About the Results

How long will it take to get my results?

Test results will be available approximately 2 weeks after your sample collection. If the test indicates an abnormal result, your healthcare provider will contact you.

What if the results are abnormal?

An abnormal test result suggests you should be considered for a referral to a rheumatologist, prior to the onset of significant joint damage. JOINTstat provides biological-level information in regards to active joint damage, and provides your healthcare provider information to support their clinical assessment of possible RA.

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 tests to investigate health concerns including, but not limited to:

- Gastrointestinal function
- Cardiovascular health
- Wellness in aging
- Component-specific allergies
- 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.

JOINTstat™

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
Kit Ordering Service	1-877-990-1575

www.lifelabs.com

Do you have joint pain? It could be Rheumatoid Arthritis.

JOINTstat™

Early RA detection and appropriate treatment improves patient outcomes.

LifeLabs offers a convenient and reliable diagnostic blood test for Rheumatoid Arthritis.

LifeLabs®

About the Disease

What is Rheumatoid Arthritis?

Rheumatoid arthritis (RA) is a chronic autoimmune, inflammatory condition that causes pain, swelling, and stiffness in the joints. If left untreated RA may cause irreversible joint damage. It is one of many different types of arthritis and fortunately, one for which treatment is available.

What are the warning signs?

RA tends to begin slowly with minor symptoms that come and go, usually on both sides of the body, and progress over a period of weeks. It typically affects the joints in hands and feet, but may also affect other joints in your body. In addition to joint problems, RA may affect other body systems such as the heart, lungs, eyes or skin.

Symptoms include:

- Warm, swollen and tender joints
- Daily joint stiffness in the morning
- Fatigue, fever and weight loss
- Symmetric symptoms i.e. those present on both sides of the body

Who should be tested?

Anyone who experiences symptoms such as fatigue and morning stiffness of the small joints of the hands and feet should consider getting tested with JOINTstat. Particular care should be taken by those with family history of RA and women, as they are 2 to 3 times more likely to develop rheumatoid arthritis than men.

About the Test

What is JOINTstat™?

JOINTstat is a simple blood test used for the diagnosis of RA. When the JOINTstat test is used together with other standard laboratory tests like rheumatoid factor (RF) and anti-cyclic citrullinated protein (Anti-CCP) it complements your healthcare provider's clinical assessment to obtain a biochemical view of what is going on in your body.

Did You Know?

When caught and treated early, RA outcomes can be greatly improved.

How is it used?

The JOINTstat test measures the levels of $14\text{-}3\text{-}3_\eta$ (eta) protein in the blood to assist with the diagnosis of RA. The $14\text{-}3\text{-}3_\eta$ protein is not normally present in the blood of healthy individuals. In the healthy state, $14\text{-}3\text{-}3_\eta$ is present only inside of cells where it is involved in important biological processes. In patients with RA, $14\text{-}3\text{-}3_\eta$ is pushed outside the cells where it causes harmful effects and where it is measurable in blood. In particular, $14\text{-}3\text{-}3_\eta$ stimulates the production of factors that cause inflammation and joint damage.

About the Testing Process

How do I get tested?

Visit your healthcare provider and obtain a "JOINTstat Test Requisition." Bring this requisition with you to a LifeLabs Patient Service Center where your blood sample will be collected. To minimize your wait time, take advantage of our appointment booking service by visiting http://booking.lifelabs.com.

What is the RA Diagnostic Panel?

Maximize your ability to diagnose early RA and monitor response to therapy together with JOINTstat, RF and Anti-CCP. Ask your healthcare provider about the RA Diagnostic Panel and obtain a laboratory test requisition.

What type of sample is required?

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

How do I pay for the test?

Payment may be made by

- VISA MasterCard
- cash or debit card

Payment must be recieved before the sample collection.

LifeLabs®

LABORATORY REQUISITION
JOINTstat TEST

JOINTstat™

Patient To Pay At Time Of Service	Place Requisition Labels Here:	

Report to Client Name:

Report to Client Address:

	Collection Time:	Date of Service: (DD/MM/YYYY)
Telephone Number:	Sex: ☐ Male ☐ Female	Date of Birth: (DD/MM/YYYY)
Fax Number:	Patient Last Name:	Patient First & Middle Names:

Copy to Client Name:

Copy to Client Address:

Patient Address: (incl. postal code)

Telephone Number:	
Fax Number:	Patient Phone Number:

TESTS REQUESTED

☑ JOINTstat

LL TR#	CML TC
3971	3971

Notes:

Place Requisition Labels Here:

Issued: Dec 12, 2014 | Revised:

JS0001 V.1 DEC2014