



MEMORANDUM

TO: All Physicians, Residents, Clinical Managers, and Educators at St. Joseph's Healthcare and Hamilton Health Sciences

FROM: **Dr. Shannon M. Bates** MDCM, MSc, FRCP(C)
Associate Professor, Department of Medicine, McMaster University
Director, Division of Hematology & Thromboembolism
Discipline Director for Hematology in Laboratory Medicine
Dr. Madeleine Verhovsek
Consultant Laboratory Hematologist, Red Blood Cell Disorders Laboratory
Ms. Teresa DiFrancesco
Manager, Special Hematology, Transfusion Medicine, and Genetics

DATE: January 8, 2015

RE: **Discontinuation of MTHFR Testing, Effective January 19, 2015**

Please be advised that effective January 19, 2015, HRLMP will no longer offer genetic testing for methylene tetrahydrofolate reductase (MTHFR) polymorphisms.

MTHFR polymorphism testing has historically been ordered by physicians as part of the clinical evaluation for thrombophilia. Although older literature had suggested that reduced MTHFR enzyme activity was associated with an increased risk of venous thromboembolism, arterial disease, and recurrent pregnancy loss, more recent studies have shown that MTHFR polymorphisms on their own are not associated with these clinical outcomes. As such, testing for these polymorphisms has no clinical utility and, therefore, should not be included as part of a thrombophilia evaluation.

This change in test availability brings us in line with our peer laboratories.

If you have any questions regarding this change, please contact Dr. Madeleine Verhovsek at 905-521-6024.