46-50 Coombe Road, New Malden,
Surrey KT3 4QF
Tel: 020 8336 7750
Email: kitorders@gdx.net

Genova Diagnostics Europe is a global leader in functional laboratory testing, pioneering innovative new approaches to personalised medicine.

Patients and practitioners focusing on wellness and prevention and taking an active role in managing health prefer diagnostic tests designed to help identify problems before chronic conditions and diseases develop. Unlike traditional labs that focus on disease pathology, Genova Europe specialises in comprehensive panels that combine standard and innovative biomarkers to provide a more complete understanding of specific biological systems.

Facts & Figures:

Genova Diagnostics Europe…

- has been performing cutting-edge medical diagnostic testing since 1996 and merged with Genova Diagnostics in February 2007.

Genova Diagnostics Europe is a global speciality clinical laboratory, pioneering a systems approach that supports healthcare providers in the personalised treatment and prevention of chronic disease.
Unlike traditional labs that focus on disease pathology, Genova Europe specialises in comprehensive panels that combine standard and innovative biomarkers to provide a more complete understanding of specific biological systems.

Our Parent Company Genova Diagnostics:

- is a fully accredited medical laboratory, certified in the areas of clinical chemistry, bacteriology, mycology, parasitology, virology, microbiology, non-syphilis serology, general immunology, haematology, toxicology, as well as molecular genetics by six separate health agencies including the Centres for Medicare & Medicaid Services which oversees clinical labs in the United States under the federal Clinical Laboratory Improvement Amendment (CLIA).

- offers more than 125 specialised diagnostic assessments, covering a wide range of physiological areas including nutritional, digestive, immunology, metabolic function and endocrinology.

- was established in 1986 as Great Smokies Diagnostic Lab before changing its name to Genova Diagnostics in April 2003.

Returning Samples to the Laboratory - A Change in Procedure

To comply with national & international regulations governing the carriage of biological substances, the Royal Mail postal service have restricted or prohibited certain items from their network. Therefore in order to avoid any sample rejections Genova recommend using the DHL courier collection service envelope enclosed with every test kit. The fee for this service is £15 payable when returning samples.

However, you may wish to seek an alternative courier service.

Please review the Royal Mail website for additional information on their policy changes:

http://www.royalmail.com/personal/help-and-support/Tell-me-about-Prohibited-Goods

Endocrine

Thyroid Plus: TSH/TT4/FT4/FT3/Reverse T3/Anti-thyroid Peroxidase Antibody (TPOAb)/Anti-Thyroglobulin Antibody (TgAb)
Specimen requirements: Blood
Cost: £140.00 (Discounted Price for TUK only)
Order Code: END27

This test is a more cost effective way of combining the Total Thyroid Screen with Reverse T3 to give the full picture of thyroid health status. Thyroid imbalances have far reaching effects and elicit fatigue, depression, coldness, constipation, poor skin, headaches, PMS, dysmenorrhea, fluid retention, weight gain, anxiety/panic attacks, decreased memory and concentration, muscle and joint pain, and a low sex drive.

Urine Iodine Test:
Specimen requirements: Urine
Cost: £76.00
Order Code: END25

Iodine is an essential trace element, vital for healthy thyroid function. Adequate levels are required to enable the production of T3 and T4 thyroid hormones, whilst also being required in other areas of health. Deficiencies can lead to impaired heat and energy production, mental function and slow metabolism. Urine iodine is one of the best measures of iodine status. This test is not performed as a loading test, but can be used to establish existing levels or to monitor iodine supplementation.

