

<https://familydoctor.org/genetic-testing-what-you-should-know/>

Genetic testing looks at your genes to check for any mutations. The test is done with a sample of blood, saliva, or tissue. There are several reasons why you might do genetic testing.

- To diagnose a disease or a type of disease.
- To determine the cause of a disease.
- To determine treatment options for a disease.
- To find your risk of getting a certain disease that possibly can be prevented.
- To find your risk of passing a disease to your children.
- To screen your embryo, fetus, or baby.

A positive test result means that you have the gene change. This increases your risk of the disease. However, it does not guarantee you will get the disease. It does mean you could pass the mutation to your children.

A negative test result means that you don't have the gene change. This may mean the disease doesn't run in your family or wasn't passed down to you. A negative result does not guarantee you won't get the disease. It means that your risk of the disease is the same as it is for other people.

Some benefits of genetic testing include:

- You might be less worried about getting a certain disease.
- You might be able to change your lifestyle to reduce your risk.
- You might know how to move forward with family planning.
- You might be able to get treatment to prevent the disease. This could include medicine or surgery.
- Your doctor will know how often to check for the disease.

There also are reasons you might not want genetic testing done. These are mainly emotional or financial.

- You might be more worried about getting a certain disease.
- You might feel angry, guilty, or depressed.
- It could lead to problems with your employer or insurance company.

<https://www.reuters.com/article/us-health-cancer-genes/many-cancer-patients-relatives-might-get-gene-tests-if-price-is-right-idUSKCN1LY00K>

“The best way to identify people at high risk of cancer - which is the first step in reducing their cancer risks - is to start by testing the family member who is most likely to carry a high-risk gene mutation (for example, someone diagnosed with cancer at a young age, or with multiple cancers),”

<https://www.ama-assn.org/delivering-care/ethics/what-say-parent-who-requests-genetic-testing>

In genetics, the ability to diagnose disease or identify predisposition to disease often precedes the ability to prevent, treat or ameliorate the condition in question.

<https://www.cancer.org/cancer/cancer-causes/genetics/should-i-get-genetic-testing-for-cancer-risk.html>

- Start cancer screening tests earlier (if available for the cancer type)
- Get screened for that type of cancer more often
- Get screening tests that are used only for people known to be at increased cancer risk
- Watch yourself closely for signs or symptoms of that kind of cancer
- Learn about options to help reduce the risk of certain types of cancer, such as drugs or surgery

If you do develop cancer, finding it early (when the cancer is small) often means that treatment is more likely to be helpful.

On the positive side, if you're tested and found to have a specific gene mutation, it might help your family members decide if they, too, wanted to be tested. This might help them learn more about their own risk, and whether there are things they can do about it. Or testing might offer them some peace of mind if it turns out that the gene mutation does not run in your family.