

HOW DO I SET UP AN APPOINTMENT FOR THE FTS AT GENETICS & IVF INSTITUTE?

Call Genetics & IVF Institute at (703) 698-7355 early in your pregnancy to set up an appointment for first trimester screening. To schedule at the right time, you should know the due date your obstetrician has verified. You may also wish to verify that the pregnancy has a normal heart beat.



GENETICS & IVF
Institute

FETAL DIAGNOSTIC CENTER

3015 Williams Drive
Fairfax, Virginia 22031
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(703) 698-7355 or (800) 552-4363



FETAL DIAGNOSTIC CENTER

**First trimester
screening for
women of all ages**



GENETICS & IVF
Institute



First Trimester Sonogram

THE GENETICS & IVF INSTITUTE

The Genetics & IVF Institute is one of the world's largest, fully integrated, specialized providers of infertility treatment and genetic services. Since its founding in 1984, Genetics & IVF Institute (GIVF) has provided comprehensive, compassionate prenatal genetic testing and counseling services for obstetrical patients in the greater Washington, DC area. GIVF is the largest regional provider of prenatal diagnostic testing. GIVF's team of board certified geneticists and genetic counselors offers each patient personalized care.

IMPORTANT POINTS TO CONSIDER ABOUT FIRST TRIMESTER SCREENING



All pregnant women can benefit from the first trimester screen (FTS) available at Genetics & IVF Institute. A non-invasive test, the FTS provides a personalized risk assessment for three serious chromosomal defects that can occur regardless of a woman's age:

- Trisomy 21, commonly known as Down syndrome and associated with mild to moderate mental retardation, heart problems, muscle weakness, and other birth defects
- Trisomy 18 and Trisomy 13 are associated with severe mental retardation and birth defects. Children born with Trisomy 18 or Trisomy 13 usually die in infancy.

WHAT IS THE FIRST TRIMESTER SCREEN (FTS)?

The first trimester screen includes a blood test and a non-invasive, specialized ultrasound examination conducted between 11-14 weeks in pregnancy. The results of these tests are combined with your age to provide a personalized risk assessment for Trisomy 21 and Trisomy 18 or 13 in the current pregnancy.

IN ANY PREGNANCY AN FTS OFFERS YOU:

- Personalized risk assessment based on the individual factors of your own pregnancy, not just a generalized risk based on your age group.
- An individualized risk for each twin or triplet in a multiple gestation pregnancy.
- The most accurate non-invasive screening available in pregnancy.
- Earlier reassurance of a normal pregnancy or detection of an abnormal pregnancy



THE FIRST TRIMESTER SCREEN IS A POWERFUL NON-INVASIVE TEST



WHO SHOULD HAVE THE FIRST TRIMESTER SCREEN (FTS)?

Chromosome abnormalities can occur in any pregnancy. Pregnant women of all ages who would like early information about the health of their pregnancies without invasive testing should have the FTS. In fact, most babies with Down syndrome are born to women under 35. The FTS is a very powerful screening test because it detects about 90% of pregnancies with Down syndrome and about 97% of pregnancies with Trisomy 18 and Trisomy 13. The FTS also detects some pregnancies with heart defects or other rare genetic conditions. This test is significantly more accurate and earlier in pregnancy than the maternal serum (blood) screen available in the second trimester.

HOW IS THE FIRST TRIMESTER SCREEN (FTS) DONE?

Between 11-14 weeks of pregnancy, a sample of your blood is taken. This test measures the concentration of two proteins, pregnancy-associated plasma protein A (PAPP-A) and free-beta human chorionic gonadotropin (free B-hCG), which are released into maternal blood in every pregnancy. At the same time, a non-invasive ultrasound measures a fluid filled area at the back of the fetal neck, called the nuchal translucency. The results of the blood test and ultrasound are combined with maternal age to statistically determine a risk for Down syndrome and for Trisomy 18 or 13 for your pregnancy.

HOW WILL I GET THE RESULTS OF MY FTS?

A genetic counselor from Genetics & IVF Institute will call you with the results, generally within 3-4 business days after the test. Counselors have extensive training in genetics and a thorough understanding of the test implications; they will explain the results to you and answer your questions.

WHAT DOES A 'SCREEN NEGATIVE' RESULT MEAN?

If your test is 'screen negative', then your pregnancy has a lower risk for Down syndrome, Trisomy 18, and Trisomy 13. After a negative result, an additional blood test is recommended in the second trimester to screen for open spina bifida, a fetal malformation that cannot be reliably detected in the first trimester of pregnancy. (The full second trimester maternal serum screen is not recommended following the FTS).

WHAT DOES A 'SCREEN POSITIVE' RESULT MEAN?

A 'screen positive' result does not mean that your baby definitely has a problem. A positive result means that your pregnancy is at increased risk for Down syndrome, Trisomy 18 or 13. You may have a consultation with a Genetics & IVF Institute genetic counselor to discuss options for conclusive prenatal diagnosis. These options include CVS (chorionic villus sampling) between 10-13 weeks of pregnancy or an amniocentesis between 15-22 weeks of pregnancy.

IF YOU ARE 35 AND OVER, AN FTS ALSO OFFERS YOU:

- Assistance in deciding if an invasive test is necessary.
- More information to decide which invasive test is best for you

WHAT ARE SOME IMPORTANT POINTS I SHOULD CONSIDER?

- Serious chromosomal abnormalities are more commonly associated with pregnancies in women 35 and older, but they can occur at any age.
- The first trimester screen is more accurate in predicting Down syndrome and Trisomy 18 or 13 than tests later in pregnancy.
- A first trimester screen is only accurate when performed between 11 to 14 weeks of pregnancy by certified professionals. Genetics & IVF Institute's staff is highly skilled in providing this screening and is certified by The Fetal Medicine Foundation.
- Genetics & IVF Institute's board certified clinical geneticists and genetic counselors can provide expert interpretation of results and continuing care to patients who need additional testing or procedures. GIVF has vast experience in all areas of genetic testing and counseling.
- The first trimester screen only evaluates the risk for Down syndrome and Trisomy 18 or 13. Screening does not assess the risk for any other chromosomal disorder, however these conditions are much less common.
- A normal (negative) first trimester screen significantly reduces, but does not completely eliminate, the risk for Down syndrome, Trisomy 18 or 13.
- An abnormal (positive) first trimester screen increases the chance of finding an abnormality in your pregnancy. You should consider the option of diagnostic follow-up testing such as CVS or amniocentesis.



HARVEY J. STERN,
M. D., PH.D.

Dr. Stern is the Director of the First Trimester Screening Program. He joined the Genetics & IVF Institute in 1995 and is currently the Director of Medical Genetics at the GIVF Fetal Diagnostic Center. Dr. Stern has extensive experience in the evaluation of congenital malformations in the fetus and newborn and diagnosis of genetic syndromes. He is the primary physician involved in providing amniocentesis and chorionic villus sampling for GIVF's prenatal genetics program. Dr. Stern is board certified in Pediatrics and Medical Genetics with subspecialty certification in clinical, biochemical and molecular genetics. He received his Ph.D. in human genetics from the Columbia College of Physicians and Surgeons and attended medical school at the Albert Einstein College of Medicine in New York.

Dr. Stern is a member of many professional organizations including the American Society of Reproductive Medicine, American College of Medical Genetics and European Society of Human Reproduction and Embryology. In 2005 Dr. Stern was elected to the International Fetoscopy Working Group, an elite, invitation-only society including the foremost clinicians and scientists in the field of prenatal diagnosis and genetic medicine.

