

About the Results

How long will it take for my results?

Test results for a single sample will be available approximately two weeks after your sample collection.

How do I access my results?

Your healthcare provider should contact you if the test indicates you might have rheumatoid arthritis. If you live in BC, you can also register to receive your test results online through *my ehealth*. For more information visit www.myehealth.ca.

What if I have rheumatoid arthritis?

While there is no cure for rheumatoid arthritis, there are various types of treatments that can help alleviate the symptoms and delay progression of the disease:

- Various medications can help reduce inflammation in the joints, relieve pain and prevent slow joint damage.
- Occupational and physical therapy can teach you how to protect your joints.

Please consult with your healthcare provider who can advise you on the most appropriate course of action.

Did you know?

You may be at increased risk of developing rheumatoid arthritis if you smoke. Quitting can reduce your risk!

Also, rheumatoid arthritis increases your risk of:

- Osteoporosis, a condition that weakens bones and makes them prone to fracture.
- Heart problems due to hardened and blocked arteries.
- Lung disease due to increased risk of inflammation and scarring of the lung tissues.

LifeLabs is a Canadian-owned company and is the country's largest provider of community laboratory services with over 50 years of experience serving the healthcare needs of Canadians. Our laboratory testing is focused on helping patients and their healthcare providers prevent, diagnose, treat and monitor disease. In addition to routine laboratory tests we offer numerous specialized assays to investigate health concerns including but not limited to:

- Gastrointestinal function
- Cardiovascular health
- Wellness in aging
- Component-specific allergies
- Presence of communicable diseases
- Occupational exposure to harmful substances
- Substance abuse

We care about helping Canadians and we use our knowledge of laboratory medicine to help identify the right course of action to improve healthcare outcomes.

References:

1. Aletaha D, Neogi T, Silman, AJ et. Al 2010 Rheumatoid Arthritis Classification Criteria. American College of Rheumatology/ European League Against Rheumatism Collective Initiative: Arthritis and Rheumatism 2010 62: 2569-2581.
2. Pruijn GJM, Wilk A and Van Venrooij WJ Review: The use of citrullinated peptides and proteins for the diagnosis of rheumatoid arthritis. Arthritis Research and Therapy 2010; 12: 203-210.

For more information, contact LifeLabs:

BC LifeLabs 1-800-431-7206
BC Biomedical 1-877-507-5595
Ontario LifeLabs 1-877-849-3637
Ontario CML HealthCare 1-800-263-0801

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Suffering From Joint Pain and Inflammation? Anti-CCP Test



A test for rheumatoid arthritis

LifeLabs Medical Laboratory Services offers a convenient and reliable blood test for early diagnosis of rheumatoid arthritis.

About the Disease

What is Rheumatoid Arthritis?

Rheumatoid arthritis is one of the most common autoimmune diseases. In about 1% of people it affects the lining of joints, causing painful inflammation and swelling. If not adequately treated, rheumatoid arthritis can turn into a debilitating condition which can eventually result in bone erosion and joint deformity. This is why early diagnosis is critical; the earlier the disease is caught, the more effective the treatment. A conclusive diagnosis allows for proper treatment and management of the disease.

If you or someone you know suffers from persistent discomfort and painful swelling of the fingers or joints, then rheumatoid arthritis may be the cause.

What are the symptoms?

Some early symptoms of rheumatoid arthritis commonly include fatigue and morning stiffness of the small joints of hands and feet.

Other symptoms may include:

- Joint pain, inflammation and swelling (tender, warm, swollen joints generally affecting wrists, fingers, knees, feet and ankles)
- Weakness
- Muscle aches
- Loss of appetite

Who should be tested?

Anyone who experiences the above symptoms, particularly:

- Those with family history of rheumatoid arthritis
- Women, as they are 2 to 3 times more likely to develop rheumatoid arthritis than men

About the Test

What is the Anti-CCP test?

The Anti-CCP test is a blood-based immunological test that detects the presence of antibodies directed against the body's cyclic citrullinated peptide (CCP). These antibodies are frequently detected in the blood of rheumatoid arthritis patients. The Anti-CCP test can diagnose the disease at a very early stage, sometimes years before the development of clinical symptoms, and is one of the classification criteria for rheumatoid arthritis.

How is the Anti-CCP test different from Rheumatoid Factor test (RF)?

RF testing is a sensitive diagnostic tool for rheumatoid arthritis but abnormal RF results can occur in normal individuals and those with various infections or other autoimmune diseases. Anti-CCP offers higher accuracy than RF as it possesses a higher specificity for rheumatoid arthritis.

Are there additional benefits?

The Anti-CCP test can also help detect patients who are more likely to suffer from a progressive form of the disease. If present at a moderate to high level, the Anti-CCP test not only confirms the diagnosis but may also indicate that the patient is at increased risk for damage to the joints. The Anti-CCP test may also help to identify patients who will respond to drug treatment.



About the Testing Process

How do I get tested?

Visit your healthcare provider and obtain a requisition with "Anti-CCP" written in the section "Other Tests". Bring this requisition with you to a Patient Service Centre near you to have your specimen collected. To minimize your wait time, take advantage of our online appointment booking service available at many locations by visiting <http://booking.lifelabs.com>.

What type of sample is required?

The Anti-CCP test is performed on a blood sample.

How do I prepare for the test?

No special preparation is necessary.

Is the test covered by insurance?

This test is largely not covered by the provincial health insurance plans*, but it may be covered by your extended health insurance plan. Contact us to find out about the current fee for the test.

**In British Columbia the test is covered by the Medical Service Plan (MSP) if ordered by a Rheumatologist or a General Internal Medicine Specialist.*

How do I pay for the test?

Payment may be made by Visa, MasterCard or debit card before the sample collection.

**For more information
on rheumatoid arthritis,
please visit www.arthritis.ca**