TEST ID: Telomere Length Testing
DESCRIPTION: Testing of the average telomere length in lymphocytes

CLINICAL USE

Telomere shortening is associated with ageing, mortality and age related diseases. Shorter telomeres have been linked to cardiovascular disease, some cancers, osteoporosis, dementia, diabetes, and other chronic degenerative diseases of aging conditions.

The test is designed for anyone interested in optimal health, age management and in knowing their telomere length as it relates to being within or outside the normal reference range for their chronological age.

SPECIMEN INFORMATION

COLLECTION
Whole blood in sodium citrate tube.

SPECIMEN STABILITY
Must be received within 24 hrs (optimal) to 48 hrs of collection.

REJECTION CRITERIA
Blood sample is over 48 hours old; hemolyzed, icteric, and lipemic specimens; improper anticoagulant or no anticoagulant used.

METHOD

Quantitative real-time PCR (qPCR)

RESULT INTERPRETATION

Results reported as Telomere Value that is compared to the range of values found to be present in the population of the same age group. Graphic version of the result presentation allows for easier understanding and analysis. Results within the green area (±1SD) and yellow area (±2SD) of the graph are considered to be within normal range. Results in the red area are considered to be outside of the normal range.
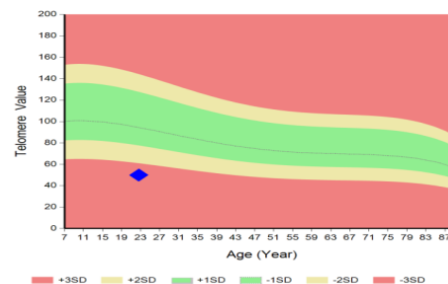
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