Flexi-Matrix™ test kits allow you to combine more than one panel, with the exception of BHP, FHP, eHP, PeriM and ePeriM. When combining panels, be sure to include the individual tests listed under each of the panels. Flexi-Matrix™ customized test kits are the most economic way of customizing test panels and profiles to meet your clinical needs, saving you 20–70% off individual test fees.

■ Choose 3 or more individual tests from the list shown on pages 4–6 of the Test and Fee Schedule. (Excludes DPD Bone Marker Test and CS3 Swab Culture for Yeast.)

■ Be sure to read detailed instructions and fill out the requisition form included in each collection kit.

■ You will always receive the lower price when your customized panel is identical to a standard panel.

Why Choose Diagnos-Techs™?

Ongoing Research and Development

Michael Everett, PhD

The Research and Development program at Diagnos-Techs™ is focused on testing that achieves and relates to wellness.

Currently, the laboratory measures hormone and IgA antibody levels, examines stool samples and provides information about how the various measurements relate to the wellness of individuals. Diagnos-Techs™ maintains an ongoing program to investigate additional testing to improve the clinical support of this endeavor and is looking to expand the Adrenal Stress Index™ (ASI) panel through the addition of more adrenal, hypothalamic and pituitary hormones. There is interest in the hormones related to body mass and nutrition such as the leptin continued on page 5

Food Intolerance Panel™

Providers may order up to 50 complimentary patient brochures.

Here’s how:

1. Phone 1-800-878-3787
2. Fax 253-398-2449
3. Email shipping@diagnostechs.com
4. Download read-to-print brochures by clicking the “client tools” tab after logging in on our web site at www.diagnostechs.com

Did You Know?

The Advantages of Saliva Testing:

Non-Invasive

• No blood draw needed

Convenient

• Specimens easily collected at home

Precise

• Tissue level measurement of biologically active fraction of steroid hormone

• Convenient multiple sample collection

• Samples stable for several weeks

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For more information about Diagnos-Techs®, visit our website at www.diagnostechs.com.
Diagnosing Colitis

Using Diagnos-Techs™ Gastrointestinal Health Panel™

Kamal Henein, MD
Raymond Dent, ND

For 11 months a 56 year old woman has been complaining of diarrhea and abdominal pain. Her bowel movements occur five to six times a day and are watery, non-bloody and not foul smelling. The diarrhea is intermittent and sometimes interferes with her sleep—leaving her feeling weak, tired and sleepy during the day. She also complains of joint pain and mild abdominal pain that is not relieved by her bowel movements.

Her medical history is positive for hypothyroidism for which she takes Synthroid 50 mcg/day, and hypertension treated with Atenolol 50 mg/day. She also takes Omeprazole 20 mg for heartburn, Ibuprofen 200 mg twice a day for her joint pain and Celsaca 20 mg/day for depression. She has no known drug allergies. She is married with two children, holds an office job, drinks filtered municipal water, does not smoke and drinks one to two beers a week. She has not travelled recently and has had no wilderness exposure.

Physical examination reveals a middle-aged woman who appears mildly underweight, in moderate discomfort, but in no significant distress. Her abdominal examination shows no distention and was soft with no rebound tenderness. She has hyperactive bowel sounds and peri-umbilical tenderness to palpation. Otherwise, her examination was unremarkable.

Pertinent laboratory findings included:

**Serum Lab Results**

<table>
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<tr>
<td>Sodium</td>
<td>136–142 mEq/L</td>
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<tr>
<td>Potassium</td>
<td>3.5–5.0 mEq/L</td>
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<tr>
<td>Chloride</td>
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A colonicoscopy examination found a macroscopically normal colonic epithelium, with the exception of diffuse patchy erethema. A Diagnos-Techs™ Expanded Gastrointestinal Panel™ (GI-02) was ordered, which generated the following results:

*(See Figure 1)*

The findings elevated alpha antitrypsin, elevated lysozymes, low intestinal SigA, anti-gliadin antibodies elevated at 30, positive.

