

GENOVA
DIAGNOSTICS®
EUROPE



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Genova Diagnostics Europe is a global leader in functional laboratory testing, pioneering innovative new approaches to personalised medicine.

Patients and practitioners focusing on wellness and prevention and taking an active role in managing health prefer diagnostic tests designed to help identify problems before chronic conditions and diseases develop. Unlike traditional labs that focus on disease pathology, Genova Europe specialises in comprehensive panels that combine standard and innovative biomarkers to provide a more complete understanding of specific biological systems.

Facts & Figures:

Genova Diagnostics Europe...

- has been performing cutting-edge medical diagnostic testing since 1996 and merged with Genova Diagnostics in February 2007.
- is a centre of excellence overseen by our consultant pathologist, Dr J. Wong and Dr. A. Bansal who are Fellows at the Royal College of Pathologists. The Scientific Director, Dr Nigel Abraham PhD FIBMS, a Fellow of the Institute of Biomedical Science, who pioneered functional testing in the UK, Eloise Britten BSc (Hons) AIBMS, is our laboratory manager who oversees our team of laboratory assistants and the day to day operations of the laboratory.
- for an update on our CPA Status please see the CPA website www.cpa-uk.co.uk

Our Parent Company Genova Diagnostics:

- is a fully accredited medical laboratory, certified in the areas of clinical chemistry, bacteriology, mycology, parasitology, virology, microbiology, non-syphilis serology, general immunology, haematology, toxicology, as well as molecular genetics by six separate health agencies including the Centres for Medicare & Medicaid Services which oversees clinical labs in the United States under the federal Clinical Laboratory Improvement Amendment (CLIA).
- offers more than 125 specialised diagnostic assessments, covering a wide range of physiological areas including nutritional, digestive, immunology, metabolic function and endocrinology.
- was established in 1986 as Great Smokies Diagnostic Lab before changing its name to Genova Diagnostics in April 2003.

Returning Samples to the Laboratory - A Change in Procedure

To comply with national & international regulations governing the carriage of biological substances, the Royal Mail postal service have restricted or prohibited certain items from their network. Therefore in order to avoid any sample rejections Genova recommend using the APC courier collection service envelope enclosed with every test kit. The fee for this service is £12 payable when returning samples.

However, you may wish to seek an alternative courier service.

Please review the Royal Mail website for additional information on their policy changes:

<http://www.royalmail.com/personal/help-and-support/Tell-me-about-Prohibited-Goods>

Endocrine

Thyroid Plus: TSH/TT4/FT4/FT3/Reverse T3/Anti-thyroid Peroxidase Antibody (TPOAb)/Anti-Thyroglobulin Antibody (TgAb)

Specimen requirements: Blood

Cost: £143.00 (Discounted Price for TUK only)

Order Code: END27

Turnaround time: 10 - 13 days

This test is a more cost effective way of combining the Total Thyroid Screen with Reverse T3 to give the full picture of thyroid health status. Thyroid imbalances have far reaching effects and elicit fatigue, depression, coldness, constipation, poor skin, headaches, PMS, dysmenorrhea, fluid retention, weight gain, anxiety/panic attacks, decreased memory and concentration, muscle and joint pain, and a low sex drive.

Thyroid Blood Profile (Total Thyroid Screen): TSH/TT4/FT4/FT3/Anti-thyroid Peroxidase Antibody (TPOAb)/Anti-Thyroglobulin Antibody (TgAb)

Specimen requirements: Blood

Cost: £105.00 (Discounted Price for TUK only)

Order Code: END06

Turnaround time: 7 - 10 days

A comprehensive test to measure the levels of all thyroid hormones and auto-antibodies for the early detection of thyroid disease and to assess thyroid function. Both standard medical and optimal ranges are given. Known as the 'unsuspected illness', hypothyroidism accounts for a great number of complaints amongst children, adolescents and adults alike. The total thyroid screen serves as an initial investigation in to suspected thyroid dysfunction, including central gland activity, possible secondary gland involvement, hormone secretion and peripheral conversion of T4 to T3. It will also highlight autoimmune responses such as Hashimoto's thyroiditis or Grave's disease. These represent the most common autoimmune disorders, affecting women 10 times more frequently than men and increasing in incidence with age.

T3/T4 24hr Urine Test:

Specimen requirements: Urine

Cost: £107.00 (Discounted Price for TUK only)

Order Code: END08

Turnaround time: 17 - 20 days

The elevation of thyroid hormone levels in urine assesses tissue exposure to thyroid hormones over a 24-hour period. The urine thyroid test therefore serves as a valuable tool for detecting those patients that are suffering from thyroid dysfunction, particularly low grade hypothyroidism who might otherwise go undetected through standard blood tests. It is important to use this test as an adjunct to other indicators of thyroid function, such as body temperature, symptomology and standard blood thyroid tests.

