

# BOSTON HEART DIAGNOSTICS

## DRIED BLOOD SPOT TESTING

Boston Heart Diagnostics offers dried blood spot testing for Cardiovascular Disease (CVD) risk factors and much more. This uses blood from a finger tip and is a convenient and accurate alternative to venous blood draws.

### ADVANTAGES

There are many advantages to using dried blood spot technology including:

- Great solution when phlebotomy is not an option.
- No centrifugation required.
- Stable at room temperature and can be shipped without ice.
- Office or home collection.
- Excellent for telemedicine patients.
- Same turn around time as venous blood.

### 40 TEST RESULTS AVAILABLE FOR CVD MANAGEMENT

Test	Correlation to Venous	Test	Correlation to Venous	Test	Correlation to Venous
<b>Lipids</b>		<b>Inflammation</b>		<b>Chemistry</b>	
Total cholesterol	96%	hs-CRP	99%	Creatinine & eGFR	93%
Direct LDL-C	96%	<b>Metabolics</b>		Uric Acid	95%
sdLDL-C	95%	Glucose	95%	Homocysteine	93%
% sdLDL-C	95%	HbA1c	96%	Vitamin D	93%
HDL-C	97%	<b>Hormones</b>		Vitamin B12	91%
Triglycerides	99%	TSH	99%	Folate	92%
apoB	94%	LH	99%	<b>Genetics</b>	
Lp(a)	99%	FSH	100%	SLC01B1	100%
<b>Essential Fatty Acids</b>		SHBG	98%	ApoE	100%
EPA	98%	Testosterone	98%	MTHFR	100%
DHA	91%	Free Testosterone	98%	Haptoglobin	100%
Omega-3 Index	98%	PSA	100%	Factor V Leiden	100%
Omega-6 Index	96%	DHEAS	98%	Factor II	100%
Omega-3/6 Ratio	98%			CYP2C19	100%
Monounsaturated	96%			LPA Aspirin	100%
AA	94%			KIF6 Statin benefit	100%
EPA/AA Ratio	99%			9p21 CVD Risk	100%
				4q25 Atrial Fib.	100%

**96%**  
Average correlation with liquid venous blood

### ABOUT DRIED BLOOD TESTING

- Collection kits include AdvanceDX 100 Card, lancets and other supplies to perform the fingerstick testing.
- Can be performed in the office, or at home by mailing the kit directly to the patient.
- A simple finger stick is used to provide a few drops of blood onto a card.
- The card separates serum from whole blood.
- After drying, the card is mailed to Boston Heart.
- The lab takes punches of either the whole blood or serum for testing on standard laboratory equipment.
- Correlation with venous blood ranged from 91 to 100% during internal validation testing.
- The testing is highly reliable with CVs of <5%.
- A brief instructional video is available on line at:

<https://bostonheartdiagnostics.com/blood-spot-sample-collection/>



These tests can be used for cardiovascular risk score assessment using various risk calculators including the AHA/ACC and the Reynolds risk score.

These tests can also be used to create a personalized nutrition prescription and Life Plan at [mybostonheart.com](http://mybostonheart.com)



Blood Sample Placement      Whole Blood      Serum

For more information, contact your **Area Sales Manager** or Customer Care at **877.425.1252** or [customer care@bostonheartdx.com](mailto:customer care@bostonheartdx.com)

