

## About the Results

### How long will it take for my results?

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

### What if the results are abnormal?

If you are not taking any medications for osteoporosis, an increased serum CTX may indicate an increased risk of bone fracture even if your BMD result is not in the range associated with osteoporosis.

If you are taking drugs for osteoporosis, a greater than 35% decrease in serum CTX at 3 months compared to the initial result indicates that the treatment is working.

- Osteoporosis causes 70-90% of 30,000 hip fractures annually.
- Fewer than 20% of fracture patients in Canada currently undergo diagnosis or adequate treatment for osteoporosis.
- Men are particularly vulnerable as men are less likely to be assessed for osteoporosis or to receive treatment for osteoporosis after they break a bone. In fact, 37% of men who suffer a hip fracture will die within the year following that fractured hip.



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.



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

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# Do You Have Osteoporosis?

## Serum C-Telopeptide (CTX) Test



**A test to help determine your risk of bone fractures and the efficacy of your osteoporosis treatment**

LifeLabs offers a convenient and reliable test to help manage osteoporosis and bone health



## About the Disease

### What is osteoporosis?

Osteoporosis is a significant reduction in bone mass due to loss of proteins and minerals, such as calcium. It is a consequence of an imbalance between the naturally occurring processes of bone formation and breakdown – a cycle also known as bone-turnover. This is often due to aging, but it could result from medications, hormonal imbalance, vitamin deficiency and other disorders.

### What are the symptoms?

Osteoporosis is often known as “the silent thief” because bone loss occurs without symptoms. This is why patients may not be aware of their osteoporosis until they suffer a painful fracture.

### Who should be tested?

- Consider testing in men and women who are at high risk for fractures.
- People whose bone mineral density (BMD), thyroid hormones, calcium and vitamin D tests suggested they may be at risk of osteoporosis.
- People who are about to start taking medications for osteoporosis can use this test to help monitor the success of their therapy.

### Did You Know?

- Although traditionally regarded as a disease of a woman especially after menopause, osteoporosis also occurs frequently in men.
- Men steadily lose bone mineral density with aging, and one in five men over 50 will suffer an osteoporotic fracture.

## About the Test

### What is the CTX test?

Serum C-telopeptide (CTX) test measures the amount of degraded bone circulating in the bloodstream by detecting the C-terminal telopeptide of type I collagen - a protein component of bone.

### How is serum CTX test different from other methods used to monitor bone turnover?

Serum CTX can detect clinically-relevant change in bone breakdown in as little as a few months, unlike BMD test which requires several years to generate a measurable output. Consequently CTX is able to provide better guidance on the treatment plan.

### Did You Know?

**Osteoporosis is a significant reduction in bone mass due to loss of proteins and minerals, such as calcium.**



## About the Testing Process

### How do I get tested?

Speak with your healthcare provider about your concerns. If serum CTX is right for you your healthcare provider will give you a standard requisition form with “serum CTX” written in the section “Other tests”. Take it to a Patient Service Centre near you where your specimen will be collected.

If your healthcare provider orders a follow up test; e.g. if you have been prescribed osteoporosis therapy; you will also be given a notice to return for your second sample in 3-4 months. To minimize your wait time, take advantage of our appointment booking service available at many locations by visiting <http://booking.lifelabs.com>.

### What type of sample is required?

The CTX test is done on a blood sample.

### How do I prepare for the test?

8 to 10 hours of fasting is required. Morning samples are preferred.

### Is the test covered by insurance?

This test is not currently covered by the provincial insurance plans but may be covered by your extended 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:

-  
- Cheque/Money Order

Payment must be received before the sample collection.