



# CHECK FOR ALD

## When You See Antibody-Negative Primary Adrenal Insufficiency

### ABOUT 35-40% OF ALD CASES WILL CONVERT TO CALD<sup>1</sup>

- CALD leads to progressive behavioral, cognitive, and neurologic deficits and, in most patients, total disability and death within 2 to 3 years<sup>1,2</sup>
  - Symptoms generally present between ages 4 and 8<sup>1</sup>
- CALD can be successfully treated with allogeneic haematopoietic cell transplantation, but only if diagnosed in its earliest stages<sup>3</sup>

### A SIMPLE BLOOD TEST CAN MAKE ALL THE DIFFERENCE

- Boys with antibody-negative primary adrenal insufficiency who test negative for 21-hydroxylase antibody should be assessed for ALD by a VLCFA assay<sup>4</sup>

### THE VLCFA ASSAY CAN DIAGNOSE ALD IN MOST AFFECTED BOYS

- If you suspect ALD, order a VLCFA test and refer the patient to a pediatric neurologist

VLCFA Assay	
<b>CPT code</b>	82726
<b>Preferred specimen</b>	1 mL plasma collected in an EDTA (lavender-top) tube
<b>Collection instructions</b>	Fasting sample required
<b>Transport temperature</b>	Frozen
<b>Specimen stability</b>	14 days (frozen)
<b>Methodology</b>	Gas chromatography-mass spectrometry (GC-MS)

Codes and information obtained from Quest Diagnostics in the US. Please apply different country- and/or laboratory-specific information as appropriate.



## WHEN YOU SEE ANTIBODY-NEGATIVE PRIMARY ADRENAL INSUFFICIENCY—CHECK FOR ALD

ADDITIONAL INFORMATION ON ALD AND ITS SYMPTOMS AND TREATMENT IS AVAILABLE AT [ALDCONNECT.ORG](http://ALDCONNECT.ORG).

**References:** **1.** Steinberg SJ, Moser AB, Raymond GV. X-linked adrenoleukodystrophy. In: Pagon RA, Adam MP, Ardinger HH, et al, eds. *GeneReviews*<sup>®</sup> [Internet]. Seattle, WA: University of Washington; 2015. **2.** de Beer M, Engelen M, van Geel BM. Frequent occurrence of cerebral demyelination in adrenomyeloneuropathy. *Neurology*. 2014;83(24):2227-2231. **3.** Mahmood A, Raymond GV, Dubey P, Peters C, Moser HW. Survival analysis of haematopoietic cell transplantation for childhood cerebral X-linked adrenoleukodystrophy: a comparison study. *Lancet Neurol*. 2007;6(8):687-692. **4.** Brett EM, Auchus RJ. Genetic forms of adrenal insufficiency. *Endocr Pract*. 2015;21(4):395-399.