**G3** Bacterial stool Ca

- Moderate mixed Gram negative rods/faba
- Moderate mixed Gram positive rods/faba
- Pathogen/Bacterial Overgrowth Detected:
  - Klebsiella Enterobacter/Serratia Group – Moderate
  - Alpha Hemolytic Streptococcus – Moderate
  - Gamma Hemolytic Streptococcus – Rare
- Other Findings:
  - No pathogens detected

**G4** Intestinal IgA (Stool)

- Normal: <60 U/mL
- Elevated: 6–8
- Elevated >8

**M3** Intestinal IgE (Stool)

- Normal: <60 U/mL
- Elevated: 6–8
- Elevated >8

**M4** Alpha Antibody (Stool)

- Normal: <60 U/mL
- Elevated: 6–8
- Elevated >8

**M2** Total Intestinal IgA (Stool)

- Low: <600 U/mL
- Normal: 600–800
- Elevated >800

**F1** Milk (Cow, Goat, Sheep, Salmon)

- Normal: Not Detected
- Positive: Detected

**F4** Egg (Albumin, Salmon, Goat, Sheep)

- Normal: Not Detected
- Positive: Detected

**M2** Total Intestinal IgG (Stool)

- Low: <600 U/mL
- Normal: 600–800
- Elevated >800

**M6** Intestinal IgG (Stool)

- Normal: <60 U/mL
- Elevated: 6–8
- Elevated >8

**M8** Total Intestinal IgM (Stool)

- Low: <60 U/mL
- Normal: 60–80
- Elevated >80

**F1** Milk (Cow, Goat, Sheep, Salmon)

- Normal: Not Detected
- Positive: Detected

**F4** Egg (Albumin, Salmon, Goat, Sheep)

- Normal: Not Detected
- Positive: Detected

**M3** Intestinal IgE (Stool)

- Normal: <60 U/mL
- Elevated: 6–8
- Elevated >8

**M4** Alpha Antibody (Stool)

- Normal: <60 U/mL
- Elevated: 6–8
- Elevated >8

**M2** Total Intestinal IgA (Stool)

- Low: <600 U/mL
- Normal: 600–800
- Elevated >800

**F1** Milk (Cow, Goat, Sheep, Salmon)

- Normal: Not Detected
- Positive: Detected

**F4** Egg (Albumin, Salmon, Goat, Sheep)

- Normal: Not Detected
- Positive: Detected

**M2** Total Intestinal IgG (Stool)

- Low: <600 U/mL
- Normal: 600–800
- Elevated >800

**M6** Intestinal IgG (Stool)

- Normal: <60 U/mL
- Elevated: 6–8
- Elevated >8

**M8** Total Intestinal IgM (Stool)

- Low: <60 U/mL
- Normal: 60–80
- Elevated >80

**Patient Insurance Disclaimer**

Diagnos-Techs®, Inc. is a non-contracted provider with all insurance companies. Please verify your out-of-network benefits including out-of-network deductibles and co-insurances by contacting your insurance carrier. Diagnos-Techs®, Inc. will bill your insurance (with the exception of Medicare), all insurance carriers offer coverage on our services and are billable. Depending on a patient’s benefit plan, insurance companies usually cover our tests at the maximum allowable rates so that our patients will have no out-of-pocket expenses.

**Tips for Success**

- We must have at least two forms of written patient ID, name and date of birth on all visits and order forms to process samples.
- Patients should not contact the lab for treatment related questions. Please advise patients to consult with you if they have any treatment related questions pertaining to collection. Medical support is available for provider questions about drug interactions at 1-800-878-1787.
- Review patient medication list. This will help your patients to understand what to avoid before taking our tests.
- Have your account number or accession number ready before you call.
- Share this newsletter with authorized staff. This information will help employees who call on your behalf.
- Sign up to access results online. Call Customer Service for password, 1-800-878-3787.

**Technical Services**

**Billing**

**Contact Us**

**How to Reach Us**

Business Hours
7:30am–5:00pm
Pacific Standard Time (PST)
Monday through Friday, except major holidays

Corporate Address
19110 66th Avenue S., Building G
Kent, WA 98032 USA

Customer Service
p 800-878-3787 f 425-636-2871
f 425-251-0596

Shipping
p 800-878-3787 f 253-398-2449

Technical Services
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Lab Address
Sample Processing
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Kent, WA 98032 USA

