

Thinking of having kids? Take advantage of genetic testing

Genetic testing is often looked upon with suspicion by parents-to-be. However, this stigma often shields parents from being able to benefit from the information that genetic testing provides.

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When many think of the types of genetic tests completed during a pregnancy, they think about highly invasive procedures such as an amniocentesis. However, there are less invasive and noninvasive prenatal DNA tests available to interested parents.

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Because some chromosomal abnormalities are [hereditary](#), it is highly important for couples with a family history of genetic abnormalities to have a prenatal DNA test. Women who are 35 years and older are also at a heightened risk for having a child with chromosomal abnormalities simply because as we age our genes are more likely to mutate. Although at-risk pregnancies are more likely to be recommended for prenatal DNA testing, all pregnancies can benefit from testing.

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Genetic testing empowers parents to be the best and most informed parents they can be...By knowing in advance about any additional needs a child may have, parents can create a safer and more loving home for their child.

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion, and analysis. Read full, original post: Why DNA Testing Makes You a Better Parent