

Homocysteine (Hcy) Test Result

Name: Mr John Brown

Date: 03 June 2004

D.O.B: 23/09/1951

Ref No: 04/10827

Your Hcy level:

Value	Unit
5.6	µmol/l

Result Interpretation:

The table below depicts the risk levels of developing coronary heart disease and other conditions associated with homocysteine, and recommendations to reduce elevated levels.

Hcy value (µmol/L)	Interpretation / risk level	Recommendations
6.9 or below	Optimum level – low risk	Maintain your optimum level with a healthy diet rich in vitamins B6, B12 and folate.
7 to 9.9	Mild Risk	Although your levels are still within acceptable range it would be ideal to look at reducing your level further. Together with a healthy diet high in B vitamins, supplement with 3 mg B6, 100 mcg B12 and 400 mcg folate.
10 to 12.9	Moderate Risk	You are at an increased risk of developing conditions relating to Hcy. Aim to initially reduce your levels to below 10. Together with a healthy diet high in B vitamins, supplement daily with 10 mg B6, 100 mcg B12 and 1 mg folate.
13 to 20	High Risk	Your risk is becoming significant and together with a healthy diet high in B vitamins, daily supplementation should include 50 mg B6, 500 mcg B12 and 2 mg folate.
Over 20	Very High Risk	Your risk factor is very significant and action must be taken promptly. Eat a healthy diet high in B vitamins and supplement daily with 100 mg B6, 1 mg B12 and 5 mg folate.

(Interpretation of risk and suggested supplements as recommended by Dr McCully, a pioneer and one of the world's leading authority on homocysteine and its effect on our health.)

Background Information:

This test measures homocysteine, a sulphur-containing amino acid in blood plasma. Elevated levels of plasma homocysteine are now recognised as causal for cardiovascular disease, independent of established risk factors such as elevated cholesterol levels, smoking and obesity.

Scientific evidence shows that vitamin supplementation with folic acid, vitamin B12 and vitamin B6 are very effective in reducing plasma homocysteine levels.

A small number of people do not normalise the homocysteine level even on the above suggested supplement doses. In these cases, the cause for the elevated levels should be determined by appropriate medical investigation.

Please be aware that Hcy levels naturally increase with age due to the body's decreased ability to absorb vitamins. If you are over 60 years old a level of 12 or under is within acceptable range although it is recommended to take daily multivitamins and to ensure a diet high in folate, B6 and B12.

The suggested vitamin doses are a guide only and supplementation should be discussed with your doctor if you are taking medication for an existing condition.

Recommended Reading - available from YORKWELLBEING

The following books provide useful, easy to understand information on Homocysteine, and dietary and lifestyle advice:

'The Heart Revolution' by Kilmer McCully M.D., and Martha McCully.

'The H-Factor' by Patrick Holford and Dr. James Braly.

'Stop That Heart Attack' by Dr. Derrick Cutting.