

## **Your peace of mind doesn't have a price!:** **'Maternal harmony tests'**

Maternal harmony tests use a unique DNA-based method to achieve exceptionally precise results. They are used to check the risk of birth defects before the births of babies. These tests measure the levels of some substances in a sample of the mother's blood during pregnancy. These tests are also known as serum screening tests, triple screen or quad screen.

We should wonder 'why are these tests done?' the answer is easy, to detect some birth defects! Some examples of these defects could be down syndrome, brain or spinal cord defects, defects in the digestive system, and certain serious skin conditions as well as to get to know if there's a risk to suffer miscarriage. Moreover, another good point is the fact that one can know the sex of the baby from the 10th week on.

What does the test result mean?

It doesn't mean that the blood screening tests will detect all birth defects. Harmony delivers exceptional accuracy with detection rate greater than 99%.

Concerning the women who should have this test, doctors recommend this test if you are 35 or older on the baby's due birth, as well as this, if you have a family history of birth defects, if you are diabetic, etc.

How much does it cost?

In Spain, this service is offered by Laboratori Sabater Tobella and the total cost is 850 euros, which is not expensive considered the peace of mind that gives the mother know that her baby is well and enjoying good health.

As a mother I strongly recommend you to take these tests when you are pregnant because your peace of mind doesn't have a price!

Maria Cinta Accensi i Martínez

Centre d'estudis Moderns

Consultora UOC