

LAB No. :

Consulting Pathologist: **Dr D. Dean**

|                                  |
|----------------------------------|
| Patient:                         |
| D.O.B.:                          |
| Request Date:                    |
| Date Received:                   |
| Requested By :                   |
| Referring Laboratory :           |
| Provider No. :                   |
| REFERRING LABORATORY REFERENCE ▶ |

## N-TELOPEPTIDES (NTx) IN URINE TEST REPORT

**NTx value**      **68 units**

| Reference Ranges   |   |                                 |  |
|--|---|---------------------------------|--|
| Adolescent Girls 10-12 years:  | <input type="text" value="110 - 2450"/> | units                           |  |
| Premenopausal Women:<br>(mean age 39 years)  | <input type="text" value="5 - 65"/>     | units                           | Relative risk (for bone loss at the spine<br>BMD for untreated patients) |
| Early and Postmenopausal:<br>(6 month to 3 years post<br>menopausal)   | <input type="text" value="18 - 38"/>    | units                           | <input type="text" value="1.4"/>   |
|  | <input type="text" value="38 - 51"/>    |                                 | <input type="text" value="2.5"/>   |
|  | <input type="text" value="51 - 67"/>    |                                 | <input type="text" value="3.8"/>   |
|  | <input type="text" value="67 - 188"/>   |                                 | <input type="text" value="17.3"/>  |
| <b>NOTE</b> : A value of 40 Units and above indicates that the patient is resorbing bone faster than 50% of the normal premenopausal population. |   |                                 |  |
| RESULTS LEGEND   |   |                                 |  |
| <b>IS</b> = Insufficient Sample <b>ND</b> = Not Detected   |   |                                 |  |
| unit = 1 nmol BCE/mmol CREATININE  |   | BCE = Bone Collagen Equivalents |  |

### GENERAL INFORMATION and PATIENT MANAGEMENT GUIDELINE USING NTx

**General Information:**

NTx is performed by a highly specific ELISA assay.

1 unit = 1 nmol BCE/mmol CREATININE

BCE = Bone Collagen Equivalents

BMD = Bone Mineral Density

Elevated bone resorption is exhibited by patients taking certain drugs such as oral steroids or GnRh analogs and by most patients with thyroid disease.

N-Telopeptides \*(NTx) is specific to Type 1 collagen which is the most abundant discrete peptide fragment present in urine. NTx measurement in urine can detect an increase in the rate of bone resorption and hence the early onset of OSTEOPOROSIS.

Exercise, protein, Hypothyroidism & infections can cause an increase in urinary creatinine excretion, which may elevate the NTx result.

**Patient Management:**

Obtain baseline NTx value and BMD score

# If NTx value <= 38 - Counsel on benefits of therapy, recommend treatment and test NTx yearly.

# If NTx value > 38 - Counsel on benefits of therapy, recommend treatment and test NTx after 3 months.

- If re-test NTx value <= 38 (or >= 30% decrease from baseline) - Continue therapy.

- If re-test NTx value > 38 (or < 30% decrease from baseline) - Ensure patient compliance, review therapy, re-test NTx after 3 months and repeat BMD in 12 - 24 months.

Please refer to www.healthscope.com.au for a list of references.

Tests ordered: TELOPE\_PP

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