

ANTINUCLEAR ANTIBODIES

WHO SHOULD GET THIS TEST?

This test is useful for people who are interested in screening for autoimmune disease in general.

WHY IS THIS TEST IMPORTANT?

ANA stands for “antinuclear antibodies”. The ANA test looks for the presence of ANA in your blood. These antibodies are called “antinuclear” because they target the nucleus of healthy cells. The nucleus acts as a control center for cells, and sends signals that are responsible for essential functions.

The immune system produces various antibodies to combat infections. Sometimes, these antibodies mistakenly recognize normal proteins as invaders. Antinuclear antibodies are also known as “autoantibodies”. When ANAs identify normal proteins in a cell’s nucleus as foreign, it can lead to inflammation; this causes the body to “attack” itself. ANA levels often rise with age, and around one-third of healthy adults over 65 years old test positive for ANAs. However, finding high amounts of autoantibodies may suggest an autoimmune disorder- which is why we recommend taking all test results to your trusted healthcare provider for interpretation and follow-up.

OTHER RELEVANT TESTS

If you’re interested in this panel, you may also want to consider:

- Arthritis Screening Panel
- Osteoporosis Risk Panel
- Basic Nutritional Panel

Website test descriptions and all associated information are provided through Any Lab Test Now and the Product Management Team, in conjunction with the Medical Professionals Committee, and Ekan Essien, MD, Corporate Medical Director.