

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.

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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...