Female Hormone Profile (Rhythm):
Specimen requirements: Saliva
Cost: £192.00
Order Code: END10

This 12-sample saliva test measures progesterone, oestrogen and testosterone levels over the monthly cycle to identify any hormonal imbalances. Common symptoms of this can include premenstrual tension, fluid retention, excessive menstrual bleeding, menstrual irregularity, low libido, endometriosis, ovarian cysts, infertility, acne, and excess body hair

Adrenal Stress Profile (ASP): Cortisol/DHEA
Specimen requirements: Saliva
Cost: £85.00 (Discounted Price for TUK only)
Order Code: END01

This saliva test can detect imbalances in the daily circadian secretions of the stress hormones cortisol and DHEA. Imbalances in these hormones can indicate an inappropriate response that can negatively impact energy levels, emotions, and many other health complaints. These include anxiety, chronic inflammatory conditions, allergies, chronic fatigue syndrome, insomnia, depression, migraines, headaches, recurrent infections, menstrual difficulties and infertility.

Please be aware that when you receive the kit for this test, it will include two blue phials which are **only** to be used if you want to complete a Cortisol Awakening Response (CAR) test which comes as an add on. **The cost of this will be an additional £40.** Please **do not** use the blue phials unless you wish to pay for the Cortisol Awakening Response test (CAR).

If you **do not** want to pay for the Cortisol Awakening Response (CAR) test **PLEASE DO NOT TICK THE RELEVANT BOXES OR USE THE BLUE PHIALS.**

If you **do** wish to complete the Cortisol Awakening Response test (CAR), please ensure that you tick the relevant boxes **and** use the two blue phials.

Comprehensive Female Hormone Profile (Rhythm Plus):
Specimen requirements: Saliva
Cost: £250.00
Order Code: END11

This saliva test can detect imbalances in the daily circadian secretions of the stress hormones cortisol and DHEA. Imbalances in these hormones can indicate an inappropriate response that can negatively impact energy levels, emotions, and many other health complaints. These include anxiety, chronic inflammatory conditions, allergies, chronic fatigue syndrome, insomnia, depression, migraines, headaches, recurrent infections, menstrual difficulties and infertility. As well as assessing the monthly fluctuation in Oestradiol and Progesterone through the female hormone panel, the comprehensive female hormone panel also assesses Melatonin and the Adrenal Hormones, Cortisol and DHEA.

Menopause Plus:
Specimen requirements: Saliva
Cost: £403.00
Order Code: END14

Although menopause is a normal part of a woman's maturation, many experience discomfort both during and after menopause. These symptoms are essentially due to excessive secretion of the pituitary hormones and inadequate secretion of hormones by the ovaries. This is further aggravated by negative lifestyle and nutritional habits. The hormonal changes that accompany the menopause increase a woman's risk for other health concerns such as osteoporosis, cardiovascular disease, breast and vaginal cancer. Osteoporosis in particular can be a major concern.

Melatonin:
Specimen requirements: Saliva
Cost: £82.00
Order code: END09

Melatonin is a hormone that controls the daily circadian rhythm and is best known for its role in helping to initiate sleep. Imbalances can also include depression, Seasonal Affective Disorder (SAD), behavioural changes, mood disorders, and stress among others.

Testosterone Saliva Test:
Specimen requirements: Saliva
Cost: £77.00
Order Code: END16

This test measures testosterone levels, the principal androgen in men, and can also allow for the detection of hormonal imbalances related to symptoms of male andropause, rapid ageing, low vitality and sexual dysfunction. Imbalanced testosterone levels in women are also associated with a number of health complaints, including low libido, acne, hirsutism and polycystic ovarian syndrome. Salivary testing of hormones, unlike serum testing, measures the free, unbound fraction of hormone that is available to exert its effect on the target tissue. This test can be used to assess baseline levels and monitor testosterone replacement therapy.

Nutritional

Vitamin D:
Specimen requirements: Blood
Cost: £80.00
Order code: NUT12

Vitamin D has a hormone like effect, which has a high prevalence of deficiency and insufficient even in normal populations. There is growing evidence that vitamin D is involved in an increasing number of chronic diseases including bone disease, cancer, autoimmune disease, chronic fatigue and mental health problems.

Immunology

Coeliac Profile:
Specimen requirements: Blood
Cost: £150.00
Order code: 1018

Coeliac disease, also called coeliac sprue or gluten sensitivity enteropathy, is caused by an inability to properly digest foods containing gluten. Gluten is found in many grains including wheat, oats, rye, barley and spelt. The gliadin fraction is believed to be the problem. Coeliac disease is chronic, has a genetic component and may affect several family members. This is a life-long condition in which the ingestion of the gluten component of wheat and related cereals leads to damage to the intestinal lining, skin reactions or the nervous system.

