

## Genetic Disorders

Genetic disorders occur when a mutation (a harmful change to a gene) affects your genes, or when you have the wrong amount of genetic material. There are many types of genetic disorders, for example:

- Late-onset Alzheimer's disease
- Arthritis
- Autism spectrum disorder, in most cases
- Cancer, in most cases
- Coronary artery disease
- Diabetes
- Migraines
- Spina bifida
- Isolated congenital heart defects

coronary artery disease | choroba

diabetes | cukrzyca

spina bifida | rozszczep kręgosłupa tylny

gee-wizardry | tu: przecież, zwykłe, po prostu, o rely!

to raise sth | tu: s/powodować coś

quandary | 'kwandəri / 'kwɑ:ndəri | dylemat, rozterka

to reconcile sth with sth | ta 'rekanseɪt 'sambɪŋ wɪð 'sambɪŋ | pogodzić coś z czymś

ambiguity | dwuznaczność

anxious | 'æŋkʃəs | niespokojny

guilty | 'wɪnɪ | winny

narrow-minded | ograniczony, o wąskich

horizontach

to be in two minds | być niezdeterminowanym,

bic się z myślami

as far as X is concerned | jeśli chodzi

4 inherited | odziedziczony

to weigh on sth | negatywnie wpłynąć na,

obciążać coś

therefore | dlatego

to increase sth | zwiększyć coś

inconclusive | niejednoznaczny,

nieprzekonujący

to send shivers down sb's spine | sprawiać,

ze ciarki chodzą komuś po plecach

to require sth | wymagać czegoś

amniotic | owodniowy

tissue | tkanka

foetus | płód

congenital | wrodzony

in a nutshell | w skrócie, krótko mówiąc

although | chociaż

relief | ulga

## In a Nutshell...

It sends shivers down my spine when I think about genetic testing. The procedures used for prenatal diagnostic testing (called amniocentesis and chorionic villus sampling) carry a small but still real risk of losing the pregnancy because they require a sample of amniotic fluid or tissue from around the foetus. I wouldn't go for it, even if there was a risk of some congenital abnormalities. Moreover, testing could burn a hole in my budget. You can call me a coward, but I'm not a fan of genetic testing.

— Jonathan  
When my sister got pregnant, she was 38, hence her doctor advised prenatal testing. Such tests can detect some types of abnormalities in your baby's genes. Down syndrome (trisomy 21) and Edwards syndrome (trisomy 18) are two genetic disorders that are often screened for as part of prenatal genetic testing. Although this test was quite expensive, it was subsidised by the government, so she didn't have to pay for it. Fortunately, everything went well and all the suspected medical conditions were ruled out. She is over the moon now, buying a layette set for her expected son.

## The Risks and Limitations of Genetic Testing

I'm dead against genetic testing as the results of it can often be uninformative and ultimately can cause more stress and anxiety over the possibility of a disease you may never get. Imagine that you get a positive test in your 30s and spend the rest of your life worried about whether that disease is going to come or not. A positive genetic test just means you're at a greater risk to develop it down the line, but doesn't guarantee anything. On top of that, it's way too expensive, so I'm not going to try it out.

— Mel  
If you could find out whether you're going to develop a disease or not, would you want to? Genetic testing has been regarded as a revolutionary technology, but for me it is like gee-wizardry lies. For religious individuals, genetic testing may raise complex moral quandaries. Patients may struggle to reconcile their religious and spiritual values with the ambiguity of genetic risks and the sometimes tragic choices they face. Moreover, many of the risks associated with genetic testing involve the emotional, social, or financial consequences of the test results. People may feel angry, depressed, anxious, or guilty about their results. Maybe I'm a bit narrow-minded, but I believe in destiny, so you cannot change what is written in the stars for you.

I'm in two minds as far as genetic testing is concerned because it can only

3 hence | dlatego  
to advise sth | doradzić coś  
to detect sth | wykryć coś  
subsidised | dotowany  
fortunately | na szczęście  
to be over the moon | nie posiadać się z radości  
layette set | wyprawa dla noworodka  
dead against sth | zdecydowanie czemuś przeciw  
ultimately | ostatecznie  
anxiety | niepokoju  
down the line | tu: za jakiś czas  
on top of that | poza tym  
whether | czy  
regarded as sth | postrzegany jako coś

4 X