# Hemochromatosis DNA Test Kit

## Laboratory Requisition

Order online at **www.hemochromatosisdna.com**, or complete this form and submit to Genetrack by Fax at 1-888-655-8877.

### Shipping Information for DNA Test Kit

First Name: _____

Last Name: _____

Address (line 1): _____

Address (line 2): _____

City: _____

Zip/Postal Code: _____

Country: _____

Phone: _____

Email: _____

### Name of Individual Taking the DNA Test

First Name: _____

Last Name: _____

Gender (please circle one): Male Female

### Please Send a DNA Testing Kit for

[X] Hereditory Hemochromatosis Testing, $195.00 USD
DNA testing to detect the HFE mutations C282Y, H63D and S65C that cause hemochromatosis.

### Plus Shipping and Handling Fee for DNA Test Kit

[ ] Regular Shipping ($10.00 USD), receive kit in 7-10 business days

[ ] Express Shipping ($25.00 USD), receive kit in 1-2 business days

### Payment Information

Credit Card Type (please circle one): Visa / Mastercard / AMEX / Discover

Card Number: _____

Expiration Date: _____

Cardholder Name: _____

CVC Number: _____

Authorized Signature: _____

**Fax completed form to:**

1-888-655-8877

## How do I take the test?

The DNA test for hemochromatosis involves a few simple steps:

1. **Order the DNA test kit.** The kit can be ordered online, by fax, mail, or by phone. Once you place the order, the testing kit will be shipped directly to you.

2. **Collect a DNA sample using the swabs included in the kit.** The kit contains two swabs called "buccal swabs". DNA is collected quickly and easily by rubbing the swab inside your mouth against the cheek for 15 seconds. Once the DNA is collected, the swabs are placed into the specimen container provided in the kit and returned to the laboratory for testing using the return package included in the testing kit.

3. **Receive Results Report.** Once your samples arrive at the laboratory, testing begins immediately and results are available in 7 to 14 days.

Call Toll Free Anywhere Within North America

1-877-714-6356

Visit us online at www.hemochromatosisdna.com

GENETRACK BIOLABS

Medical DNA Testing Services • Legal Biomedical Services

Genetrack Biolabs is ISO 17025 Accredited, AABB Accredited, CIC Approved, CLIA certified, CAP Accredited.

CLIA Certification #99D1107498

# Hemochromatosis DNA Test

Knowledge is power

# 1 in 9 are carriers. Are you at risk?

**Hemochromatosis is the most common genetic disease in individuals of European Ancestry.**

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Medical DNA Testing Services • Legal Biomedical Services

Hemochromatosis is potentially fatal if not detected early.

## What is Hemochromatosis?

Hereditary hemochromatosis is a genetic disorder that causes the body to absorb and store too much iron. Since the body cannot excrete excess iron, the excess iron builds up in the body's organs over time and eventually leads to organ damage. If hemochromatosis is not detected and treated early, it may eventually cause serious disorders such as liver disease, heart disease, diabetes, and arthritis later in life.

## What Causes Hemochromatosis?

Hereditary hemochromatosis is caused by defects in a gene called HFE. The HFE gene is responsible for regulating the amount of iron that is absorbed from the food that we eat. There are three known mutations which cause the HFE gene to become defective: C282Y, H63D and S65C.

Hereditary hemochromatosis can occur when a person inherits two defective copies of the HFE gene, one from each parent. Men and women have the same chance of inheriting two copies of the defective HFE gene.

## How Common is Hemochromatosis?

Hemochromatosis is one of the most common genetic disorders in individuals of European ancestry. While this disease affects other ethnic groups, the group at highest risk are Caucasians of Northern European descent:

- Approximately 1 out of every 9 individuals of European ancestry carries at least one copy of the defective gene for hemochromatosis.

- Approximately 1 out of every 200 individuals of European ancestry carries two copies of the defective gene for hemochromatis and is at risk of developing the disease.

## Chronic fatique and weakness? Unexplained joint or abdominal pain? Undiagnosed heart problems?

Early signs and symptoms of hemochromatosis are similar to those of many other common conditions, making it difficult to diagnose. The symptoms vary between different people and some people with hemochromatosis do not have any early symptoms.

**Early symptoms of hemochromatosis**

- Joint pain
- Chronic fatique and weakness
- Abdominal pain
- Loss of sex drive (libido), impotence
- Heart problems (heart flutters, irregular heart beat)
- Darkening of skin color
- Lack of normal menstruation
- High blood sugar levels
- Low thyroid function (hypothyroidism)
- Depression

If hemochromatosis is not detected early and treated, iron will continue to accumulate in the organs and eventually lead to serious conditions such as:

- Arthritis (osteoarthrithis, osteoporosis)
- Liver disease (cirrhosis, cancer, liver failure)
- Diabetes, high blood sugar
- Heart problems (irregular heartbeat, heart attack or congestive heart failure)

## How is Hemochromatosis Treated?

Hemochromatosis is treated by removing excess iron from the body in order to bring the body's iron level back down to normal. The excess iron is removed by removing blood or donating blood at blood banks, in a process called "phlebotomy".

If hemochromatosis is detected and treated at early stages, the serious complications caused by hemochromatosis can usually be prevented.

Find out if you and your family are at risk of developing hemochromatosis.

## DNA Testing for Hemochromatosis

DNA testing can determine whether a person may be at risk of developing hemochromatosis. The DNA test examines the HFE gene for mutations that cause the gene to become defective.

### How does the test work?

The HFE gene has three known mutations which cause the gene to become defective, namely C282Y, H63D and S65C. The C282Y mutation is the one most commonly found in individuals with hemochromatosis. DNA testing confirms the presence of the C282Y, H63D and S65C mutations in the HFE gene.

### Why get tested?

Since hemochromatosis is treatable if detected early, screening for hemochromatosis can prevent potentially fatal complications from occurring. DNA testing for hemochromatosis is fast, simple and inexpensive.

Individuals wishing to start a family may also consider testing to determine the likelihood that they will pass a defective HFE gene on to their children.

### Early detection can prevent future complications

The best time to get tested is before 30 years of age, so that the disease can be detected before organ damage occurs. When detected and treated early, there is a good chance of avoiding life-threatening complications of iron build up in the body later in life. If any family members test positive for an HFE gene mutation, other family members should also be tested

Visit www.hemochromatosisdna.com for more information.


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