

Genetics

Schizophrenia

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Schizophrenia has a complex inheritance, with more than a dozen potential susceptibility genes under investigation. Although empiric risks exist for relatives of affected individuals to develop schizophrenia, no genetic test is currently available. However, genetic counseling is an option for those with a family history of schizophrenia. About 1% to 2% of those with schizophrenia have a subtle chromosome abnormality called *22q11 deletion syndrome*, also known as *velocardiofacial syndrome* or *DiGeorge syndrome*. Those with schizophrenia who have a history of congenital anomalies, endocrine disorders, or speech and learning difficulties should be offered referral for genetics evaluation for 22q11 deletion syndrome. Genetic counseling and testing might facilitate more specific management of affected individuals and reproductive-planning decisions for families.

Bottom line. Genetic testing is not currently available for schizophrenia, except for the rare “syndromic” version, which might be associated with other health problems.

The complete *Gene Messenger—Schizophrenia* by the GenetiKit research team is available on **CFPlus**.* Past Gene Messenger articles can be accessed online at www.cfp.ca. On the home page, click on **Collections** in the left-hand menu, then click on **Genetics**.

Competing interests
 None declared

The GenetiKit research team, a group of family physicians, genetic counselors and geneticists, designed the Gene Messenger series to provide practical information to help family physicians and their patients make informed choices about rapidly emerging genetic discoveries. The series is a collection of up-to-date, definitive, short reviews on genetics topics that have made headlines, and offers recommendations regarding referral for genetic services or testing.

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GENE MESSENGER

For more information on genetics topics,
 see www.mtsinai.on.ca/FamMedGen/



*The Gene Messenger on schizophrenia is available at www.cfp.ca. Go to the full text of this article on-line, then click on **CFPlus** in the menu at the top right-hand side of the page.

Dermacase



Can you identify this condition?

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A 53-year-old man presents with a long-standing history of nail abnormalities involving most of his fingernails. The affected nails are thinned, and longitudinal ridging and splitting of the nail plates are observed. His past medical history is unremarkable and he is not taking any medications.

The most likely diagnosis is

1. Onychomycosis
2. Nail psoriasis
3. Traumatic nail injury
4. Median nail dystrophy
5. Nail lichen planus

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