How to Order

To order a test from Genova Diagnostics you must use the **Thyroid UK code A42AQ** when ordering tests.

Tel: 020 8336 7750 Email: kitorders@gdx.net

Give them your name, address, date of birth, the code for the test/s you require and the **Thyroid UK code A42AQ**.

Please note – Thyroid UK discounts are not available when ordering via the Genova Diagnostics website.

Thyroid UK, in association with Melissa Cohen, Registered Nutritional Therapist, will be named as your practitioner.

How to Get Your Test Results

Once you have completed the tests, you will need to contact Thyroid UK via this link : https://thyroiduk.org/contact-us/genova-test-results/ to request your results.

In order to verify your identity we will need to know which tests you have had done, your name and date of birth. We will email the results to you once they become available from Genova.

Thyroid UK staff will have to access your test results in order to send them to you by email. For Data Protection and insurance purposes there is a section on the Test Results Request Form for you to tick to confirm that you agree to this. **Without this agreement, we cannot send your results to you.**

Thyroid UK receives a donation for each test ordered via this leaflet.

Once You Have Your Test Results

Please do not telephone the Thyroid UK office. Thyroid UK staff are not qualified to interpret the test results for you.

This may be done by your NHS doctor or a private doctor or practitioner. Thyroid UK have a list of private doctors and practitioners which you can request here or if you require interpretation of your results you can book a consultation with Registered Nutritional Therapist, Melissa Cohen.

Melissa Cohen's prices:

- 30 minute consultation with a brief follow-up email - £95
- 1 hour consultation with follow-up email to include recommendations - £145

To book an appointment please email melissa@melissa-cohen.com or call on 07780 955627

You can find out more here: www.melissa-cohen.com

Alternatively, you could search for a nutritional therapist on http://bant.org.uk/ or you can join our online community and discuss your test results with other members.

Phlebotomy Services

Fully qualified staff offer phlebotomy services by appointment at the Independent Nursing Services and The London Clinic.

If none of the locations below are convenient, a local GP, Private Laboratory or hospital may provide this service for an additional charge. Please note some tests, in particular homocysteine, Comprehensive Cardiovascular Risk Assessment and NutrEval, have specific requirements such as centrifuging and freezing: please check with the phlebotomy centre that this is possible before attending. If samples are being drawn abroad please ensure a suitable delivery service such as next day courier has been pre- organised. Please note: we cannot accept delivery of samples on Saturdays or Sundays.

Please take note of any fasting or medication requirements.

Please note children under the age of 16 must be taken to the Independent Nursing Services and should allow a minimum of one hour for their appointment.

YourHealthFirst
1 Harley street, Marylebone, London,
W1G 9QD
Tel: 07818 474041

The phlebotomy service is available at the following times (excluding public holidays):

Monday, Tuesday, Thursday and Friday:
10.00am to 6.00pm.

Please note:
Genova Diagnostics test kits must be taken to the Clinic. Please ensure all paperwork within the kit is completed including payment details.

Independent Nursing Services
22 Harley St, London W1G 9AP
Tel: 020 7580 9442

A walk-in service is available for phlebotomy and vaginal swabs at the following times (excluding public holidays):

Monday - Thursday: 9:00am to 5:00pm
Friday: 9:00am - 11am.

Charges of £25 - £30 will apply. Other times may be available by appointment, and a mobile service is available to patients located within the M25. Please contact the INS to discuss this further.

Please note: Genova Diagnostics test kits must be taken to the clinic. Please ensure all paperwork within the kit is completed, including the payment details.

Transport
The nearest underground stations are: Regents Park, Great Portland Street and Baker Street.

Congestion Charging
Independent Nursing Services is within the Congestion Charge zone (as above).

Information and prices correct as at 15.11.24