

## Bloodspot Muscle

Patient Information	Clinician/Order Information	Sample Information
<b>Conversion T Staging</b>  <b>DOB: 1/9/1970      Age: 54</b> Gender: Female Phone: 5615551212 Patient ID: P1034055	<b>Testing Provider, MD</b>  <b>Test Provider MD</b> 8887995816 Order date: 4/18/2024	<b>Accession# 0424-0003477</b>  Collected: 4/15/2024  Received: 4/18/2024 Reported: 4/18/2024 10:06:01 AM  <u>Collection time:</u> <b>1st</b> 9:48 AM
<b>Profiles</b>		
(82) Bloodspot Muscle		

Analyte	Unit	Observation	Results	Reference Range
Myostatin	ng/mL	<b>Low</b>	<b>24.0</b>	25.0 - 41.4
Follistatin	pg/dL	<b>High</b>	<b>39.1</b>	7.9 - 23.5
Myostatin:Follistatin Ratio	None	<b>Low</b>	<b>0.61</b>	1.60 - 3.60

### MYOSTATIN

Decreased myostatin levels lead to enhanced muscle growth and strength, beneficial for athletic performance, injury recovery, and combating muscle loss. Such conditions highlight the therapeutic potential for muscle-wasting diseases. Increased myostatin indicates increased muscle growth inhibition, associated with muscle wasting, sarcopenia, or muscular dystrophy, and could result from inactivity.

### FOLLISTATIN

Decreased follistatin levels may reduce muscle growth and regeneration, indicating muscle regulatory imbalances and potentially leading to weakness or atrophy. Addressing these levels is vital for muscle health. Increased follistatin suggests greater muscle growth potential, often seen in response to exercise or specific interventions, counteracting myostatin's inhibitory effects.

### MYOSTATIN/FOLLISTATIN RATIO

A low myostatin/follistatin ratio implies a favorable environment for muscle growth, as the inhibitory effects of myostatin are counterbalanced by follistatin. Conversely, a high ratio suggests a dominance of muscle inhibitory signals, potentially hindering muscle development and regeneration. This ratio can serve as a critical marker for assessing muscle health, the risk of muscle-wasting conditions, or the effectiveness of interventions aimed at promoting muscle growth.

