

# NK Vue™

Monitors the  
Strength of Your  
Immune System



**Take an Active Role  
in Your Health**

# NK Vue™

Immune System  
Monitoring

## How to Order

Talk to your doctor to find out more about NK Vue™ testing, or contact us at 514-360-4681 or at [contact.ca@nkmax.com](mailto:contact.ca@nkmax.com)

Our team can assist you in locating a doctor, providing information to your existing doctor, or scheduling your blood draw.

Learn more at  
[www.nkmaxcanada.com](http://www.nkmaxcanada.com)



Are You  
Well Equipped to

# Fight Disease

***Infections and  
Cancer?***

NK cells play a key role in your immune system. Tracking your NK cell activity can help your doctor assess the strength of your immune system for fighting off infections or cancer cells.



## YOUR IMMUNE SYSTEM

**Your immune system works much the same way an army would, protecting you from pathogens trying to kill or damage your cells or organs.**

Your natural defense system fights pathogens such as bacteria, viruses and abnormal cells such as tumor cells to keep you healthy. When you have a strong immune system, you are more likely to be well protected against infections, cancer and other diseases.

## YOUR IMMUNE CELLS

**There are two types of immune cells: the cells of the innate immune system and those of the adaptive immune system.**

The white blood cells in the innate system are your first line of defense and hold down the fort until the white blood cells in the adaptive system are trained and ready to attack pathogens.



**Innate Immune System:** The white blood cells in the innate immune system, which include NK cells, are always on patrol. They guard the front line and recognize and kill dangerous abnormal cells on sight. This is known as “immunosurveillance”.



**Adaptive Immune System:** The adaptive immune system is made up of white blood cells that are trained to target very specific invaders; they are your “Special Forces”. Unlike the front-line NK cells that kill all pathogens on sight, these cells are trained to attack only specific pathogens.

## NATURAL KILLER (NK) CELLS

**The cells in your innate immune system include natural killer (NK) cells, a type of white blood cell or “lymphocyte.”**

These cells play a key role in your immune system, as they are the first line of defense against dangerous abnormal cells. When an abnormal cell appears, the NK cells immediately recognize it and initiate a process to destroy it.

**Upon detection, two things happen:**

- 1 An NK cell attaches to the abnormal cell, causing a chain reaction that directly kills the cell (this is called cytotoxicity - “cyto” for cell and “toxicity” for killing).
- 2 The NK cells work together to release a protein in the blood called cytokine (“cyto” for cell and “kine” for movement). The cytokines are messengers that call upon other cells in the immune system to help the NK cells kill the abnormal cells (or help prevent tumor growth).

## NK CELL FUNCTION

**NK cell function, also called NK cell activity, indicates how well your body can defend itself against dangerous abnormal cells.**

NK cell activity helps your doctor assess the strength of your immune system for fighting off infections or cancer cells.

Measuring NK cell activity does not tell your doctor if you have a disease or an illness; it does, however, help him or her decide what other types of additional tests or follow-up you may need.

A number of conditions and diseases may affect your NK cell activity. For example, people who are highly stressed or who are not sleeping or eating well may have lower NK cell activity.

## NK CELL ACTIVITY AND CANCER

**NK cell activity has been shown to be much lower in people with cancer.**

Nevertheless, if your doctor finds that your NK cell activity is low, this does not mean you have cancer. Rather, **it may signal that you are at higher risk for cancer.** Your doctor will discuss your test results with you and decide (based on your clinical and family history and risk factors) whether you should be retested or have additional tests.



**There are approximately 2 billion NK cells in your body at any one time.**

**Determining NK cell activity is just as important as performing other blood tests, such as a complete blood count.**

Based on your NK cell activity results, your doctor may also recommend some lifestyle changes (weight loss, exercise, diet change, smoking cessation, etc.) that could help to improve your immune system and improve your ability to fight cancer and other diseases.



## The NK Vue™ Diagnostic Test

NK Vue™ is the first commercial test that measures NK cell activity.

It is a simple and affordable blood test that requires only 1 ml of fresh blood.

Your doctor can prescribe an NK Vue™ diagnostic test to measure your NK cell activity and determine how well your immune system is equipped to fight cancer and other diseases.



## Test Results

Based on your test results, your doctor will determine whether further tests are required. If your NK cell activity is low, your doctor may follow-up with additional screening tests such as a PSA test, mammogram, stool test or colonoscopy.

Talk to your doctor or visit [www.nkmaxcanada.com](http://www.nkmaxcanada.com) for more information about NK Vue™ Testing.