

Direct-to-consumer (DTC) testing is a fairly new category of testing in which [genetic tests](#) are made available to the general public without requiring an ordering healthcare provider or insurance coverage. Saliva specimen collection kits are mailed to a consumer who sends it back to a laboratory, and then receives a report on a variety of different interests including ancestry information, non-health related traits, and other topics. DTC technology often does not use the same validation process for DNA changes as other medical [genetic testing](#), and thus it is difficult to know for sure how accurate they are. Several genetics professional societies have issued statements about these kinds of tests [here](#) so it is important for you to make an informed decision about what kind of [genetic test](#) is most beneficial for you.

Click [here](#) to learn more about scheduling a genetic counseling appointment for questions about pediatric or adult genetic conditions.

Related Articles

- [Tumor Testing](#)

We often like to say cancer is always genetic but not always hereditary. What we mean is that cancer develops as a result of accumulated DNA damage, also called variants. Most of the time those variants are acquired from a variety of different sources over the course of a lifetime...

- [Predictive Testing](#)

Predictive tests can provide information about how a patient may respond (or be resistant) to treatment. Some DNA variants that lead to cancer also make the cancer cells susceptible to the effects of certain drugs. These drugs are called targeted therapies, because they target the genetic changes as a way...

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This type of testing involves looking for DNA changes in very specific genes which are associated with autosomal recessive conditions. In these recessive conditions a carrier does not have any symptoms, but if a couple decides to have children and they are carriers of the same genetic condition there is...

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Our genetic make-up helps to determine how our body will respond to and process (metabolize) medications and drugs. By evaluating an individual's genetic variation in specific genes we can determine if a medication will be effective or cause serious toxic side effects. This is a relatively new branch of precision...

- [Ancestry Testing](#)

There are three different types of technology used for ancestry testing: Y-DNA, mitochondrial (mt) DNA, and autosomal DNA. Males carry an X and a Y chromosome, whereas females carry two X chromosomes. Males will give their sons the Y chromosome and their daughters the X chromosome which means a Y...