

Elevating care with pharmacogenomics (PGx)

Biron is at the forefront of personalised medicine, harnessing the power of pharmacogenomics (PGx) to enhance patient care.

The test helps to

- ↓ Reduce the risk of side effects¹
- ↑ Increase the likelihood of treatment success²

Your journey to personalised healthcare begins here



biron.com/pgxtest
1 855-943-6379

Talk to your doctor to find out if PGx testing is right for you.

About Biron Health Group



Founded in 1952, **Biron** is renowned for its expertise in six areas of healthcare:

- Medical laboratory
- Sleep care
- Medical imaging
- Health at work
- Genetics
- Pathology

Biron a proud Canadian company based in Quebec, brings together the strengths of nearly 1,000 skilled, conscientious, and caring professionals. Today, this dedicated team is developing the services you'll need tomorrow to live a healthy life.

How does it work?

- **Order your test**
Get your collection kit from your doctor's office or have it delivered to your home.
- **Provide your sample**
Follow the simple instructions in your kit to collect your saliva sample. A prepaid return envelope is included.
- **Get your results**
Our experts analyze your sample and create a detailed report about how your genetics affects your response to various medications.
- **Consult your healthcare provider**
Review your results with your healthcare provider to discuss any potential change to your treatment.
- **Free consultation included with your test**
Benefit from a meeting with a **Biron** pharmacist to discuss your results.

Order your test on
biron.com/pgxtest

Your privacy is our core commitment

Your personal information is used only for its intended purpose: to offer you personalised insights to help find the medications best suited for you. We stand firm in our promise not to disclose your personal details to any third party without your authorization.

In Canada, it is against the law for anyone to force you to take a genetic test or to disclose your results to employers, insurance companies or any other service provider.



Your pharmacogenomic test results



145 medications covered

Guides the use of the most widely prescribed medications for ADHD, mental health conditions and pain management.



Long-term utility

Your test results are stable over time, offering a lasting resource to guide your medication choices well into the future.



Scientifically supported

Every recommendation is grounded in peer-reviewed scientific research, giving you confidence in the reliability and validity of your test results.

Discover the full list of medications covered by the **Biron** pharmacogenomic test by visiting biron.com/meds



Biron

Is your medication working?

Let your DNA help you find the right treatment.



Pharmacogenomic Tests

To guide the treatment of ADHD, mental health problems and pain.

People react differently to medications.

For some, finding medications that work with few or no side effects can be time-consuming and frustrating. Taking a pharmacogenomic test tells you if your DNA could make you react differently than others to certain medications. Your DNA holds clues that can tell you if it is better to take certain medications at lower or higher doses, and if some medications are more or less likely to be effective or cause side effects.

The **Biron** Pharmacogenomic (PGx) test helps your provider make better medication choices and find the right treatment.

98 % of people have at least one genetic variation impacting their response to medication.³

Here are examples of recommendations you can obtain from your pharmacogenomic report.

Alex

Escitalopram (Cipralex®)

Major depressive disorder

Increased risk of gastrointestinal symptoms.

Laura

Methylphenidate (Concerta®)

ADHD

Consider using a lower dose.

Hugo

Codeine

Chronic back pain

Avoid using codeine because of potential of serious toxicity.

Explication:

Alex has a predisposition for nausea and/or vomiting from taking escitalopram. Other antidepressants may be better suited for him.

Laura metabolises methylphenidate slower than the general population, meaning the usual maintenance dose may be too high.

Hugo's fast metabolism would convert codeine into morphine very quickly, potentially leading to dangerously high morphine concentrations.

How does this test help me?

The **Biron** pharmacogenomic test analyses the DNA in your saliva to see how your body could react to different medications. It helps you understand three things:

- 1 Your body's ability to eliminate different medications, to ensure that doses are neither too high nor too low.
- 2 Which medication might be more or less effective at treating your symptoms.
- 3 If you are predisposed for particular medication side effects.

1. Swen et al. 2023. Lancet 401(10374):347-356.
2. Brown et al. 2020. Pharmacogenomics 21(8):559-569.
3. Dunnenberger et al. Annu Rev Pharmacol Toxicol. 2015 55:89-106.

Patients often ask

+ When should I take a pharmacogenomic (PGx) test?

→ Suitable for all ages, a PGx test is useful to help choose the right medication for those facing medication challenges, from side effects to lack of efficacy, or prior to starting a new treatment.

+ How is DNA collected for the Biron pharmacogenomic test?

→ You only need to provide a saliva sample using the collection tube included in your kit. Once you have provided your sample, send it to our laboratory using the prepaid envelope included with your kit.

+ What medications are included in the Biron pharmacogenomic test report?

→ Our pharmacogenomic test covers 145 medications, including those used for pain management, ADHD, and other mental health conditions.

For an up-to-date list of all the medications we test for, visit biron.com/meds

+ How much does the test cost?

→ The cost of the test depends on the specific medications covered:

→ Mental Health (Psychiatry and ADHD)	- \$349
→ Pain Management	- \$349
→ Complete (Mental Health and Pain Management)	- \$499

Many insurers now cover PGx tests. The extent of coverage, however, depends on the individual's plan, which may vary based on the policy chosen by the employer or provided by the insurer. Contact your insurance provider for details of your coverage for PGx testing.

+ When will I receive my pharmacogenomic test results?

→ Your results will be available to you and, if requested, your doctor and/or pharmacist within 10 business days after reception of your sample at our laboratory.