

Talking to Your Doctor

You have noticed that your child doesn't appear to be developing typically.

Maybe your son doesn't hold eye contact like his sister did at that age, or your daughter seems to be losing words from her vocabulary as her peers are adding them. You worry that your child's development might be delayed and you're not sure what to do. You wonder if he or she should be screened for autism spectrum disorder.

If I have a concern about my child's development, how can NeuroPointDX help? We'll break it down for you.



STEP 1: TALK TO YOUR CHILD'S DOCTOR

Talk to your child's pediatrician about his or her development. You could ask the doctor about taking the **M-CHAT**, the Modified Checklist for Autism in Toddlers. This screening tool is used for children 16-30 months old. A failed M-CHAT is a good indication that more extensive autism testing is appropriate for your child.

STEP 2: ASK FOR THE TEST

Ask your physician to order NeuroPointDX's **NPDX AA test**. We developed this test as a screening tool. Sometimes parents and doctors wait months or years to see if a child will "catch up" to peers. In the meantime, valuable time is lost that could be used to begin helpful intervention.

Don't "wait and see"—Point. Act. Thrive.

STEP 3: TAKE THE TEST

The NPDX AA test requires a fasting blood draw. You may need to make another appointment for the blood draw. Work with your doctor or call NeuroPointDX to locate an appropriate blood draw lab. We suggest you make a morning appointment. **Your child should have nothing to eat or drink except water for at least 12 hours.** Make sure your child is hydrated, though, for a smoother blood draw. Bring your test requisition form; include payment information or a check, or contact NeuroPointDX to arrange for payment.

STEP 4: GET RESULTS

Receive the results of the NPDX AA test. NeuroPointDX will deliver results to your child's doctor within two weeks of receiving the sample. About 30% of children with ASD will get a positive test result. That can help doctors and parents make the decision to have the child evaluated by a developmental specialist. **It's important to understand that not all children with ASD will receive a positive result from the NPDX AA test.**

If your child receives a POSITIVE result on the test, proceed to Step 5.

If your child receives a NEGATIVE result, work with your doctor to determine next steps.

STEP 5: SEEK OUT A NEURODEVELOPMENT SPECIALIST

Work with a neurodevelopmental specialist, who will evaluate a child and may make a formal ASD diagnosis.

Our research shows that if the child received a positive result from the NPDX AA test, he or she is at higher risk of receiving an autism diagnosis. Ask your pediatrician if it would be appropriate for your child to see the neurodevelopmental specialist sooner, considering the result of the NPDX AA test. Waiting lists for evaluation can be many months or even as long as a year in some regions.

STEP 6: BEGIN INTERVENTION

Begin appropriate intervention. Work with your child's pediatrician to understand the results of the NPDX AA test, which may suggest that more precise intervention, including changes to the child's diet or supplements, could help correct the metabolic imbalance that the NPDX AA test uncovered.

The NPDX AA test provides parents with a new choice if they are concerned about their child's development.

Bring this list to an appointment with your child's pediatrician to discuss whether NeuroPointDX's blood test is right for your child.