Monday-Saturday USPS Deliveries
PO Box 389662
Tukwila, WA 98138-9662 USA

**Visit Diagnos-Techs™ Online**

www.diagnostechs.com

**Shipping**

**Free Return Shipping on returned domestic test kits**

STORAGE & MAILING INSTRUCTIONS FOR ALL SPECIMENS

- Ship samples on the same day as last sample collection (preferred).
- If not, refrigerate samples and ship within 3 days. Ice bags are required during shipping.
- Write the patient’s name and address on the outside of box.
- Include all samples, test form, and if applicable, a check or a copy of the front and back of insurance card together inside the supplied box. Please be sure to seal the box with clear tape before shipping.
- US Domestic: Deliver completed test box to any Post Office (not mailbox).
- Return shipping to Diagnos-Techs™ is PREPAID. Kits are delivered to our PO Box by USPS Monday-Saturday.
- International: Delivery charge will apply. International deliveries should be addressed to the physical address, which is located to the right. Do not address to the PO Box. Deliveries can be made Monday through Friday via a private courier of your choice.

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**GASTROINTESTINAL HEALTH**

**When filling out forms:**

- Mark either the GI-1 or the GI-02 on the GI Health Panel test form. Do not mark both panels as the GI-02 is our most sensitive stool and saliva panel and includes all of the tests offered in the GI-1.

- When ordering tests on the flexible test matrix, it is not necessary to mark both the GI-1 and GI-2 as the GI-02 Ova and Parasite test is run from one total stool sample.

**Celiac disease, irritable bowel syndrome and thyroid diseases were found to have a higher occurrence in MC compared to the control group.**

- [Kao KT, Pedraza BA, McClune AC, Rins DA, Mao YQ, Zuch RH, Kanter MH](https://www.ncbi.nlm.nih.gov/pubmed/21216700)

- **Microscopic colitis is bowel inflammation that is only visible using a microscope.**

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**REFERENCES**


**Educational Pathways**

Diagnos-Techs offers several educational pathways to support our provider clients in their patient care. Office Visits, Online Meetings, and Courtesy In-House Seminars are available for you to enhance your practice and stay informed.

**COURTESY IN-HOUSE SEMINARS**

Diagnos-Techs Begins 2011 Series of Courtesy In-House Seminars

The Role of Adrenal Dynamics in Functional Medicine is a comprehensive educational seminar designed to help clinicians integrate adrenal medicine into his or her practice. The seminars will be presented by Dr. Raymond Dent and are scheduled for February 25 and March 25 respectively. Please arrive by 9:00am to register; the seminar is being held from 9:30am to 3:00pm. To reserve a seat, please call Jessica at 1-800-878-3787. Space is limited.

**DR. RAYMOND DENT**

Raymond Dent, ND, was awarded his doctorate in Naturopathic Medicine from John Bastyr College of Naturopathic Medicine in Seattle, WA in 1982. He has practiced both privately and with teams of holistically-oriented medical doctors and labs over the past 28 years. Dr. Dent has taught courses at Bastyr University, authored articles on alternative and integrated health care and appeared on television and radio broadcasts. Dr. Dent’s practice is broad in scope and utilizes therapeutic nutrition, homeopathy, botanical medicine as well as innovative procedural approaches incorporating radio-frequency and galvanic therapy for in-office treatment of cosmetic skin conditions.

**Meet Our Medical Advisors**

**DR. RAFIK KAMELMAN**

Rafik Kamelman, MD, graduated from Cairo University Medical School in 1997. He practiced medicine and general surgery for three years before joining Diagnos-Techs in 2001. Dr. Rafik has been a medical consultant for the past two years, advising Diagnos-Techs clients and interpreting test results. Prior to that, Dr. Rafik spent seven years in the lab overseeing all the tests, assays and specimen processing.

**MEDICAL SUPPORT**

Diagnos-Techs’ team of medical advisors is available to assist our licensed healthcare professional clients by answering questions about our laboratory tests and assisting in interpretation or consultation of test results. There is no additional fee to receive this service. Our medical support team consists of MDs, NDs and a PhD offering a combined 100+ years of medical experience. To speak with medical support call 1-800-878-3787.

**Vitamin D Test Coming Soon!**

Some facts about Vitamin D:

- Vitamin D is a fat-soluble vitamin that exists in two main forms; D2 (ergocalciferol) & D3 (cholecalciferol)
- Since vitamin D can be synthesized endogenously and because individuals with adequate exposure to sunlight do not require dietary supplementation, vitamin D and its metabolites are considered hormones and hormone precursors rather than vitamins.
- Besides its well-known role in regulating body levels of calcium and phosphorus, and in bone mineralization, it has become clear that receptors for vitamin D are expressed in a wide range of cells and tissues that do not play a role in mineral ion homeostasis.

