NOTE Confidence: 0.823737753

03:22:17.919 --> 03:22:20.796 mental health issues. You know,

NOTE Confidence: 0.823737753

03:22:20.796 --> 03:22:23.368 cognitive and physical disabilities,

NOTE Confidence: 0.823737753

03:22:23.370 --> 03:22:26.305 even though it wasn't specifically

NOTE Confidence: 0.823737753

03:22:26.305 --> 03:22:28.066 related to genetics,

NOTE Confidence: 0.823737753

03:22:28.070 --> 03:22:32.390 was actually enormously helpful for me.

NOTE Confidence: 0.823737753

03:22:32.390 --> 03:22:35.142 I think just moving into those,

NOTE Confidence: 0.823737753

03:22:35.142 --> 03:22:37.379 you know, kind of needing to put on the.

NOTE Confidence: 0.823737753

03:22:37.380 --> 03:22:39.635 Counseling hacked so they say

NOTE Confidence: 0.823737753

03:22:39.635 --> 03:22:41.890 when working with with patients.

NOTE Confidence: 0.013723165

03:22:47.160 --> 03:22:50.021 Excellent, there was a

NOTE Confidence: 0.013723165

03:22:50.021 --> 03:22:51.356 question for Emily and Maya.

NOTE Confidence: 0.6329644856

03:22:51.360 --> 03:22:53.770 What do you find and?

NOTE Confidence: 0.772305453823529

03:22:55.780 --> 03:22:57.900 Or a difference between pursuing

NOTE Confidence: 0.772305453823529

03:22:57.900 --> 03:23:00.020 a masters in genetic counseling

NOTE Confidence: 0.772305453823529

03:23:00.090 --> 03:23:01.875 and not a PhD in let's say,

NOTE Confidence: 0.772305453823529
03:23:01.880 --> 03:23:04.768 genetics? Or lab work.
NOTE Confidence: 0.893061544285714
03:23:10.640 --> 03:23:15.064 So I find that they're pretty different.
NOTE Confidence: 0.893061544285714
03:23:15.070 --> 03:23:18.490 Pursuing a PhD in genetics depending
NOTE Confidence: 0.893061544285714
03:23:18.490 --> 03:23:21.770 on if it's molecular genetics,
NOTE Confidence: 0.893061544285714
03:23:21.770 --> 03:23:24.392 which I think is most likely
NOTE Confidence: 0.893061544285714
03:23:24.392 --> 03:23:26.140 what you're asking about.
NOTE Confidence: 0.947357773333333
03:23:28.490 --> 03:23:30.446 It's it's a very different sort.
NOTE Confidence: 0.947357773333333
03:23:30.450 --> 03:23:32.882 Of course, genetic counseling
NOTE Confidence: 0.947357773333333
03:23:32.882 --> 03:23:35.922 is much more focused on.
NOTE Confidence: 0.947357773333333
03:23:35.930 --> 03:23:38.505 The interaction with people and
NOTE Confidence: 0.947357773333333
03:23:38.505 --> 03:23:41.080 looking at their different sort
NOTE Confidence: 0.947357773333333
03:23:41.171 --> 03:23:43.706 of clinical symptoms of versus.
NOTE Confidence: 0.947357773333333
03:23:43.710 --> 03:23:46.488 If you're going into molecular genetics,
NOTE Confidence: 0.947357773333333
03:23:46.490 --> 03:23:49.948 it's much more about the DNA itself.
NOTE Confidence: 0.872137241111111
03:23:51.980 --> 03:23:57.209 And I find that they they are very different.
NOTE Confidence: 0.872137241111111

03:23:57.210 --> 03:24:01.013 Jose because. They really focus
NOTE Confidence: 0.8721372411111111

03:24:01.013 --> 03:24:03.518 on different aspects of genetics.
NOTE Confidence: 0.8721372411111111

03:24:03.520 --> 03:24:05.599 They do have a lot of crossover,
NOTE Confidence: 0.8721372411111111

03:24:05.600 --> 03:24:08.650 but they're fairly different fields.
NOTE Confidence: 0.8714099

03:24:15.570 --> 03:24:16.160 Great.
NOTE Confidence: 0.95229375

03:24:18.430 --> 03:24:21.040 OK, well as people are dropping
NOTE Confidence: 0.922783868

03:24:21.050 --> 03:24:23.150 off ready for the weekend,
NOTE Confidence: 0.922783868

03:24:23.150 --> 03:24:24.359 any last comments?
NOTE Confidence: 0.922783868

03:24:24.359 --> 03:24:26.374 Thank you all again for
NOTE Confidence: 0.922783868

03:24:26.374 --> 03:24:27.910 attending and speaking.
NOTE Confidence: 0.922783868

03:24:27.910 --> 03:24:30.165 I was really, really really
NOTE Confidence: 0.922783868

03:24:30.165 --> 03:24:31.518 informative and helpful.
NOTE Confidence: 0.80075615

03:24:38.020 --> 03:24:40.825 OK great, well this recording will be
NOTE Confidence: 0.80075615

03:24:40.825 --> 03:24:42.294 available after that short survey,
NOTE Confidence: 0.80075615

03:24:42.294 --> 03:24:44.679 so I'll send that out in the coming weeks.
NOTE Confidence: 0.80075615

03:24:44.680 --> 03:24:46.930 I put in the contact information

NOTE Confidence: 0.80075615

03:24:46.930 --> 03:24:48.900 for our great panelists today,

NOTE Confidence: 0.80075615

03:24:48.900 --> 03:24:52.876 but you can always reach me afterwards.

NOTE Confidence: 0.80075615

03:24:52.880 --> 03:24:54.637 And if you have a more specific

NOTE Confidence: 0.80075615

03:24:54.637 --> 03:24:55.940 question for a panelist,

NOTE Confidence: 0.80075615

03:24:55.940 --> 03:24:58.558 I encourage you to contact them directly.

NOTE Confidence: 0.80075615

03:24:58.560 --> 03:25:00.522 But thank you all so much

NOTE Confidence: 0.80075615

03:25:00.522 --> 03:25:02.999 again and have a great weekend.