

Contact ID: 332597

Sample ID: 2006015699



Mr Example Results
York Test Group Ltd,
Genesis 3,
Innovation Way
Heslington
YORK
YO10 5DQ
United Kingdom

Dear Mr Results,

Please find attached the result of your Homocysteine test you recently undertook with **YORKTEST**.

Your results are reported as a value in categories from '*optimum level*' to '*very high risk*'. **Your guide to interpreting the test result is outlined in the table on your result sheet.**

Levels above the normal range have been shown to be an indicator of an increased risk of heart disease. **Please note** the test does not provide a definitive diagnosis of increased risk, and it is advisable to discuss your results with your GP should these appear above the normal range.

Elevated levels of homocysteine are readily reduced through supplementation with folic acid, vitamin B12 and vitamin B6. If you have elevated levels of homocysteine it is advisable to retest after three months of supplementation to check whether levels have been successfully reduced.

As with other biochemical heart and stroke risk factors, it is advisable to monitor your levels 2 - 3 times per year as an ongoing monitoring programme and **YORKTEST** Laboratories offer **re-testing at a reduced rate**.

If you have any questions regarding your results, or supplementation, please contact the laboratory on 01904 410410.

Please note if you are calling from the Republic Of Ireland please dial 00 353 (0) 120 22 701.

Yours sincerely,

A handwritten signature in blue ink that reads "Gill Hart".

Dr Gill Hart AIBMS
Technical Director

Homocysteine Test Result

Name: Mr Example Results

Date: 19 September 2008

Date Of Birth: 21/11/1956

Test Reference: 5761

Contact ID: 332597

Your Homocysteine Level:

Value	Unit
14	µmol/l

Result Interpretation:

Hcy value (µmol/L)	Interpretation	Recommendations
7 or below	Optimum level	Maintain your optimum level.
8 to 10	Mild	Although your levels are still within acceptable range it would be ideal to look at reducing your level further .
11 to 13	Moderate	You are at an increased risk of developing conditions relating to high Homocysteine. Aim to reduce your levels to below 10. We recommend that you seek advice from your GP or Health Care Practitioner.
14 to 20	High	
Over 20	Very High	

Background Information:

This test measures Homocysteine, a sulphur-containing amino acid in blood plasma. Elevated levels of plasma Homocysteine are now recognised as causal for cardiovascular disease, independent of established risk factors such as elevated cholesterol levels, smoking and obesity.

How do I manage my Homocysteine value?

Scientific evidence shows that vitamin supplementation with folic acid, vitamin B12 and vitamin B6 are very effective in reducing plasma Homocysteine levels. For information on which foods contain these vitamins see the enclosed sheet.

Specific vitamin supplementation levels can vary between providers, this subject is being debated by experts. The Food Standards Agency can provide further information on recommended levels of vitamin and mineral intake – visit www.food.gov.uk or call their helpline 0207 2768829.

A small number of people do not normalise the Homocysteine level. In these cases, the cause for the elevated levels should be determined by appropriate medical investigation.

Please be aware that Homocysteine levels naturally increase with age due to the body's decreased ability to absorb vitamins. If you are over 60 years old a level of 12 or under is within the acceptable range.