**Why Choose Diagnos-Techs?**

Chomping Research and Development continued from page 1

family of hormones. There is a strong interest in measurement of vitamins and minerals as they relate to coenzymes and cofactors in maintaining optimum nutritional status.

Expansion of testing for infectious disease and parasites is an ongoing process both in the measurement of antigens/antibodies via ELISA and the benefits/limitations of adrenal diagnostic modalities that have been highlighted.

**ASSAYS**

- Enzyme-Linked ImmunoSorbent Assay (ELISA) testing and advances in microscopic analyses. The family of food intolerance tests will be expanded to include more dietary antigens from the environment including cereals, meats, fruits and vegetables. Additional efforts address early detection of disease and failing health due to aging and genetic disposition. We will continue with our efforts to monitor patient health using simple patient directed tests.

**HELPING YOU TO HELP YOUR PATIENTS**

**New Reminders in Test Kit Boxes**

These slips started going out in test kit boxes in November highlighting two very important reminders for patients to ensure that their tests get processed as quickly as possible.

**IMPORTANT!**

Read This before proceeding with your test!

The following requirements must be met or your test will not be processed:

1. Write your name & date of birth on all vials & on the front of the requisition form.
2. Please write your name & date of birth on the front of your test kit box.
3. Write the date you collected your last sample on the front of the form.

**WRITE THE DATE YOU COLLECTED YOUR LAST SAMPLE ON THE FRONT OF THE FORM.**

**ADRENAL STRESS INDEX INSTRUCTIONS**

Please remind your patients to:

✓ write their name & date of birth on all vials & on the front of the requisition form. We are unable to process tests received without this information.
✓ collect all samples on a single day following schedule on requisition form starting with the morning sample & ending with the midnight sample.
✓ Discontinue use of sublingual drops, troches & polotent hormones the night before collection. For 3-5 days prior to collection swallow them with water.
✓ avoid using antacids, bismuth medications or mouth wash the night before collection.
✓ avoid chocolate, onions, garlic & cruciferous vegetables on day of collection. Less than 1 tablespoon is OK. Avoid coffee, tea or other caffeinated beverages on that day.
✓ eat 50 grams or 200 calories of carbohydrates 60-90 minutes prior to noon collection, at the providers discretion.
✓ avoid eating or drinking anything except water for 60 minutes prior to each collection as well as to avoid brushing their teeth or smoking 60 minutes before each collection.
✓ rinse mouth thoroughly with cold water 3-5 minutes prior to each collection.
✓ Hold cotton roll under the tongue until fully saturated. This can take anywhere from 5-20 minutes or more depending on the patient. To assist in saliva production, your patient can chew a piece of licorice & sugary gum a couple minutes prior to their collection.
✓ Return the cotton to the vial, recap it, place it in the zip lock bag with the absorbent shipping pad, and refrigerate each sample until mailing. Mail all samples & paperwork together inside the supplied box within three days of collection.
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DIAGNOS-TECHS™ Lab News

Vitamin D Test

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DIAGNOS-TECHS™ On the Road

Diagnos-Techs™ will be exhibiting at the following conferences. If you are attending any of these conferences, please visit our booth. We look forward to meeting you in person.

- ACA’s National Chiropractic Legislative Conference (NCLC) February 19-20, 2011 American College of Chiropractic Washington DC
- Integrative Healthcare Symposium 2011 March 4-6, 2011 - Hilton, New York, NY
- California Naturopathic Doctors Assoc. (CNDA) Spring Conference March 20-21, 2011 - Berkeley, CA
- Health Biz Expo April 9, 2011 National College of Natural Medicine Portland, OR
- 19th Annual World Congress on Anti-Aging Medicine April 7-9, 2011 American Academy of Anti-Aging Medicine (A4M) - Orlando, FL
- IOMOSAC Conference April 8-9, 2011 - Minneapolis, MN
- The Institute for Functional Medicine 18th International Symposium April 28-30, 2011 - Bellevue, WA
- ACGG 59th Annual Clinical Meeting April 30-May 4, 2011 American College of Obstetricians, and Gynecologists - Washington DC

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**Clinical Pearls**

**INFORMATION TO BUILD ON**

Recent studies suggest that between 10 and 30% of older patients investigated for chronic diarrhea with an endoscopically normal appearing colon will have microscopic colitis (MC). (Williams JJ, Beek PL, Andrews CN, Hogan DB, Storr MA. Microscopic colitis—a common cause of diarrhea in older adults. Age Ageing. 2010 Mar;39(2):167-8. Epub 2010 Jan 11)