Reverse T3 test:

Specimen requirements: Blood sample

Cost: £65.00

Order Code: END07

Turnaround time: 10 - 13 days

Under certain conditions, the conversion of T4 to T3 can be impaired, resulting in high levels of reverse t3 (rT3). Although chemically similar to T3, reverse T3 is completely inactive and lowers the amount of active thyroid hormone available to the cells. A selenium deficiency, excess physical, mental and environmental stresses can all inhibit the deiodinating enzyme which is responsible for this conversion. This can be termed 'sick euthyroid' or 'low T3 syndrome'. Reverse T3 can be included in the Total Thyroid Screen on request.

Urine Iodine Test:

Specimen requirements: Urine

Cost: £71.00

Order Code: END25

Turnaround time: 5 - 10 days

Iodine is an essential trace element, vital for healthy thyroid function. Adequate levels are required to enable the production of T3 and T4 thyroid hormones, whilst also being required in other areas of health. Deficiencies can lead to impaired heat and energy production, mental function and slow metabolism. Urine iodine is one of the best measures of iodine status. This test is not performed as a loading test, but can be used to establish existing levels or to monitor iodine supplementation.

Female Hormone Profile (Rhythm):**Specimen requirements:** Saliva**Cost: £182.00****Order Code: END10****Turnaround time:** 12 - 15 days

This 12-sample saliva test measures progesterone, oestrogen and testosterone levels over the monthly cycle to identify any hormonal imbalances. Common symptoms of this can include premenstrual tension, fluid retention, excessive menstrual bleeding, menstrual irregularity, low libido, endometriosis, ovarian cysts, infertility, acne, and excess body hair

Comprehensive Female Hormone Profile (Rhythm Plus):**Specimen requirements:** Saliva**Cost: £235.00****Order Code: END11****Turnaround time:** 12 - 15 days

This saliva test can detect imbalances in the daily circadian secretions of the stress hormones cortisol and DHEA. Imbalances in these hormones can indicate an inappropriate response that can negatively impact energy levels, emotions, and many other health complaints. These include anxiety, chronic inflammatory conditions, allergies, chronic fatigue syndrome, insomnia, depression, migraines, headaches, recurrent infections, menstrual difficulties and infertility. As well as assessing the monthly fluctuation in Oestradiol and Progesterone through the female hormone panel, the comprehensive female hormone panel also assesses Melatonin and the Adrenal Hormones, Cortisol and DHEA.

1 Day Progesterone/Oestradiol:**Specimen requirements:** Saliva**Cost: £76.00 (Discounted Price for TUK only)****Order Code: END12****Turnaround time:** 12 - 15 days

This single-sample test is designed primarily to indicate menopausal status and to monitor the use of any hormone replacement therapy. The incidence of Oestrogen dominance which leads to a number of complications is well documented, while the increasing use of 'natural progesterone' creams means it is essential that levels be regularly monitored, because levels of progesterone can fluctuate wildly with different applications and manufacturers.

The Menopause Profile:**Specimen requirements:** Saliva and Urine**Cost: £270.00****Order Code: END13****Turnaround time:** 21 - 24 days

Although menopause is a normal part of a woman's maturation, many experience discomfort both during and after menopause. These symptoms are essentially due to excessive secretion of the pituitary hormones and inadequate secretion of hormones by the ovaries. This is further aggravated by negative lifestyle and nutritional habits. The hormonal changes that accompany the menopause increase a woman's risk for other health concerns such as osteoporosis, cardiovascular disease, breast and vaginal cancer. Osteoporosis in particular can be a major concern.

Menopause Plus:**Specimen requirements:** Saliva and Urine**Cost: £362.00 (Discounted Price for TUK only)****Order Code: END14****Turnaround time:** 21 - 24 days

Although menopause is a normal part of a woman's maturation, many experience adverse effects. The measurement of oestradiol and progesterone from a single saliva sample, can give valuable information about the balance of these hormones. This profile also evaluates adrenal cortex function and the circadian fluctuation in the hormones, cortisol and DHEA. An inappropriate adrenal response can negatively impact on many other common health complaints, including menopause. The other hormones that can influence menopausal symptoms are also measured, including testosterone and melatonin. In addition, levels of anti- and pro- carcinogenic oestrogen metabolites which can help assess if there is an increased oestrogen-sensitive cancer risk.

