

# 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 enefit | 100%                  |
| EPA/AA Ratio                 | 99%                   |                     |                       | 9p21 CVD Risk      | 100%                  |
|                              |                       |                     |                       | 4q25 Atrial Fib.   | 100%                  |

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

### ABOUT DRIED BLOOD TESTING

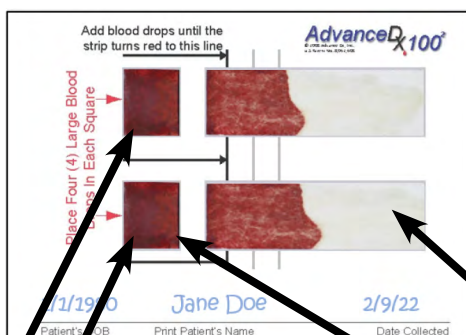
- Collection kits include AdvanceDX 100 Card, lancets and other supplies to perform the fingerstick testing.
- Can be performed in the office, or at home by mailing the kit directly to the patient.
- A simple finger stick is used to provide a few drops of blood onto a card.
- The card separates serum 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)



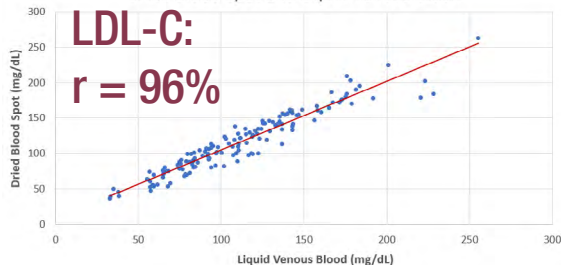
Blood Sample Placement    Whole Blood    Serum

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)

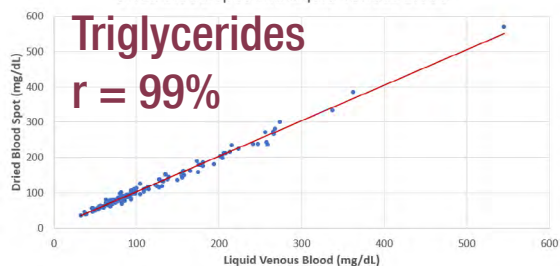


# DRIED BLOOD SPOT TESTING

Direct LDL Cholesterol: Correlation Between Dried Blood Spot and Liquid Venous Blood



Triglycerides: Correlation Between Dried Blood Spot and Liquid Venous Blood



## ORDERING AND SAMPLE INFORMATION

### Panels

#### DBS CardioMetabolic--Enhanced (Order Code: 87005)

- Total cholesterol • Direct LDL-C • sdLDL-C • % sdLDL-C • HDL-C • Triglycerides • NonHDL • TC/HDL-C • HDL-C/TG • Lp(a)
- hs-CRP • Glucose • HbA1c • Essential Fatty Acids • Creatinine • eGFR

#### DBS CardioMetabolic--Advanced (Order Code: 87019)

- Total cholesterol • Direct LDL-C • sdLDL-C • % sdLDL-C • HDL-C • Triglycerides • NonHDL • TC/HDL-C • HDL-C/TG • apoB • Lp(a)
- hs-CRP • Glucose • HbA1c • Essential Fatty Acids • Creatinine • eGFR • Uric Acid • Homocysteine

#### DBS Cognitive Wellness (Order Code: 87018)

- Total cholesterol • Direct LDL-C • HDL-C • Triglycerides • NonHDL • TC/HDL-C • HDL-C/TG • Essential Fatty Acids • Homocysteine • Vitamin D
- Vitamin B12 • Folate (Suggested add ons: ApoE and MTHFR genotypes at cash price)

#### DBS Nutrition & Wellness (Order Code: 87010)

- Total cholesterol • Direct LDL-C • HDL-C • Triglycerides • NonHDL • TC/HDL-C • HDL-C/TG • hs-CRP • Glucose • HbA1c • Essential Fatty Acids
- Creatinine • eGFR • Uric Acid • Homocysteine • Vitamin D • Vitamin B12 • Folate

#### DBS Women's Wellness (Order Code: 85082)

- Total cholesterol • Direct LDL-C • sdLDL-C • % sdLDL-C • HDL-C • Triglycerides • NonHDL • TC/HDL-C • HDL-C/TG • Lp(a) • hs-CRP
- Glucose • Essential Fatty Acids • TSH • LH • FSH • SHBG • DHEA-S

#### DBS Men's Wellness (Order Code: 87011)

- Total cholesterol • Direct LDL-C • sdLDL-C • % sdLDL-C • HDL-C • Triglycerides • NonHDL • TC/HDL-C • HDL-C/TG • Lp(a) • hs-CRP
- Glucose • Essential Fatty Acids • TSH • SHBG • Total Testosterone • Free Testosterone • DHEA-S • PSA

### Individual Tests

#### Lipids

- DBS101 - Total Cholesterol
- DBS222 - Direct LDL-C
- DBS223 - sdLDL-C
- DBS221 - HDL-C
- DBS102 - Triglycerides
- DBS302 - apoB
- DBS224 - Lp(a)

#### Metabolics

- DBS401 - Glucose
- DBS404 - HbA1c

#### Inflammation

- DBS601 - hs-CRP

#### Chemistry

- DBS1007- Creatinine with eGFR
- DBS1009- Uric Acid
- DBS603 - Homocysteine
- DBS625 - Vitamin-D
- DBS607 - Vitamin-B12
- DBS610 - Folate

#### Essential Fatty Acids

- DBS575
- Includes:
- EPA
  - DHA
  - Omega-3 Index
  - Omega-6 Index
  - Omega-3/Omega-6 Ratio
  - Monounsaturated Index
  - Arachidonic Acid (AA)
  - AA/EPA Ratio
  - EPA/AA Ratio

#### Hormones

- DBS1005 - TSH
- DBS1120 - LH
- DBS1122 - FSH
- DBS1130 - SHBG
- DBS1126 - Testosterone (men only)
- DBS1127 - Free Testosterone (men only)
- DBS1112 - PSA
- DBS1134 - DHEA-S

#### Genetics

- DBS835 - SLC01B1
- DBS806 - ApoE
- DBS840 - MTHFR
- DBS887 - Haptoglobin
- DBS816 - Factor V Leiden
- DBS826 - Factor II
- DBS830 - CYP2C19
- DBS883 - LPA Aspirin
- DBS884 - KIF6 Statin Benefit
- DBS885 - 9p21 CVD Risk
- DBS886 - 4q25 Atrial Fibrillation

### Specimen Requirements

- 4-7 large blood drops on each square of an AdvanceDx 100 collection card. More than one card may be required. Please refer to the requisition for details.

### Billing

- Tests are billable to insurance with the exception of genetics. See fee schedule for pricing.

877.425.1252 [bostonheartdiagnostics.com](http://bostonheartdiagnostics.com)

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