Celiac disease, irritable bowel syndrome, and thyroid diseases were found to have a higher occurrence in MC compared to the control group. (Kao KT, Pedraza BA, McClune AC, Rins DA, Mao YQ, Zuch RH, Kanter MH. Microscopic colitis: a large retrospective analysis from a health maintenance organization experience World J Gastroenol. 2009 Jul 7;15(25):3122-7)


**Annual incidents of MC is 8-12/100,000 inhabitants.** The aetiology is unknown and there is an association with autoimmune diseases. (Nylén N, Börj J, Eriksson S, Tysk C. Systematic review: microscopic colitis. Aliment Pharmac Ther (2006) 23:1525-34)


S IgA to casein and bacterial dysbiosis led to the diagnosis of non-specific colitis. She was advised to avoid eating gluten and dairy products and to discontinue the use of butyron. A course of probiotics, digestive enzymes, natural anti-inflammatory supplements, (e.g. Boswellia) and vitamin B12, led to the normalization of alpha-antichymotrypsin and lysozymes, evidenced on the follow-up test. Her diarrhea and abdominal pain improved within days after initiating therapy, and her joint pain resolved over a period of about two weeks.

Follow up testing was completed three months post-treatment. The results showed that the inflammatory markers had all normalized, the intestinal S IgA was trending toward normal and the anti- gluten antibodies had decreased six times.

**DISCUSSION**

Diagnosing and treating abdominal distress in its various forms can prove to be a challenge to the clinician.

In evaluating the case under consideration, important elements of the patient’s clinical presentation and history are noteworthy. An absence of travel out of the United States would weigh in favor of a non-parasitic infection as would the absence of positive findings on the GI-02 panel relating to multicellular and monocellular infectious organisms. No clinical signs of an acute abdomen were noted, and serology did not demonstrate definitive evidence of acute infection. Electrolyte derangement was broadly present, consistent with the history of diarrhea. Mild metabolic acidosis was also a factor evidenced by the depressed bicarbonate readings. The lack of severe blood and offensive odor also weighed in favor of a non-infectious pathology.

The inflammatory markers measured on the GI-02 panel demonstrated elevated alpha-antichymotrypsin and intestinal lysozyme. These findings are consistent with accelerated degradation of both colonic and small intestinal epithelium. The mildly elevated anti-gluten antibody levels (via salivary IgA) are consistent with early stage immune responses to gluten. The damaged enteric mucosa is a possible result of long-term gluten exposure. Compromised levels of intestinal S IgA levels were consistent with a non-infectious etiology as well as deranged mucosal integrity secondary to long-term NSAID use.

A noteworthy relationship regarding the abatement of the patient’s joint pain is the systemic inflammatory condition possibly induced by exposure to gluten and casein. Both of these antigens tested positive on the GI-02 panel and may have been underlying triggers of her arthritic symptoms.

Diarrheal diseases are common in older populations. At any one point in time, ~9% of an older outpatient population will experience diarrhea. Recent studies suggest that microscopic colitis (MC) is the cause of chronic diarrhea in 10-30% of older patients investigated with an endoscopically normal appearing colon. Although there are different causes for chronic diarrhea, MC is increasingly recognized as a major diagnostic entity in older individuals.

Microscopic colitis is bowel inflammation that is only visible using a microscope.

“Microscopic colitis is bowel inflammation that is only visible using a microscope.”

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**REFERENCES**

Diagnosing Colitis

Using Diagnos-Techs™ Gastrointestinal Health Panel™

Kamal Henein, MD
Raymond Dent, ND

For 11 months a 56 year old woman has been complaining of diarrhea and abdominal pain. Her bowel movements occur five to six times a day and are watery, non-bloody and not foul smelling. The diarrhea is intermittent and at times interferes with her sleep-decreasing her feeling weak, tired and sleepy during the day. She also complains of joint pain and mild abdominal pain that is not relieved by her bowel movements. Her medical history is positive for hypothyroidism for which she takes Synthroid 50 mcg daily, and hypertension treated with Atenolol 50 mg daily. She also takes Omeprazole 20 mg for heartburn, Ibuprofen 200 mg twice a day for her joint pain and Celecoxib 20 mg/day for depression. She has no known drug allergies. She is married with two children, holds an office job, drinks filtered municipal water, does not smoke and drinks one to two beers a week. She has not travelled recently and has had no wilderness exposure. Physical examination reveals a middle-aged woman who appears mildly underweight, in moderate discomfort, but in no significant distress. Her abdominal examination shows no distention and is soft with no rebound tenderness. She has hyperactive bowel sounds and peri-umbilical tenderness to palpation.

