

Dear Valued Client:

We are writing to inform you of three important changes that became effective February 2011.

1. Revised Reflex Criteria for HDL Map™ and Cholesterol Balance Tests

As part of our quality management system, Boston Heart lab routinely assesses the performance of our assays, including the appropriateness of our reflex criteria. As of February 4, 2011, the Boston Heart Lab reflex criteria for the Complete CVD Baseline and Follow-up Profiles have been revised. The revised criteria, based on an internal study of more than 16,000 patient results, ensure that we will perform the most clinically relevant and medically justified testing on your patients.

The new Reflex Criteria for the HDL Map and Cholesterol Balance Test are as follows:

- **HDL MAP** will be run if there is a family or personal history of CVD (heart disease, stroke and/or PVD) or personal history of diabetes. If none of these conditions are present, a HDL-C <45 mg/dL (male) or <55 mg/dL (female) or a fasting TG of >130 mg/dL or a HbA1c ≥6.5% will trigger testing.
- **CHOLESTEROL BALANCE TEST** will be run if there is a family or personal history of CVD (heart disease, stroke and/or PVD) or personal history of diabetes. If none of these conditions are present, a LDL-C >100 mg/dL or sdLDL-C >35 mg/dL or a HbA1c ≥6.5% will trigger testing.

2. Physician Alert Policy

To ensure optimal and most efficient care for patients, our laboratory staff will notify our client providers of completed test results that are outside of established clinical limits within 48 hours. Our policy, effective immediately, entails faxing a copy of the report (within 48 hours) with a follow-up call to the client (within 24 hours) to verify receipt. If necessary, our Medical Director, Ernst Schaefer, MD, may contact the ordering physician with any ensuing information.

The clinical limits or alert values seen in the below table have been defined by our Medical Director. Please contact your Client Service Manager if you have any questions.

Table of Alert Values/Clinical Limits for Notification

Test	Test Result Limits
Alkaline Phosphatase (Alk phos)	>400 U/L
Alanine Aminotransferase (ALT)	>240 U/L
Aspartate Aminotransferase (AST)	>240 U/L
Urea Nitrogen (BUN)	>50 mg/dL
Creatine Kinase (CK)	>1500 U/L
Creatinine (CREP)	>4.0 mg/dL
Hemoglobin A1c (HbA1c)	>12.0%
High-Density Lipoprotein Cholesterol (HDL-C)	<10 mg/dL
Low-Density Lipoprotein Cholesterol (LDL-C)	>500 mg/dL
N-terminal Pro B-type Natriuretic Peptide (NT-proBNP)	>2000 pg/dL
Total Cholesterol (TC)	>700 mg/dL
Triglycerides (TG)	>700 mg/dL
Thyroid Stimulating Hormone (TSH)	<0.05 or >10.0 µIU/mL
Uric Acid (UA)	>15 mg/dL

3. Vitamin D, 25-hydroxy Testing Now Available

As of February 28, 25-hydroxy vitamin D testing is available through Boston Heart Lab. Low levels of vitamin D have been associated with many cardiovascular disorders including coronary artery disease, hypertension, peripheral vascular disease (PVD), diabetes, metabolic syndrome, heart failure as well as muscle pain and weakness with or without statin therapy.

Ordering Details:

- Test Name: Vitamin D, 25-OH
- Test Code: 625
- Specimen Requirements: 1 mL of serum transported with ice pack
- Please report the ICD-9 code(s) that best describes the reason for ordering the test, however here are a few commonly used ICD-9 codes listed below as a convenience.
 - 268.__ (vitamin D deficiency related)
 - 733.__ (osteoporosis related)
 - 275.__ (hypo/hypercalcemia related)
 - V58.69 long-term medication use (cannot be used as primary)

To order vitamin D, 25-OH testing, use your existing requisition. If not already pre-printed, please write in the following on any white space on the form:

- #625: Vit D, 25-OH – along with appropriate ICD-9 codes

Please note: A new requisition is in development with Vitamin D, 25-OH pre-printed and will be available this Spring.

Boston Heart Lab

2 Central Street, Framingham, MA 01701

P 508.877.8711 ▪ F 508.877.8707 ▪ Email: info@bostonheartlab.com ▪ Web: www.bostonheartlab.com