HIRSLANDEN PRECISE

GENETIC COUNSELLING AND ANALYSIS AT HIRSLANDEN PRECISE

THE MOST IMPORTANT INFORMATION IN BRIEF

GENOMIC MEDICINE – WHAT IS IT ALL ABOUT?

Our genes are partly responsible for the the development and course of many diseases. In addition to traditional medical approaches, genomic medicine deals with the individual genetic conditions of people.

By detecting or exclucing inherited genetic changes, a medical treatment or therapy can be adjusted and improved according to one's very individual needs.

Genetic counselling is crucial: based on the (family) medical history and the available clinical data, a decision is made as to whether a genetic analysis is useful and, if so, which genes should be analysed.

WHAT IS HIRSLANDEN PRECISE?

Precise is the Hirslanden competence centre for genetic counselling and analysis. It is headed by **Prof. Sabina Gallati** and **Prof. Thomas Szucs,** who work very closely with the referring doctors.

Hirslanden Precise genetic counselling can be carried out in Zurich (Hirslanden Check-up Centre, Precise laboratory) or in Bern (Klinik Beau-Site). All steps of the genetic analysis are carried out in our in-house laboratory in Zollikon.

THE ADVANTAGES OF GENOMIC MEDICINE AT A GLANCE – EXAMPLES:

MORE SPECIFIC DIAGNOSIS

- for the specification of cardiovascular diseases, e.g. familial hyper-cholestero-laemia
- in hereditary haemochromatosis
- for certain forms of cancer (e.g. breast, prostate or colorectal cancer)

TARGETED PREVENTION

- early primary and secondary prevention measures for patients and their relatives, e.g. in the area of cardiovascular diseases
- adapted family planning thanks to findings from carrier testing
- more frequent screenings based on oncogenetic results

IMPROVED EFFECTIVENESS OF THERAPIES

- correct selection and dosage of drugs (e.g. statin therapy, painkillers and anaesthetics, antidepressants)
- adjustments based on individual risk assessment of effect and side effects of medicines
- better tailored chemotherapy regimens

MORE MEANINGFUL PROGNOSIS

- e.g. for cardiovascular diseases (aortopathies, Marfan's syndrome, etc.)
- e.g. in the field of oncology

HOW DOES GENETIC COUNSELLING AND TESTING WORK?

1. **Initial counselling** between the Precise expert and the patient: discussion of the family history, definition of the purpose of testing, panel selection and explanation of the patient's rights. At the end of the interview, written consent is given and a blood sample is taken. Subsequently, an application is made for reimbursement of costs.

2. **Genetic analysis including evaluation** in the Precise laboratory and report of findings.

3. **Second counselling** between the Precise expert and the patient to discuss the findings, including the latter in the overall treatment process and discussion of suitable preventive measures and/or treatment options.

PROCEDURE

Referral for genetic counselling

Genetic counselling incl. decision on analysis and cost approval

Genetic analysis

Referral back incl. recommendation for action

COSTS

Genetic counselling:
Genetic counselling, like any other medical service, is billed via Tarmed. The tariff for «Genetic counselling» corresponds to the basic tariff for a general medical consultation.

Genetic analysis:
- In the area of diagnostics or therapy (i.e. if the patient is already ill) and if there is a clear indication (e.g. if the analysis promises a therapeutic consequence), costs are covered by the compulsory health insurance. However, cost approval must always be obtained.

- In the area of prevention, costs are not always covered. Analyses by Hirslanden Precise are also reimbursed as an innovation factor in outpatient supplementary insurance.

CONTACT US

For a referral or more information you can reach us at any time at:

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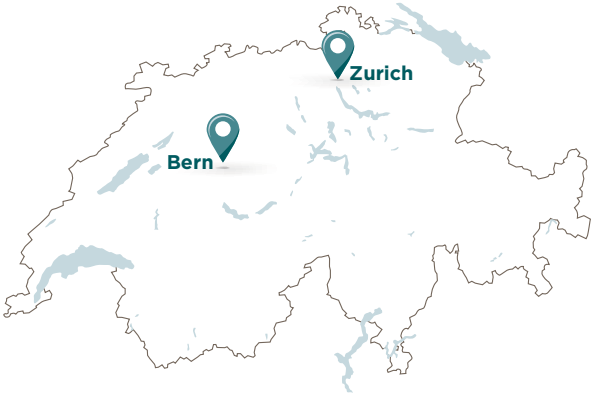
We offer genetic counselling in **Bern** and **Zurich**.



DID YOU KNOW?

- People with atherosclerosis have an 18-fold higher risk of developing familial hypercholesterolaemia.[1]
- People with familial hypercholesterolaemia have a 22-fold higher risk than the general population of developing coronary heart disease and a 4-fold higher risk than people with the same high cholesterol levels but without FH.[2]
- Inherited genetic variants are detected in some 10% of all breast cancer occurrences.[3]
- Some 10% of all prostate cancer occurrences are due to inherited genetic variants.[3]

Comprehensive care by professionals

Easy blood collection

Fast test results

High accuracy and safety

Hirslanden Precise offers experience and expertise in genetic medicine, short turn-around times, clear reports and support for referring physicians in the area of cost approval and panel selection.

[1] Hu, P., Dharmayat, K. I., Stevens, C. A. T., et al. (2020). Prevalence of Familial Hypercholesterolemia among the General Population and Patients with Atherosclerotic Cardiovascular Disease: A Systematic Review and Meta-Analysis. Circulation, 141(22), 1742-1759. https://doi.org/10.1161/CIRCULATIONAHA.119.044795

[2] Khera, A. V., Won, H. H., Peloso, G. M., et al. (2016). Diagnostic Yield and Clinical Utility of Sequencing Familial Hypercholesterolemia Genes in Patients with Severe Hypercholesterolemia. Journal of the American College of Cardiology, 67(22), 2578–2589. https://doi.org/10.1016/j.jacc.2016.03.520

[3] Swiss Cancer League

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