

Test for Essential Fatty Acid Deficiency at Mater Pathology

Mater Pathology offers a comprehensive serum essential fatty acid (EFA) profile by gas-chromatography-mass spectrometry for the diagnosis and monitoring of omega-3 and omega-6 essential fatty acid deficiency. The panel of 40 compounds includes:

- Omega-3 essential fatty acid (alpha-linoleic acid) and its key metabolites, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)
- Omega-6 essential fatty acid (linoleic acid) and its key metabolite arachidonic acid (AA).

What you need to know:

- Conditions at risk of essential fatty acid deficiency include:
- Fat malabsorption
- Intestinal resection
- Inflammatory bowel disease
- Cystic fibrosis
- Restricted diets and parenteral nutrition
- Chronic liver disease

The test is not rebatable by Medicare and costs \$200.

Clinical manifestations of essential fatty acid deficiency include dermatitis and alopecia and, in children, visual development and growth may be affected. Biochemical evidence of deficiency will occur before clinical deficiency and is only detectable by laboratory testing.

Interpretation by a Pathologist is included on the report. Mater Pathology also offers testing for fat soluble vitamins A, E and D if this is also required.

For further information please phone Dr Tony Huynh or Dr Oliver Treacy (Chemical Pathologists) on 3163 8500.