Melatonin:**Specimen requirements:** Saliva**Cost:** £77.00**Order code:** END09**Turnaround time:** 12 - 15 days

Melatonin is a hormone that controls the daily circadian rhythm and is best known for its role in helping to initiate sleep. Imbalances can also include depression, Seasonal Affective Disorder (SAD), behavioural changes, mood disorders, and stress among others.

Testosterone Saliva Test:**Specimen requirements:****Cost:** £72.00**Order Code:** END16**Turnaround time:** 12 - 15 days

This test measures testosterone levels, the principal androgen in men, and can also allow for the detection of hormonal imbalances related to symptoms of male andropause, rapid ageing, low vitality and sexual dysfunction. Imbalanced testosterone levels in women are also associated with a number of health complaints, including low libido, acne, hirsutism and polycystic ovarian syndrome. Salivary testing of hormones, unlike serum testing, measures the free, unbound fraction of hormone that is available to exert its effect on the target tissue. This test can be used to assess baseline levels and monitor testosterone replacement therapy.

Adrenal Stress Profile (ASI): Cortisol/DHEA**Specimen requirements:** Saliva**Cost:** £82.00 (Discounted Price for TUK only)**Order Code:** END01**Turnaround time:** 7 - 10 days

This saliva test can detect imbalances in the daily circadian secretions of the stress hormones cortisol and DHEA. Imbalances in these hormones can indicate an inappropriate response that can negatively impact energy levels, emotions, and many other health complaints. These include anxiety, chronic inflammatory conditions, allergies, chronic fatigue syndrome, insomnia, depression, migraines, headaches, recurrent infections, menstrual difficulties and infertility.

Comprehensive Adrenal Stress Profile: Cortisol/DHEA/Secretory IgA (SIgA)**Specimen requirements:** Saliva**Cost:** £107.00**Order Code:** END02**Turnaround time:** 12 - 15 days

The Comprehensive Adrenal Stress Profile comprises of the standard Adrenal Stress Profile, which assesses cortisol and DHEA levels, and a Secretory IgA (SIgA) test. Stress is cumulative, and emotional, physical and/or metabolic stress affects the body in the same way. Chronic maladaptation of stress, signalled by imbalances of cortisol, DHEA and SIgA can lead to the most common health complaints of the 21st century. Both excesses and deficiencies of DHEA and cortisol have been implicated in the aetiology of various illnesses and immune suppression. Therefore preventative and therapeutic approaches should emphasise the critical importance of maintaining the proper equilibrium of these adrenal hormones. How an individual copes with the actual stress on a physiological level is largely dependent on nutritional status, lifestyle factors, and the period of time subjected to stress. Emotional behaviour and personal attitudes can be closely interlinked with physiological expression of stress.

Nutritional

Vitamin D:

Specimen requirements: Blood

Cost: £75.00

Order code: NUT12

Turnaround time: 9 - 12 days

Vitamin D has a hormone like effect, which has a high prevalence of deficiency and insufficient even in normal populations. There is growing evidence that vitamin D is involved in an increasing number of chronic diseases including bone disease, cancer, autoimmune disease, chronic fatigue and mental health problems.

B12 and Folate:

Specimen requirements: Blood

Cost: £85.00

Order code: NUT13

Turnaround time: 7 - 10 days

The analysis of these important vitamins is part of an assessment of certain types of anaemia and nutrient status during pregnancy.

Ferritin:

Specimen requirements: Blood

Cost: £55.00

Order code: NUT14

Turnaround time: 7 - 10 days

Ferritin is the most sensitive marker for an iron deficiency as it is the main storage form of iron in the body. This test measures serum levels.

Immunology

Coeliac Profile:

Specimen requirements: Blood

Cost: £155.00

Order code: IMM15

Turnaround time: 14 - 17 days

Coeliac disease, also called coeliac sprue or gluten sensitivity enteropathy, is caused by an inability to properly digest foods containing gluten. Gluten is found in many grains including wheat, oats, rye, barley and spelt. The gliadin fraction is believed to be the problem. Coeliac disease is chronic, has a genetic component and may affect several family members. This is a life-long condition in which the ingestion of the gluten component of wheat and related cereals leads to damage to the intestinal lining, skin reactions or the nervous system.

