

# GENETIC SERVICES

GROOTE SCHUUR HOSPITAL  
RED CROSS HOSPITAL



PROVIDING A COMPREHENSIVE  
AND EFFICIENT MEDICAL  
GENETIC SERVICE, RANGING  
FROM PRIMARY HEALTH CARE IN  
COMMUNITY OUTREACH CLINICS  
TO HIGHLY SOPHISTICATED  
QUATERNARY SERVICES

## WHO WOULD BENEFIT FROM GENETIC SERVICES?

- Individuals or families with a history of a **genetic condition** (Haemophilia, albinism, cystic fibrosis, Huntington's disease, hereditary cancer, intellectual disability, visual or hearing impairments etc.)
- A couple wishing to have children but who are **related**, are of an **at risk ancestral group** (Ashkenazi Jewish etc.), have **had 3 or more miscarriages**, have a history of children born with a **birth defect** or a **suspected syndrome**
- A **pregnant women** who is **older than 40**, who has had an **abnormal screening result** or who has been exposed to **drugs, medications, alcohol** or **infections** during pregnancy

### Appointments:

GSH: 021 404 6235

021406 6304

RXH: 021 658 5002

### Genetic Counsellor:

021 406 6373

### Genetic Registrars:

021 406 6304/6373

[www.humangenetics.uct.ac.za](http://www.humangenetics.uct.ac.za)

## WHAT IS GENETIC COUNSELLING?

- A counselling session centered around a condition that is genetic, or hereditary.

## GENETIC COUNSELLORS DISCUSS:

- The condition
- How it is inherited
- The chance of it happening again in a family
- Options to deal with the risk and manage the disorder in the best possible way
- Provide support to families having to deal with the diagnosis of a genetic condition

## WHAT SHOULD BE BROUGHT TO THE CLINIC?

- As much information as possible about your family's medical background including:
  - A doctor's letters and reports
  - X-rays
  - Results from previous tests
- Information from your partner about any family history on his/her side of the family if he/she will not be able to come with you to the clinic



## REGULAR CLINICS

	Groote Schuur Hospital (GSH)				Red Cross Children's Hospital (RXH)			
	First	Second	Third	Fourth	First	Second	Third	Fourth
Tuesday	Cardiogenetics				Paediatric Genetic Clinic	Paediatric Genetic Clinic	Paediatric Genetic Clinic	Paediatric Genetic Clinic
Wednesday	Pregnancy Counselling Clinic	Pregnancy Counselling Clinic	Pregnancy Counselling Clinic	Pregnancy Counselling Clinic	Paediatric Genetic Clinic	Paediatric Genetic Clinic	Paediatric Genetic Clinic	Paediatric Genetic Clinic
Thursday	Neuro-Genetic Clinic		Adult Genetic Clinic			Cardio-Genetic Clinic		
Friday				Cancer Genetic Clinic				

- Ward referrals are carried out at both hospitals each day.
- There are a few other clinics, including an oculo-genetic clinic, which are run when required.
- The clinical team also participates in clinics run by other departments in both hospitals.

### WHO MAY BE REFERRED TO THE GENETIC CLINIC?

- Children who have one or more birth defect
- Children with unusual features that may indicate a genetic condition
- Children or adults who have a genetic disorder diagnosed or suspected
- Children or adults whose family history might put them at risk of health problems

### WHAT SHOULD YOU EXPECT FROM YOUR VISIT TO THE GENETIC CLINIC?

- We will ask about family history on both sides of the family, details about a child's birth and any current health concerns
- One of the medical doctors will examine the patient
- The condition, implications and further medical management will be discussed
- The implications for other family members will also be discussed
- If needed, referrals to other medical services, such as an appointment with a genetic counsellor, and social support systems will be coordinated



PRINCE ALBERT



LADY SMITH

OUUDTSOORN



OUUDTSOORN



The clinical team joins with health care providers from other disciplines and travel to various places in the Western Cape to provide much needed genetic services.

The team also visits several LSEN schools in Cape Town throughout the year.