



jscreen's guide to testing in the Jewish community

**Want the best for your
future family? Start here.**

Our Mission

To prevent devastating genetic diseases by providing access to reproductive carrier screening for common and serious conditions.

To help ensure high-risk couples and individuals receive counseling about their results and reproductive options.

Get tested via jscreen for healthy future generations

Know your risk

Because carriers of genetic diseases usually do not have any symptoms, they can unknowingly pass genetic mutations on to their children. Individuals with Jewish ancestry, including Ashkenazi, Sephardic, and Mizrahi, are at increased risk to be carriers of certain conditions. There are also conditions that are common in individuals across ethnic groups, which is why anyone planning to start or add to their family should get tested for a wide range of diseases.

Access Education

Most people are carriers for one or more genetic diseases, and many people learn that they are carriers for the first time through carrier screening. Our goal is to help ensure that individuals and couples have a full understanding of their results, especially as they pertain to risks to offspring and other family members.

Plan Ahead

Couples should ideally learn their results in advance of a pregnancy so they can make informed decisions about the future of their families. Assisted reproductive options like in vitro fertilization (IVF) with preimplantation genetic testing are available to at-risk couples to help ensure healthy future generations. Knowledge of the potential for a condition can also create opportunities for prenatal testing and/or early treatment interventions.

MOST OF THE DISEASES ON THE REPRODUCTIVE CARRIER SCREENING PANEL THAT JSSCREEN PROVIDES ACCESS TO ARE RECESSIVE, MEANING THAT BOTH PARENTS MUST BE CARRIERS OF THE SAME DISEASE IN ORDER FOR THEIR FUTURE CHILDREN TO BE AT (25%) RISK. OTHER DISEASES ON THE PANEL MAY BE TRANSMITTED BY ONLY ONE PARENT.

We want you to know:

Updating testing is important

Reproductive carrier screening is recommended before starting or adding to your family. Updated testing will sometimes be recommended as technology and scope of testing change.

The Panel

We have partnered with Myriad Genetics and provide access to a panel of over 260 conditions that include severe diseases that may cause shortened lifespan, diseases that cause developmental disabilities, treatable conditions, and others.

You deserve peace of mind

The most likely scenario for a couple is that they will not be at increased risk to have a child affected with one of the genetic diseases on the panel. This can provide peace of mind as you build your family.

You can also get tested for hereditary cancer risk

Approximately 1/40 individuals of Ashkenazi Jewish ancestry have a *BRCA1* or *BRCA2* mutation, which increases the risk for breast, ovarian, prostate and other cancers. This risk is ten times higher than the rate of *BRCA* mutations in the general population. There are also other genes associated with risks for different types of cancer. jscreen provides access to a panel of 48 genes associated with 11 different types of cancer. Information about elevated cancer risks allows for informed decision making regarding cancer screening and prevention. In addition, some people may choose to utilize assisted reproductive technologies to ensure the mutation identified is not passed on to future generations.

jscreen provides access to state of the art reproductive carrier screening and hereditary cancer testing. We work with experts in genetics, reproductive medicine, and cancer. Testing is affordable and accessible to anyone in the US. All testing and genetic counseling is done from home. jscreen's program fee is \$49 (includes: test order & access to our genetic counselors) or \$69 for both tests. Lab fees are billed separately and insurance often covers the cost of testing. Please visit jscreen.org for more information about billing.

Our team of sensitive and culturally competent genetic counselors are available to address any questions or concerns you may have throughout the process. Our staff will always uphold the highest standards of privacy and confidentiality.



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