

DIAGNOSING LUPUS: A GUIDE TO TESTING WITH AVISE® CTD



Getting a definitive lupus diagnosis can be a long and frustrating journey. Symptoms of lupus can be similar to those of other diseases, and other clues such as medical history and a physical exam are needed for a potential diagnosis of lupus.

The AVISE CTD test may help your doctor make a conclusive diagnosis faster. This diagnostic blood test is the most advanced autoimmune test available for diagnosing lupus and connective tissue diseases. When used along with your doctor's clinical assessment, AVISE CTD can provide the answers your doctor needs to make an accurate diagnosis and develop a treatment plan.

ARE YOU A GOOD CANDIDATE FOR AVISE CTD?

Talk to your doctor about AVISE CTD if you have symptoms of lupus. While symptoms can vary greatly, they may include:¹

- Chest pain when taking a deep breath
- Fatigue
- Hair loss
- Joint pain and swelling
- Muscle pain
- Purple or pale fingers and toes due to cold or stress
- Light sensitivity
- Skin rashes, most commonly a butterfly rash on the cheeks and bridge of the nose
- Mouth ulcers
- Sores in the nose
- Unexplained fever



You may also want to talk to your doctor about AVISE CTD if:

- You have had a positive antinuclear antibody (ANA) test, which can show whether your immune system is likely to produce autoantibodies found in lupus.
- Your doctor suspects you may have lupus but traditional tests have shown negative or inconclusive results.
- You have fibromyalgia or another chronic neurological disease and are concerned about having an autoimmune rheumatic condition.

Your doctor will evaluate your symptoms, health history and any relevant test results to determine whether AVISE CTD is right for you. If the answer is yes, your doctor will order the test and then send your blood sample to Exagen for testing. Exagen laboratories use advanced, high-quality testing methods to deliver results you and your doctor can rely on.

To get started with AVISE testing, visit www.AviseTest.com/patient/ctd.

WHY AVISE CTD? THE CHOICE IS EASY

AVISE CTD offers advantages over other tests on the market.

Created by the research and development team at Exagen, AVISE CTD works differently than other autoimmune tests. AVISE CTD is a comprehensive autoimmune connective tissue disease (CTD) test that uses just two vials of your blood to determine whether lupus or something else is the cause of your symptoms. But unlike some other tests, AVISE CTD offers superior accuracy to help your doctor make a differential diagnosis between several autoimmune diseases. It uses a proprietary algorithm that enhances the accuracy of results, making AVISE CTD a good option if previous testing for lupus has been inconclusive. It can also help doctors assess whether you have fibromyalgia for underlying autoimmune conditions.

Lupus can be hard to diagnose. ANA blood tests can help, but they do not distinguish between lupus-specific biomarkers and those of other autoimmune disorders. Thus, a positive ANA test can't definitively confirm that you have lupus. With a lupus-positive AVISE CTD test result, your doctor has the most accurate testing information available to determine your risk for lupus, enabling you to get started on appropriate treatment before your disease progresses further.

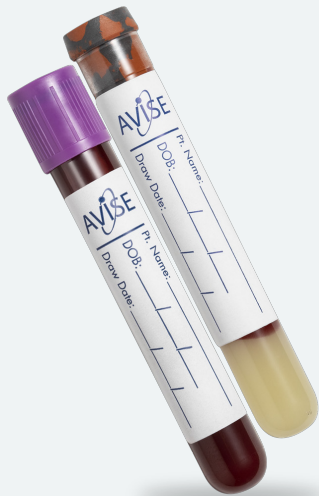


AVISE CTD uses a proprietary algorithm that enhances the accuracy of test results.

AVISE CTD:

- Is the only diagnostic test on the market to use patented lupus biomarkers called cell-bound complement activation products. In clinical studies, these biomarkers have outperformed traditional lupus testing using another lupus biomarker, anti-dsDNA antibodies, by up to 48%.²
- Can distinguish lupus from ANA-positive fibromyalgia with up to 100% specificity.³
- Uses biomarkers to test for other conditions, including antiphospholipid syndrome, scleroderma, Graves' disease, Hashimoto's disease, polymyositis/dermatomyositis, rheumatoid arthritis and Sjögren's syndrome, that share symptoms with lupus.
- Is performed solely at the Exagen laboratories, which means you can count on accurate results from the highest-quality testing available.

Uncover the cause of your symptoms. Ask your provider whether AVISE CTD testing is right for you.



READY TO TEST WITH AVISE CTD?

Here's how to get started.

It's easy to get an AVISE CTD test to determine whether you have lupus or a different autoimmune or inflammatory disorder.

1

Fill out our interactive **symptoms checklist**. Download your results and bring them with you to your next doctor's appointment. This will make it easier for your doctor to assess what symptoms you have and how frequently you experience them.

2

Make sure your doctor knows about AVISE CTD. We can **send your doctor the information** they need to determine if AVISE CTD is right for you. If your doctor isn't familiar with AVISE CTD, we will send a starter kit with everything they need for testing.

**There's no need to wait on a diagnosis any longer.
Send your doctor information about AVISE testing to get started.**

References

- 1) U.S. National Library of Medicine. Lupus. MedlinePlus. Updated July 20, 2016. <https://medlineplus.gov/lupus.html>. Accessed September 7, 2022.
- 2) Putterman C, Furie R, Ramsey-Goldman R, et al. Cell-bound complement activation products in systemic lupus erythematosus: comparison with anti-double-stranded DNA and standard complement measurements. *Lupus Sci Med*. 2014;1(1):e000056. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4225732>. Accessed September 7, 2022.
- 3) Wallace DJ, Silverman SL, Conklin J, et al. Systemic lupus erythematosus and primary fibromyalgia can be distinguished by testing for cell-bound complement activation products. *Lupus Sci Med*. 2016;3(1):e000127. <https://pubmed.ncbi.nlm.nih.gov/26870391>. Accessed September 7, 2022.