

I have been in practice for 20 years. Over the past several months I have used the Avise PG test on a number of my patients on methotrexate. This has given me the opportunity to figure out if the patients are compliant with therapy and if they have a therapeutic level. Prior to having this test I have been under the assumption that if the patient's dose is 20 to 25 mg/wk, they are at an optimal dose of MTX. Several of my patients had PG levels less than 20. Two of them stated they were compliant with therapy (MTX 20 mg/wk PO). They will be switched to parenteral therapy. Three were non-compliant. They only admitted being noncompliant after the PG level returned from the lab. I also have had several come back around 30 despite reasonable dose of sc MTX. Those patients will move on to biologic therapy.

—*Rheumatologist, Florida*

Avise PG has enabled me the ability to objectively look at the active metabolites of Methotrexate in order to determine if a patient is utilizing the drug effectively.... I decided to apply this test to a few patients that seemed to be responding to MTX therapy but occasionally "flared up" and were at times regressing. I used the Avise PG test [on] this patient who [was] on MTX 10 mg and when I received the results back I was shocked to find out that her level was low and according to the results "non-therapeutic." As a result of the test I titrated up the dose and the patient seems to be responding well.

—*Rheumatologist, New York*

I started my own Rheumatology private practice in 1986. This test has become extremely valuable in my practice in allowing me to optimize my Methotrexate therapy for my Rheumatoid Arthritis patients.

I have been utilizing the Avise PG test to find out if a patient is at a therapeutic range for their Methotrexate Polyglutamates in order to make clinical decisions on whether or not I should increase the dose of Methotrexate, change the route of administration, or add on another DMARD. I recently had a patient on 15mg/wk of Methotrexate and the patient was not adequately responding to the therapy. I ran an Avise PG test to see if the patient was at a therapeutic level for their Methotrexate Polyglutamates. The results of the test showed that the patient was an intermediate responder with polyglutamate level of 51.4 nmol. As a result it gave me the diagnostic information that I needed in order to continue to titrate the patient on their Methotrexate dose because I knew they were not at a therapeutic range. Having the ability to check patients' levels has become [an] invaluable tool in determining the next course [of] action for my Rheumatoid Arthritis patients.

—*Rheumatologist, Southern California*

I have utilized your Avise PG tests on a number of occasions where patients were not responding to methotrexate in the manner that I thought they should. I have been able to uncover patient non-compliance, patients that did not poly-glutamate methotrexate and patients whose disease simply did not respond to MTX despite polyglutamating the drug just fine. I feel that the Avise PG tests help me to make more accurate treatment decisions for my RA patients, and they allow me to make treatment decisions in a timelier manner.

—*Rheumatologist, Colorado*

I think MTX PG in particular can help in guiding therapy with MTX and the information obtained can help to decide if a dose increase will benefit the patient and hence avoiding addition of another DMARD or biologic. On the other hand if the MTX PG levels are in therapeutic range the information obtained can prevent a physician from increasing the dose further thereby avoiding toxicity risk and will help in clinical decision making to add additional medication for disease control if indicated. The information may also help decide if switching the medication to subcutaneous route will be helpful.

About thirty percent of Rheumatoid Arthritis patients can be well controlled with MTX alone if used in optimal doses. I am excited to have this test available and am looking forward to use it in patients who... are not responding to MTX.

—*Rheumatologist, Ohio*

This gives us, for the first time, an objective measure of the adequacy of the doses patients are prescribed for rheumatoid arthritis.... Previously we had to assume that patients were adequately treated with methotrexate when their weekly dose reached 20-25 mg. Patients who were failing treatment, at that point, usually have a biologic agent...added to their medical treatment and continued for years. With this blood test, we have found several patients on these doses have sub-therapeutic levels and, therefore, the potential to benefit from an increase in their methotrexate dose without the expensive addition of another medication.

There is no other way to obtain this information. This test has, already, proven useful in my practice.

—*Rheumatologist, Massachusetts*

The Avise PG test has improved the quality of our care in what appears to be a cost effective manner by identifying patients who have been suboptimally dosed on methotrexate and allowing dose adjustments rather than considering addition of other non-biologic and biologic disease modifying drugs. Some patients' compliance seems to have improved when presented with their sub-therapeutic Avise PG results. In short the test has become a welcome addition to our diagnostic armamentarium....

—*Rheumatologist, Southern California*