



Background

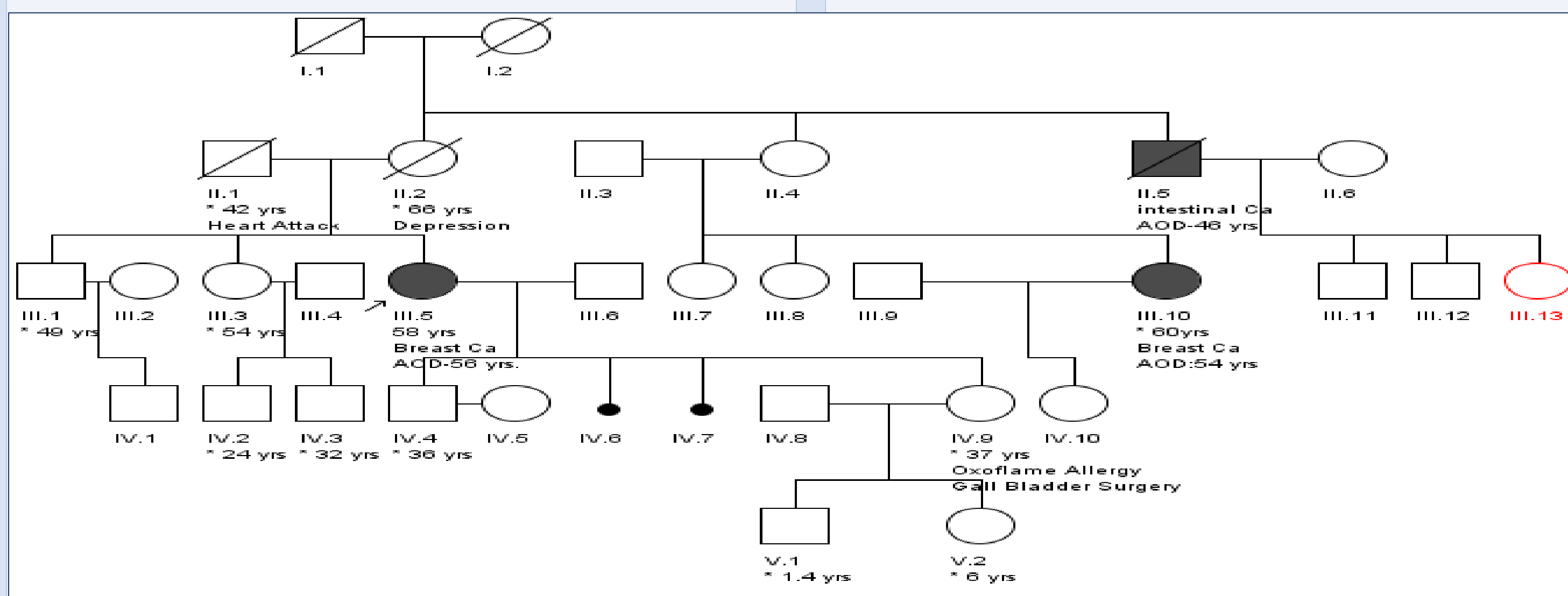
Genetic counseling involves a complex interaction of social, medical, and psychological factors. The counselor must help the patients deal with the psychosocial aspects of their situation. The defence mechanisms as denial, guilt, hostility, grief, and mourning are discussed during the session.

Clinical Data

This abstract presents the psychosocial journey of a 58 yrs old female, diagnosed with breast cancer (IHC report showed ER/PR+ and HER2-) at the age of 56 years which she noticed as a swelling. She had hysterectomy at the age of 36 years, due to fibroids and a gall bladder surgery at the age of 46 years, .

due to the presence of stones(non-cancerous). She had hypothyroidism from 2 years and gastric problems from the past 20 years. She has no History of T2DM, HTN nor any food or drug allergy. She has been living in an industrial area since 8th class and had problems swallowing, She also has a history of piles She has undergone 8 cycles of chemotherapy and 31 or 32 cycles of radiotherapy.

Pedigree



Family History

Proband's family history revealed that she was born to a non-consanguineous family and has 1 brother and 1 sister. Her mother's sister was diagnosed with breast cancer in her 70s and succumbed due to the condition. Her first cousin also had breast cancer, diagnosed at 54 years of age and is disease free, currently of 60 yrs. Her mother's brother was also diagnosed with intestinal cancer which was diagnosed at the age of 46 years and succumbed to the condition.

Genetic Counselling

During the counseling session, the patient also revealed that her mother suffered from depression, and she had to be the caretaker of her and started crying. At this point, the psychosocial counseling helped gain her strength back and continue the session. The session helped her not only in terms of helping her out with the information about the disease and about the testing but also helped her feel heard and understood. The session alleviated her anxiety about the test and reassured her. This had sent a positive outlook regarding the session and helped understand how empathy comes into play during the genetic counseling sessions.

Conclusion

This abstract underscores the transformative power of empathy in genetic counseling, reaffirming that compassionate care is essential in supporting patients through their genetic health challenges