

About the Testing Process and Results

How do I get tested?

Visit your healthcare provider and obtain an outpatient requisition with the test name written in the "Other tests" section and take it to a Patient Service Centre near you where your specimen will be collected. To minimize your wait time, take advantage of our online appointment booking service available at many locations by visiting <http://booking.lifelabs.com>.

What type of sample is required?

These tests are performed on blood samples.

How do I prepare for the tests?

No special preparation is necessary.

Are the tests covered by insurance?

These tests are not currently covered by provincial insurance plans, but may be covered by your extended health insurance plan. Contact us to find out about the current fees for these tests.

How do I pay for the tests?

Payment may be made by:

-  VISA MasterCard
- Cheque/Money Order

Payment must be received before the sample collection.

How long will it take for my results?

Test results will be available approximately two weeks after your sample collection. Your healthcare provider will contact you if the test results are abnormal.

References

1. Lavie CJ et al, 2009. Omega-3 Polyunsaturated Fatty Acids and Cardiovascular Diseases. Journal of the American College of Cardiology; 54: 585-594.
2. Heslop et al, 2010. Myeloperoxidase and C-Reactive Protein Have Combined Utility for Long-Term Prediction of Cardiovascular Mortality After Coronary Angiography. Journal of the American College of Cardiology; 55: 1102-1109.
3. Davidson et al, 2008. Consensus Panel Recommendation for Incorporating Lipoprotein-Associated Phospholipase A2 Testing into Cardiovascular Disease Risk Assessment Guidelines. American Journal of Cardiology; 101 (suppl): 51F-57F.
4. PLAC test for LP-PLA2. What does my PLAC Test Result Mean? ARIC Study - Published in 2005 in the Archives of Internal Medicine. Available at <http://www.plactest.com/FAQRetrieve.aspx?ID=46506>.
5. Michael Richman M.D. August 2012. Heart failure development and elevated Galectin-3 levels. Available at <http://www.examiner.com/article/heart-failure-development-and-elevated-galectin-3-levels-1>.

LifeLabs is a Canadian-owned company and is the country's largest provider of community laboratory services, with over 50 years of experience serving the healthcare needs of Canadians. Our laboratory testing is focused on helping patients and their healthcare providers prevent, diagnose, treat and monitor disease. In addition to routine laboratory tests we offer numerous specialized tests to investigate health concerns including, but not limited to:

- Gastrointestinal function
- Cardiovascular health
- Wellness in aging
- Component-specific allergies
- Communicable diseases
- Occupational exposure to harmful substances
- Substance abuse

We care about helping Canadians and we use our knowledge of laboratory medicine to help identify the right course of action to improve healthcare outcomes.

Concerned About Your Heart?

Cardiovascular Health Biomarkers



Helping you manage your risk of heart attack and stroke

LifeLabs offers a simple, reliable and convenient test for prevention, risk assessment and management of cardiovascular disease

BC LifeLabs 1-800-431-7206
Ontario LifeLabs 1-877-849-3637
Kit Ordering Service 1-877-990-1575

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Focus on Disease Prevention

Omega Score™ Test

The Omega Score™ Test is a measurement of the levels of the long-chain Omega-3 Fatty Acids in a blood sample.

What is the significance of this test?

A number of research studies published in leading medical and clinical nutrition journals have indicated that higher levels of the 'long-chain' Omega-3 Fatty Acids are associated with a lower risk for cardiac death, coronary heart disease, or sudden myocardial infarction.¹

Who should be tested?

Everyone should maintain high levels of Omega-3 Fatty Acids in their diet. Experts recommend that in order to achieve a cardioprotective effect, healthy people should try to take 500 mg of Omega-3 fish oil a day, while those with heart disease or heart failure should aim to include at least 800 to 1,000 mg in their daily diet. The Omega-3 Fatty Acids are unique polyunsaturated fats found in dietary sources such as fish/fish oils, enriched Omega-3 foods such as eggs, margarines, yogurts, and specialized dietary supplements.



Know Your Risk

Myeloperoxidase (MPO) and Lp-PLA2 [Lipoprotein-associated Phospholipase A2 (PLAC®)] Tests

MPO and PLAC® tests help assess your arterial inflammation and predict your risk of heart attack and stroke.

What is the significance of these tests?

Atherosclerosis, or hardening of the arteries, occurs due to a prolonged period of arterial inflammation. When the arteries are inflamed, lipids can deposit in the arterial walls and form a so-called 'vulnerable plaque'. Over time this plaque can rupture and be released into the blood stream where it can lead to heart attack or stroke. Myeloperoxidase (MPO) is a biomarker that can identify the presence of a vulnerable plaque and determine your risk for heart attack.² PLAC® test measures the level of Lp-PLA2 enzyme and, if elevated, it suggests that the arterial plaque may rupture. Individuals who have an elevated PLAC® Test score and one or more risk factors for cardiovascular disease have more than twice the risk of having a heart attack.³ If the PLAC® Test is elevated and the individual has high blood pressure, their risk for stroke increases more than 6 times.⁴



Did You Know?

50% of heart attacks occur in people with normal cholesterol levels and 68% of heart attacks occur in patients whose arteries are not narrow.

Who should be tested?

The MPO and PLAC® Tests are frequently used in borderline or high risk patients in conjunction with a standard or advanced lipid panel, but can also be ordered separately. The tests are not recommended for screening of low risk patients.

Understand and Manage Your Disease

Galectin-3 Test

Galectin-3 helps evaluate the presence of cardiac fibrosis in patients with Chronic Heart Failure (CHF).

What is the significance of this test?

Elevated Galectin-3 levels identify a subset of patients with CHF who suffer from an inherently progressive form of heart failure due to fibrosis and adverse cardiac tissue remodeling. As many as 30-50% of CHF patients have elevated Galectin-3.⁵ If you are in the high-risk category, your doctor may change aspects of your disease management such as: frequency of outpatient visits, need for specialist referral, selection of specialized disease-management programs and others.

Who should be tested?

People who are diagnosed with Chronic Heart Failure.