Otherwise, her examination was unremarkable.

Pertinent laboratory findings included:

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A colonoscopic examination found a macroscopically normal colonic epithelium, with the exception of diffuse patchy erythema.

A Diagnos-Techs™ Expanded Gastrointestinal Panel™ (GI-02) was ordered, which generated the following results: (see Figure 1)

The findings elevated alpha antitrypsyn, elevated lypoamylase, low intestinal IgA, anti-gliadin antibodies elevated at 30, positive.

**Figure 1**

<table>
<thead>
<tr>
<th>Test Name</th>
<th>Result / Notes</th>
<th>Code</th>
<th>Reference Values/Key</th>
</tr>
</thead>
<tbody>
<tr>
<td>G3</td>
<td>Bacterial stool CA</td>
<td>Moderate mixed Gram negative rods/anaerobe. Moderate mixed Gram positive rods/bacteria</td>
<td></td>
</tr>
<tr>
<td>Pathogens/Bacterial Overgrowth Detected:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Klebsiella/Enterobacter/Serratia Group - Moderate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gamma Hemolytic Streptococci - Rare</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Findings:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No pathogens isolated</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Figure 2**

**Biography**

Kamal Henein, MD, has been in private practice in Internal Medicine since 1980 and has been a faculty member at Loyola University Chicago Stritch School of Medicine since 1983. He received his medical degree from the University of Bucaramanga, Colombia and completed his internship and residency at Loyola University Medical Center, Chicago, IL. His subspecialty training was in gastroenterology and hepatology at the Loyola University Medical Center. Dr. Henein has a private practice in internal medicine and gastroenterology. He is a diplomate of the American Board of Internal Medicine and is certified by the American Board of Gastroenterology. Dr. Henein has been in the private practice of medicine in Chicago for 40 years. He is also a Fellow of the American College of Gastroenterology. Dr. Henein is a member of the Illinois State Medical Society, American Medical Association, and the American College of Physicians. He has been an active member of the American Society for Gastrointestinal Endoscopy. Dr. Henein has been active in the education of medical students and community education. He is a member of the American College of Gastroenterology, the American Gastroenterological Association, and the American Society for Gastrointestinal Endoscopy. Dr. Henein has been an active member of the Illinois State Medical Society, American Medical Association, and the American College of Physicians. He has been an active member of the American Society for Gastrointestinal Endoscopy. Dr. Henein has been a member of the Illinois State Medical Society, American Medical Association, American College of Physicians and the American Society for Gastrointestinal Endoscopy.

**Contact Us**

**Billing**

**courtesy service FROM OUR TEAM OF INSURANCE SPECIALISTS**

Our dedicated team of Insurance Specialists is trained to assist you with any insurance-related questions you may have. We will prevent payment processing challenges by helping you and your patients navigate through the maze of test codes and fees. As a courtesy, we will submit claims to most insurance companies at our clients' and patients' requests. In addition, we are able to bill insurance carriers for all referring doctors, nurse practitioners and registered nurses. We are able to advise you on which services are billable. Although we are a non-contracted provider with all insurance companies (with the exception of Medicare), all insurance carriers offer coverage on our services and are billable. Depending on a patient's benefit plan, insurance companies usually cover our tests at the maximum allowable rates so that patients will have no out-of-pocket expenses.

**Tips for Success**

- We must have at least two forms of written patient ID, name and date of birth on all vials and order forms to process samples.
- Patients should not contact the lab for treatment related questions. Please advise patients to consult with you if they have any treatement related questions pertaining to collection. Medical support is available for provider questions about drug interactions at 1-800-878-1787.
- Review patient medication lists. This will help your patients to understand what to avoid before taking our tests.
- Have your account number or accession number ready before you call.
- Share this newsletter with authorized staff. This information will help employees who call on your behalf.
- Sign up to access results online. Call Customer Service for password, 1-800-878-1787.

