

Hair Mineral Analysis



Hair mineral analysis (HMA) is a safe, non-invasive test that measures the levels of nutrients and toxic metals found in hair. Hair mineral analysis can detect whether there is an excess or deficiency of vital nutrient minerals such as calcium, potassium, zinc and iron. It can also identify over-exposure to toxic metals such as aluminum, lead, arsenic and mercury. HMA is an invaluable screening tool in both every day and preventive health care.

This test provides a reading of the minerals deposited in the cells and interstitial spaces of the hair over a 2-3 month period. It does not provide an assessment of the mineral content of other tissues of the body. However, testing the hair can allow one to infer what is occurring in other tissues.

Minerals and Toxic Metals Tested

The HMA measures essential nutrients, toxic metals and trace minerals such as:

- *Macro minerals – Calcium, Magnesium, Phosphorus, Potassium and Sodium*
- *Trace minerals – Chromium, Copper, Iron, Manganese, Selenium, Silicon and Zinc*
- *Toxic metals – Aluminum, Arsenic, Cadmium, Lead, Mercury and Nickel*

Test Kit

Once the practitioner has given the patient their request form, the patient can order their test kit online at www.functionalpathology.com.au or by calling Healthscope Functional Pathology customer service on 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST. The test kit contains full instructions.

Specimen Requirements

- *A hair specimen equivalent to 0.5 grams is required for an accurate HMA. The test kit provided contains everything required to complete this test.*

Children

Hair Mineral Analysis level 1 and 2 are suitable for children

Patient Preparation

- *The hair specimen must be taken from the nape of the neck*
- *Clean and untreated hair is recommended.*
- *Chemical treatments (e.g. colouring agents) can alter some trace element levels*
- *This test should not be performed on hair that has been permed, dyed or bleached in the last two months*

Turnaround Time

The standard turn around time for this test is 16-20 working days from the date the patient's specimen/s are received at our laboratory. Please note that this test is performed by Genova Diagnostics, USA, for whom Healthscope Functional Pathology is the exclusive Australian distributor.

Test Results

Patient results will be delivered via mail, unless requested otherwise. However, we can also issue results via:

- Fax
- Electronic Download
- Web Based Results

Technical Support

All Healthscope Functional Pathology tests are accompanied by an Interpretive Guide to assist practitioners in their clinical understanding and patient management for each result. Healthscope Functional Pathology also has experienced full time Technical Advisors available for practitioners to discuss appropriate test selection, interpretation of test results, individual cases and other technical matters. Please call 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST or email infofp@healthscope.com.au

Companion Tests

- Blood or Urine Test - Minerals and Toxic Metals
- Intestinal Permeability (IP)
- Complete Digestive Stool Analysis (CDSA)
- Functional Liver Detoxification Profile (FLDP)

As the Hair Mineral Analysis (HMA) is a screening tool, the results may indicate the need for further testing to determine body tissue levels of minerals and toxic metals. This can be done with a blood test where single or multiple minerals and toxic metals can be selected for testing. Toxic metals can also be assessed with a random urine specimen.

The results of the HMA may indicate the need for additional Healthscope Functional Pathology tests in order to establish any contributing factors to mineral deficiency and toxic metal accumulation. High intestinal permeability, poor digestive function and imbalanced gut flora can all contribute to both mineral deficiency and toxic metal accumulation. The Intestinal Permeability (IP) and Complete Digestive Stool Analysis (CDSA) may therefore be useful tests in conjunction with the HMA. Given the role of the liver in detoxification, an HMA result showing high levels of toxic metals may also be indicative of compromised liver function. A Functional Liver Detoxification Profile (FLDP) would therefore be indicated in this case.

