

FAQ of META Diabetic

TRACKMET

Who should consider taking the test?

It is recommended that you go for the test if you:

- Are currently suffering from diabetes
- Are above 40 years old
- Have a family history of diabetes
- Are overweight/obese
- Are not physically active
- Have high blood pressure or an abnormal lipid profile

What are the advantages of using urine as compared to blood?

As a biological waste material, urine typically contains metabolic breakdown products from a wide range of foods, drinks, drugs, environmental contaminants, endogenous waste metabolites and bacterial by-products. It is easier to obtain these metabolic products in large volumes as compared to blood as it is mainly free from interfering proteins or lipids and chemically complex.

How reliable are the test results?

The analysis of your specimen is performed in our clinical laboratory approved by the Kanazawa Health and Social Welfare Bureau of Japan. Our laboratory is also accredited by the European Research Network for evaluation and improvement of screening, Diagnosis and treatment of Inherited Disorders of Metabolism, (ERNDIM) and the Centers for Disease Control and Prevention (CDC).

Is fasting required for the test?

- Fasting is not required for the test
- Sample should be collected 2 hours after a meal

How do I go about taking the test?

Please approach our sales representatives for more information.

What information will the report provide?

The report will provide the concentrations of 5 metabolites which have an association with diabetic conditions. The report will also suggest interventions to avoid developing diabetes.

When will I get the results?

The results will be ready in 7 to 10 working days after the laboratory receives the urine specimen.

What if my test shows a positive/susceptible result?

Consult your doctor.



META Diabetic

A Comprehensive Evaluation of Your Sugar Metabolism



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E&OE
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Do You Know ...

DIABETES IS ON THE RISE



422 MILLION
adults have diabetes

<http://www.who.int/diabetes/global-report/en/>

96 MILLION people have
diabetes in the South-East Asian region

<http://www.who.int/bulletin/volumes/95/8/17-020817/en/>

What is META Diabetic?

- META Diabetic is a test that simultaneously measures the levels of 5 different sugar and sugar alcohols in your urine
- Detects any aberrations in your sugar metabolism that may indicate pre-diabetes or diabetes

Benefits of META Diabetic

- Non-invasive and pain-free sample collection
- Multi-parameter evaluation of your sugar metabolism
- Serves as a non-invasive monitoring test for the severity of your condition
- Levels of sugar alcohols measured in the test will indicate risk of diabetic complications

Long Term Effects of Diabetes ...

- Damage to the large blood vessels of the heart, brain and legs (macrovascular complications)
- Damage to the small blood vessels, causing problems in the eyes, kidneys, feet and nerves (microvascular complications)

META Diabetic Process



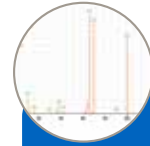
Urine

A sample of your urine is collected



GC/MS Analysis

5 metabolites are simultaneously measured in the urine sample



Data Interpretation

A metabolic pathway analysis is performed based on the metabolite concentrations



Report

An evaluation of your overall carbohydrate metabolism is provided with guidance on how to improve lifestyle

Contact us for more information.