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**Customer Service**

p 1-800-878-1787

f 425-656-2871

p 425-251-0596

**Shipping**

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f 251-398-2449

**Technical Services**

p 1-800-878-1787

p 425-251-0637

**Lab Address**

Sample Processing

6620 S. 192nd Pl., Building 3-106
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**Monday-Saturday USPS Deliveries**

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Tukwila, WA 98138-9662 USA

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**Shipping**

Free Return Shipping on returned domestic test kits

STORAGE & MAILING INSTRUCTIONS FOR ALL SPECIMENS:

- Ship samples on the same day as last sample collection (preferred).
- If not, refrigerate samples and ship within 3 days. No ice bags are required during shipping.
- Write the patient’s name and address on the outside of box.
- Include all samples, test form, and if applicable, a check or a copy of the front and back of insurance card together inside the supplied box. Please be sure to seal the box with clear tape before shipping.
- US Domestic: Deliver completed test kits to any Post Office (not mailbox). Return shipping to Diagnos-Techs™ is PREPAID. Kits are delivered to our PO Box by USPS Monday-Saturday.
- International: Delivery charge will apply. International deliveries should be addressed to the physical address only, which is located to the right. Do not address to the PO Box. Deliveries can be made Monday through Friday via a private carrier of your choice.

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Flexi-Matrix™ test kits allow you to combine more than one panel, with the exception of BHP, FHP, eHP, PeriM and ePeriM. When combining panels, be sure to include the individual tests listed under each of the panels. Flexi-Matrix™ customized test kits are the most economic way of customizing test panels and profiles to meet your clinical needs, saving you 20%-70% off individual test fees.

- Choose 3 or more individual tests from the list shown on pages 4-6 of the Test and Fee Schedule. (Excludes DPD Bone Marker Test and CS3 Swab Culture for Yeast.)
- Be sure to read detailed instructions and fill out the requisition form included in each collection kit.
- You will always receive the lower price when your customized panel is identical to a standard panel.

**Flexi-Matrix™ Customized Test Panels**

**GI-02 Expanded Gastrointestinal Health Panel™**
- Steal culture for yeast
- Chymotrypsin
- Ova and parasites
- Occult Blood
- Bacterial stool pathogens
- Fecal pH
- Clostridium difficile Antigens
- Total Intestinal S IgA
- Tape Worm
- Giardia Antigen
- Intestinal Lysosome
- Cryptosporidium Antigen
- Alpha Anti-Chymotrypsin
- Ascaris histolytica Ab
- Gluten Intolerance Test
- H pylori Ab
- Round Worm
- Tricaz Worm

**AS1 Adrenal Stress Index™**
- Cortisol 4th
- DHEA + DHEA(S)
- Insulin 82
- U-3-OH Progesterone
- Gluten Ab
- Total Secretory I gA

**ePostM Expanded Post Menopausal Hormone Panel™**
- DHEA + DHEA(S)
- Testosterone
- Estrone
- Estradiol
- Progestrone
- LH
- FSH

**eMHP Expanded Male Hormone Panel™**
- TSH
- Free T3
- Free T4
- T3
- T4
- FSH
- LH
- Progesterone
- Testosterone
- Androstenedione

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Providers may order up to 50 complimentary patient brochures.

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1. Phone 1-800-878-3787
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3. Email shipping@diagnostechs.com
4. Download ready-to-print brochures by clicking the “client tools” tab after logging in on our web site at www.diagnostechs.com

**Did You Know?**

The Advantages of Saliva Testing:

- **Non-Invasive**: No blood draw needed
- **Convenient**: Specimens easily collected at home
- **Precise**: Tissue level measurement of biologically active fraction of steroid hormone
- **Convenient multiple sample collection**: Samples stable for several weeks

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**A WORD FROM THE PRESIDENT...**

Welcome to a new year and the 7th Edition of Chronobiology Letter. In this issue, we present an interesting case study featuring the Gastrointestinal Health Panel™ and ways to diagnose and treat abdominal distress.

Research suggests that vitamin D could play a role in the prevention and treatment of a number of conditions, such as type 1 and type 2 diabetes, hypertension, glucose intolerance and multiple sclerosis. Diagnos-Techs™ will soon be offering a vitamin D test to provide you with more ways to help your patients achieve wellness.

Thank you for choosing Diagnos-Techs™. We are committed to providing quality testing services to you and your patients to restore health and vitality.

Sincerely,

Elias Illyia, PhD
President, Diagnos-Techs™