

## Procedure of the osteoporosis test:

-  **1** Step 1: Take the osteoporosis test easily and conveniently at home and send it with your urine sample to the laboratory.
-  **2** Step 2: Your sample is tested and evaluated in detail in our laboratory.
-  **3** Step 3: Subsequently, your test results will be sent to you safely and discreetly directly to your home. You will receive a detailed, fully comprehensive evaluation and information on possible therapies.

The early test from osteolabs does not require any radiation and can detect osteoporosis even before the first visible signs appear. This will give you quick certainty and will allow you to discuss the next steps with your doctor.

Step by step instructions and return envelope

Cup for urine sample collection as well as urine monovette and protective vessel



The Test-Kit

-  radiation-free
-  quick assurance
-  extremely sensitive test procedure

## Evidence based, medically proven

In cooperation with the University Medical Centre Schleswig-Holstein in Germany, the GEOMAR Helmholtz-Centre, Prof. Eisenhauer, osteolabs GmbH in Germany and the research institute CRC Kiel, several clinical studies have been carried out, which confirmed the reliability several times.

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UNIVERSITÄTSKLINIKUM  
Schleswig-Holstein

## The test procedure

This procedure was developed in a 17-week NASA study (J. Skulan et al 2007). Based on this, a number of studies were carried out with the University Medical Centre Schleswig-Holstein in Germany (UKSH) and the GEOMAR Helmholtz-Centre. With a sensitivity of 100%, all previously detected osteoporosis cases were identified by means of calcium isotope markers (CIM), as expected.

**"Sensational. osteolabs is a role model for a successful start-up."**

Dr. Bernd Buchholz  
Minister for Economic Affairs  
of Schleswig Holstein, Germany



More information can be found at:

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# Frequently asked questions about osteoporosis

Evidence based.  
Medically proven.



**osteolabs**  
early detection of osteoporosis

# Questions and answers about osteoporosis and the early test

Ms. Gabriele Lorentz is a GP in Kiel and uses the osteoporosis early test in her practice. She has answered the most frequently asked questions from her patients.

Gabriele Lorentz,  
GP from Kiel,  
Germany



## Why is early detection of osteoporosis so important?

Ms. Lorentz: "Osteoporosis is the loss of bone mass. The disease mostly affects women, even in middle age. In Germany, 7.8 million people already suffer from this disease. Osteoporosis often goes unnoticed, which is why early detection is so important. That's why I recommend the osteolabs test to all patients over the age of 50."

## Why do bones become brittle?

Ms. Lorentz: "The body is constantly building up and breaking down bone mass. The female sex hormones, the oestrogens, ensure a balance between the cells that break down bone mass, the osteoclasts, and the cells that build up bone mass, the osteoblasts. With the onset of the menopause, the oestrogens are absent and more bone mass is broken down than built up. If stress is added, osteoporosis can occur."

## Can the loss of bone mass be stopped?

Ms. Lorentz: "The loss of bone mass is irreversible. The earlier prevention and therapies begin, the better the process can be slowed down. X-rays can only detect the degradation when it has already begun and reached a certain level. OsteoTest | home provides indications of osteoporosis much earlier."

## Are X-ray procedures necessary?

Ms. Lorentz: "In the most cases, the urine test can replace a X-ray examination for early detection. To be safe, you should discuss this issue with your doctor."

## Why is my doctor unfamiliar with this test?

Ms. Lorentz: "For example, 63,643 notifications for medical devices were available to the German Institute for Medical Documentation and Information in September 2017 (IKK figures). It is often difficult for doctors to keep track and to know every new procedure immediately."

## Why is the test so expensive?

Ms. Lorentz: „The urine sample is analysed in a complex procedure with highly specialised equipment in several steps. For your safety, the analysis is carried out according to the highest quality standards. Statutory health insurances usually only pay for a bone density measurement, if osteoporosis has already been diagnosed. Experts criticise this, because early diagnosis is important to detect bone loss and save bones. Therefore, private health insurances cover the costs upon request.



Bone loss: Left: healthy, Right: osteoporotic.  
Bone loss causes the bones to break at the slightest strain.



Dr. Müller in a preventive consultation with an osteoporosis patient.

## I already have osteoporosis. Is the test also worthwhile for me?

Ms. Lorentz: "Yes, definitely. Only further tests show the effectiveness of a therapy, for example. Therapy successes are immediately visible. If they fail to materialise, an unnecessary or ineffective therapy can be quickly discontinued and replaced by a better measure."

## Why is vitamin D so important at osteoporosis?

Ms. Lorentz: "Bones need calcium. Vitamin D promotes the absorption of calcium from the diet and is important for bone augmentation."

## "Many only find out about their osteoporosis when a bone has already been broken."



Dr. med. Michael Müller,  
Senior Physician of the Clinic for Orthopedics and Trauma Surgery, University Medical Centre Schleswig-Holstein, Germany