NeuroGenomic Profile:

Specimen requirements: Buccal (mouth swab)

Analytes: COMT; GSTM11 (glutathione-s-transferase, M, isoform); GSTP1 (glutathione-s-transferase, P, isoform); MTHFR (methylenetetrahydrofolate reductase); SOD-2 (Superoxide dismutase -2)

Cost: £355.00

Order Code: GEN06

Turnaround time: 23 - 26 days

Identifies potential genetic susceptibility to: neurodegenerative disorders; developmental issues; mood disorders; oxidative stress and detoxification capacity

How to Order

To order a test from Genova Diagnostics you must use the **Thyroid UK code A42AQ** when ordering tests.

Tel: 020 8336 7750 Email: kitorders@gdx.net

Give them your name, address, date of birth, the code for the test/s you require and the **Thyroid UK code A42AQ**.

Please note – Thyroid UK discounts are not available when ordering via the Genova Diagnostics website.

Thyroid UK, in association with Dr Alyssa Burns-Hill PhD, Holistic Hormone Health Specialist, will be named as your practitioner.

How to Get Your Test Results

Once you have completed the tests, you will need to contact Thyroid UK via this link <http://tinyurl.com/genovatests> to request your results.

In order to verify your identity we will need to know which tests you have had done, your name and date of birth. We will email the results to you once they become available from Genova.

Thyroid UK staff will have to access your test results in order to send them to you by email. For Data Protection and insurance purposes there is a section on the Test Results Request Form for you to tick to confirm that you agree to this. **Without this agreement, we cannot send your results to you.**

Thyroid UK receives a donation for each test ordered via this leaflet.

Once You Have Your Test Results

Please **do not** telephone the Thyroid UK office, Thyroid UK staff **are not** qualified to interpret the test results for you. This may be done by your personal doctor but if you are unable to arrange this you can book a consultation with Dr Burns-Hill to discuss interpretation of your test result as follows:

- 30 minute consultation with a brief follow-up email - £95
- 45 minute consultation with follow-up email to include recommendations - £135

Appointments can be booked at Dr Burns-Hill's Harley Street clinic, Jersey clinic or her international virtual clinic - Skype, FaceTime or phone.

To book an appointment please phone Dr Burns-Hill's clinic where her PA will be pleased to assist:

Jersey - 01534 522151

London - 02033 898116

You can find out more here: www.drallyssaburns-hill.com

Thyroid UK will receive a donation for each consultation attended.

Please make sure you quote TUK when booking a consultation and you will be supporting us in our work!

Thank You!

Phlebotomy Services

Fully qualified staff offer phlebotomy services by appointment at the Independent Nursing Services and The London Clinic.

If none of the locations below are convenient, a local GP, Private Laboratory or hospital may provide this service for an additional charge. Please note some tests, in particular homocysteine, Comprehensive Cardiovascular Risk Assessment and NutrEval, have specific requirements such as centrifuging and freezing: please check with the phlebotomy centre that this is possible before attending. If samples are being drawn abroad please ensure a suitable delivery service such as next day courier has been pre-organised. Please note: we cannot accept delivery of samples on Saturdays or Sundays.

Please take note of any fasting or medication requirements.

Please note children under the age of 16 must be taken to the Independent Nursing Services and should allow a minimum of one hour for their appointment.

The London Clinic - Out-patients
5 Devonshire Place, London, W1G 6HL
Tel: 020 7034 6330

The phlebotomy service is available at the following times (excluding public holidays):

Monday - Thursday: 8.30am to 6.30pm

Friday: 8.30am - 11am.

It is not necessary to book an appointment. There will be a charge for this service of £25 - £30.

Please note:

Genova Diagnostics test kits must be taken to the Clinic. Please ensure all paperwork within the kit is completed including payment details.

Transport

The nearest underground stations are: Regents Park, Great Portland Street and Baker Street.

By car (Congestion Charging):

The London Clinic is within the Congestion Charge zone. The fee is £10 per car, per day, and should be paid before 10pm on the day of travel. **To pay:** call 0845 900 1234 or visit www.tfl.gov.uk

Independent Nursing Services
19 Devonshire Street, London, W1G 7AH
Tel: 020 7580 9442

A walk-in service is available for phlebotomy and vaginal swabs at the following times (excluding public holidays):

Monday - Thursday: 9:00am to 5:00pm

Friday: 9:00am - 11am.

Charges of £25 - £30 will apply. Other times may be available by appointment, and a mobile service is available to patients located within the M25. Please contact the INS to discuss this further.

Please note: Genova Diagnostics test kits must be taken to the clinic. Please ensure all paperwork within the kit is completed, including the payment details.

Transport

The nearest underground stations are: Regents Park, Great Portland Street and Baker Street.

Congestion Charging

Independent Nursing Services is within the Congestion Charge zone (as above).

Information and prices correct as at 01.06.17