

Investigation Corner



STROKE IN YOUNG ADULTS

Investigation: PLASMA HOMOCYSTEINE LEVEL

WHY: Homocysteine is an inflammatory amino acid that is produced as a byproduct of protein metabolism. Homocysteine-induced injury to the arterial wall is one of the factors that can initiate the process of atherosclerosis, leading to endothelial dysfunction and eventually to heart attacks and stroke

Who should be Tested : Anyone who has a family history of heart disease, stroke, diabetes or cognitive degeneration. Additionally, anyone who has already been diagnosed with any of these conditions should be monitoring their homocysteine levels. Individuals who have a family history or personal history of alcoholism or kidney disease will also be at risk.

A risk of heart disease which is increased due to the increased amount of Homocysteine in the blood is reduced by certain specific vitamins – Folic acid, Vitamin B6, Vitamin B 12.

Specimen Required

Preferred: Lavender top (EDTA)

Method: CLIA

Normal Level: 5-15 Umol/L

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