

Low Risk Category

0.3% Risk of Developing Cancer – 12 months prediction

Our Recommendations:

Consult your results with your doctor or primary care physician. If any biomarkers are elevated, at the discretion of your physician:

- Consider earlier or more frequent repeat testing with OneTest (~ every 6 months)
- Consider testing individual biomarkers earlier or more frequently (~ every 6 months)

Be sure to remain current with any other recommended cancer screening as per standards of care (e.g. colonoscopy, mammogram, chest CT, etc.)

Repeat Testing Recommendations:

Repeat OneTest in 12 months

Mild Risk Category

2.2% Risk of Developing Cancer – 12 months prediction

Our Recommendations:

Consult your Results with your doctor or primary care physician.

If any biomarkers are elevated, at the discretion of your physician:

- Consider earlier or more frequent repeat testing with OneTest (see below)
- Follow up with another MCED (OneTest Premium, ct DNA, Antigen Based)
- Test individual elevated biomarkers earlier or more frequently (~ every 6 months)

Be sure to remain current on all recommended cancer screening tests (Mammogram, LDCT, Colonoscopies...)

Repeat Testing Recommendations:

High/Elevated Biomarkers: 2-4 months | Low Biomarkers: Within 6 months

Moderate Risk Category

10.2% Risk of Developing Cancer – 12 months prediction

Our Recommendations:

Consult your Results with your doctor or primary care physician.

If any biomarkers are elevated, at the discretion of your healthcare provider:

- Consider earlier or more frequent repeat testing with OneTest (see below)
- Follow up with another MCED (OneTest Premium, CtDNA, Antigen Based)
- Consider advanced screening protocols based on your doctor's guidance

Repeat Testing Recommendations:

High/Elevated Biomarkers: Within 1 month | Low Biomarkers: Within 3 months

Consult with your healthcare provider for any information or instructions about significant biomarkers elevations.

Is a high biomarker always linked to one organ system or cancer?

Biomarkers can sometimes be responsible for multiple organ systems. In addition, an elevation of a biomarker could be the result of an infection, inflammation, or another benign condition. Repeat testing of individual biomarkers is advised when elevations are present.

Diet and lifestyle changes to lower elevated biomarkers

In addition to helping to identify cancers at earlier, more treatable stages, OneTest™ can help encourage healthier lifestyle interventions proven to reduce the likelihood of later stage cancer outcomes.

Examples: consumption of tomatoes lowers PSA and onion lowers CEA and CA125 levels. Exercise, along with cherries and dark green leafy vegetables lowers CRP levels.

Foods / Lifestyle Changes that Help Lower Biomarkers



PSA

- Raw/Plant-Based Diet
- Exercise
- Tomato Sauce
- Flaxseed



CRP

- Whole Grains
- Dark Leafy Greens
- Sweet Cherry
- Fish



CEA

- Onions
- Garlic
- Vitamin D
- Flaxseed & Nuts
- Mushrooms



CA-125

- decreased meat consumption
- Onions
- Garlic

Important Note:

The results provided by **OneTest Premium** serve as a risk predictor and are not diagnostic for cancer. It is crucial that follow-up actions be determined by a healthcare professional who has access to the individual patient's complete health history. Biomarkers may register elevated levels for reasons unrelated to cancer, emphasizing the importance of professional interpretation and follow up.

It is essential to note that **OneTest Premium** is intended to be used by asymptomatic individuals and has not been designed for monitoring disease recurrence.

OneTest Premium is a Laboratory developed test (LDT) and has not yet received FDA approval.

For more about lifestyle modification of biomarkers



For more about interpreting your results



Screening for Cancer **OneTest**™ at a time

www.onetestforcancer.com

Female Moderately Elevated

Your Result



Moderately Elevated Risk

The OneTest detected Tumor Biomarker patterns that are associated with moderately elevated cancer risk in your blood sample. In our database, 10.2% of individuals with similar results projected to have cancer within 12 months.

Tumor Marker	Result	Unit	Flag	Reference Range
AFP	1.10	ng/mL		0.0 - 8.3
CA125	9.00	U/mL		0.0 - 38.0
CA15-3	24.90	U/mL		0.0 - 25.0
CA19-9	27.00	U/mL		0.0 - 35.0
CEA	2.40	ng/mL		0.0 - 4.7
CYFRA21-1	3.50	ng/mL	High	0.0 - 2.37

Male Moderately Elevated

Your Result



Moderately Elevated Risk

The OneTest detected Tumor Biomarker patterns that are associated with moderately elevated cancer risk in your blood sample. In our database, 10.2% of individuals with similar results were projected to have cancer within 12 months.

Tumor Marker	Result	Unit	Flag	Reference Range
AFP	2.33	ng/mL		0.0 - 8.3
CA19-9	5.10	U/mL		0.0 - 35.0
CEA	1.00	ng/mL		0.0 - 4.7
CYFRA21-1	0.91	ng/mL		0.0 - 2.37
TPSA	16.58	ng/mL	High	0.0 - 4.0

Is a high biomarker always linked to one organ system or cancer?

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Biomarker	Normal Range	Benign Diseases (i.e. potential sources of false positives)	Cancers
PSA	< 4ng/ml	prostatitis, benign prostatic hyperplasia (BPH); Prostatitis; Benign Prostatic Hyperplasia (BPH); Ejaculation within the previous 48 hours; (Older men are more likely to have false positives than younger men)	Prostate cancer.
AFP	< 8.30 ng/ml	Cirrhosis of the liver; Hepatitis and other forms of liver disease; Inflammatory bowel disease; Hereditary tyrosinosis; Pregnancy; Ataxia Telangiectasia; Hepatobiliary disorders	Liver cancer, testicular and ovarian cancers.
CA 19-9	< 35 U/ml	Endometriosis; Gallstones; Acute cholangitis; Jaundice; Biliary disease; Ulcerative colitis; Inflammatory Bowel Disease; Cirrhosis of the liver; Renal failure (<400 U/ml); Cholecystitis; Pancreatitis (<1,000 U/ml); Mucinous cysts or bronchiectasis (<500 U/ml)	Pancreatic, liver, and gastrointestinal cancers
CEA	< 4.7 ng/mL	Inflammatory Bowel Disease; Pancreatitis; Liver disease; Diverticulitis; Hepatitis; Peptic ulcers; Crohn's disease; Hypothyroidism; Cirrhosis of the liver; COPD; Lung infection; Pleural effusions; Biliary obstruction	Lung, pancreatic, and gastrointestinal cancers
CYFRA 21-1	< 2.37 ng/ml	Systemic skin disorders (pemphigus, psoriasis); Liver disease (<15ng/ml); Cirrhosis of the liver; Renal failure (<20ng/ml)	Lung, head and neck cancer and breast cancers.
CA 125	< 38.10 U/ml	Ovulatory peak; Menstruation; Pulmonary infections; COPD (<100U/ml); Nephrotic syndrome; Gynecological disorders: cysts, myomas, Liver disease; Renal failure (<300 U/ml); Pregnancy (amniotic fluid); Fluid retention: serous effusion (<1000U/ml)	Ovarian and lung cancers
CA15-3	< 25 U/ml	Liver diseases (<100U/ml); Benign breast disorders; Renal failure; Megaloblastic anemia	Breast cancer

Questions/Concerns about results?

Call Zachary Zeller: **315-854-3847**

Screening for Cancer **OneTest** at a time

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To schedule time to talk about OneTest

