

BOSTON HEART PREDIABETES ASSESSMENT®

Helps identify prediabetic patients at high risk for developing diabetes within 10 years with higher accuracy than any other testing options available today.¹⁻³

92%

predictive accuracy⁴

CLINICAL SIGNIFICANCE

- Diabetes is a major risk factor for heart disease, stroke, kidney disease, blindness, neuropathy and amputations.
- The risk of heart disease and stroke is about *three times higher in diabetics* than in the non-diabetic population.²
- For prediabetic subjects with borderline or high risk of developing diabetes, a structured lifestyle program including weight management and exercise, has shown to reduce the risk of developing diabetes by 58% over 3 years in more than 3,000 subjects with prediabetes compared to usual care. In this same study, the use of metformin reduced this risk by 31% as compared to the usual care group, provided kidney function was normal.⁶

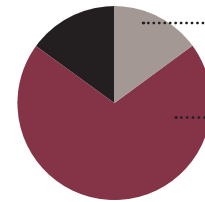
WHICH PATIENTS ARE CANDIDATES FOR THE BOSTON HEART PREDIABETES ASSESSMENT?

The Boston Heart Prediabetes Assessment is appropriate for patients considered to be prediabetic—defined by the American Diabetes Association as patients with:

- Fasting glucose between 100-125 mg/dL
- HbA1c between 5.7–6.4%
- Other cardiovascular disease (CVD) risk factors, such as obesity, hypertension and dyslipidemia⁷

Diabetes-related morbidity

Diabetes is a contributing factor in more than 200,000 deaths each year in the United States.⁵

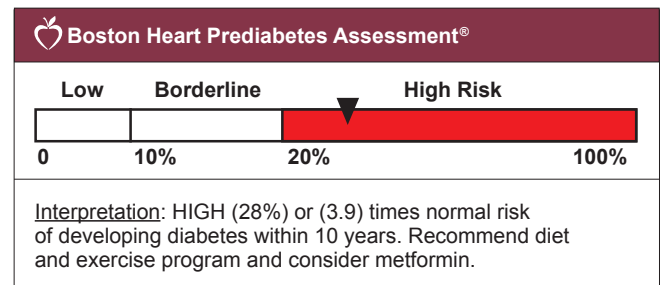


15% OF DIABETICS DIE FROM STROKE

70% OF DIABETICS DIE FROM HEART DISEASE

Includes major markers of prediabetes

- Fasting Serum Glucose
- Fasting Triglycerides
- Adiponectin
- Glycated Serum Protein
- Albumin
- Statin/Niacin Therapy
- Body Mass Index
- Parental History of Diabetes



Assessment level

Visual representation of the Prediabetes Assessment value shows the level of risk a patient has for developing diabetes in 10 years.

Interpretation

For borderline or high risk values, the interpretation shows the degree of additional risk of developing diabetes that the patient faces.

ABOUT TWO OF THE INDIVIDUAL MARKERS

Glycated Serum Protein: Amount of glucose attached to serum proteins. This test indicates the average amount of glucose in the blood over the previous two-three weeks.⁸

Treatment Considerations:

- Structured diet and exercise program
- Medications

ORDERING INFORMATION

STEP 1: Collect Specimen

Specimen requirements:

- 1.0 mL serum (0.5 mL minimum) collected in a serum separator tube (tiger top)

STEP 2: Complete the Requisition

1. Prediabetes Assessment must be requested at time of requisition submission and meet the following requirements:
 - Patient must be fasting for at least 8 hours at the time of collection, except for water, black coffee or tea (no milk, cream or sugar).
 - Patient must be at least 21 years old.
2. Select 420 Prediabetes Assessment, Reflex. Assessment will only be completed if fasting glucose level is 100-125 mg/dL.
3. Complete the required information (for highest predictability): parental history of diabetes, height, weight and use of statins or niacin. These required items are shaded in green on the requisition.

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9. Ai M, Otokoza S, Asztalos BF, White CC, Cupples LA, Nakajima K, Lamon-Fava S, Wilson PW, Matsuzawa Y, Schaefer EJ. Adiponectin: an independent risk factor for coronary heart disease in men in the Framingham Offspring Study. *Atherosclerosis.* 2011 Aug;217(2):543-548.

Adiponectin: Amount of a hormone produced by subcutaneous fat cells that protects against developing heart disease.⁹

Treatment Considerations:

- Structured diet and exercise program
- Medications

STEP 3: Send the Specimen

Refer to the packaging and shipping instructions on the *Boston Heart Instructions for Specimen Preparation and Handling* sheet.

Test Name	Test Code
Prediabetes Assessment, Reflex	420
Adiponectin	407
Glycated Serum Protein	409
Fasting Triglycerides	102
Fasting Glucose	401
Albumin	403

877.425.1252 bostonheartdiagnostics.com   

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