

Date: September 9, 2013

To: All Zones
Physicians, Nurse Managers, Educators and Practitioners, Laboratory Directors and Managers

From: AHS Laboratory Services – Genetic Laboratory Services
Molecular Diagnostic Laboratories - University of Alberta Hospital (UAH)

Re: MTHFR Testing (5,10-methylenetetrahydrofolate reductase)

PLEASE POST OR DISTRIBUTE AS WIDELY AS APPROPRIATE

Key Messages:

- Genetic Laboratory Services will no longer offer MTHFR genetic testing.
- A recent ACMG Practice Guideline: lack of evidence for MTHFR polymorphism testing (Genet Med. 2013 Feb;15(2):153-6) recommends the following:
 - MTHFR polymorphism genotyping should not be offered as part of the clinical evaluation for thrombophilia or recurrent pregnancy loss.
 - MTHFR polymorphism genotyping should not be ordered for at-risk family members.
 - MTHFR status does not change the recommendation that women of child bearing age should take the standard dose of folic acid supplementation to reduce the risk of neural tube defects as per the general population guidelines.

Inquiries and feedback may be directed to:

- Genetic Counselors, Molecular Diagnostic Laboratory UAH at: 780-407-1015.

This bulletin has been reviewed and approved by:

Dr. Martin Somerville, Medical / Scientific Director, Genetic Laboratory Services