

Genetic Testing in Contraception Decision Making

UNDERSTANDING THE DEBATE

Clotting & Contraception



- Genetic or inherited clotting disorders increase the risk for blood clots.
- Estrogen-based birth control can compound existing genetic clotting risks.
- Informed decision-making is crucial in reproductive health.

Current Guidelines Suggest



- Prevalence of genetic clotting is low, so universal testing is not cost effective.
- Risk for psychological impact and discrimination may outweigh clotting risk.
- Selective screening for women with a personal or family history of clotting considered more appropriate.

Advocating for Patient-Centered Testing



- Patient-centric genetic testing can maximize opportunities to save lives.
- Reduce complications and disability due to clots linked to contraception.
- Empower women in decision-making about birth control and health.

Key Considerations



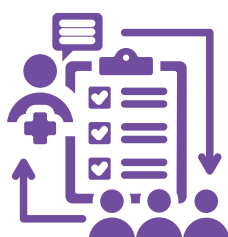
- Safe/effective non-hormonal options exist (copper IUDs, progestin-only pills).
- Majority of people who undergo genetic testing report no regrets.
- Evaluate potential for discrimination, including employment and insurance impact, before genetic testing.

Informed & Empowered



- Tailor contraception choice based on personal needs and health risks.
- Insurance coverage and direct-to-consumer testing options are evolving.
- Some safeguards are in place to protect against genetic discrimination.

Learn More



- Talk to your healthcare provider if you are interested in genetic testing.
- [Click here to learn more and access additional resources about genetic testing and contraception decision-making.](#)