

## BIOMARKER TESTING IN NEUROLOGY

**Many neurological diseases are progressive in nature, making timely treatment crucial to better quality of life and more time with loved ones.** Now, biomarker testing is becoming a critical tool in both the diagnosis and treatment of neurological diseases. This more personalized approach to care emphasizes the need for policymakers to prioritize access to testing and treatment.

### *Q: What is a biomarker test?*

Biomarker tests use measurable data to show changes or conditions in a person's body.<sup>1</sup> Biomarker testing can help clinicians appropriately diagnose patients and determine the best care path for them. It can potentially identify patient response to certain therapies, further personalizing treatment. Biomarker testing, along with traditional labs and medical analysis of symptoms, allows for more timely and accurate diagnoses.

### *Q: In what neurological diseases are these tests available?*

Biomarker testing is becoming available for diseases like Alzheimer's, Parkinson's<sup>2</sup> and multiple sclerosis.<sup>3</sup> Some biomarker tests like CSF and blood tests can be used to identify various neurological diseases such as Alzheimer's and multiple sclerosis. This is an exciting area of science that continues to rapidly develop.

*Q: How can patients and providers benefit from biomarker testing?*

Biomarker testing can accelerate the diagnostic process, offering a clearer path forward for patients. In neurological diseases such as Parkinson’s, biomarker testing enables providers to identify specific disease characteristics, allowing them to treat patients with a more targeted, timely plan. The more individualized the care, the higher the likelihood of achieving better outcomes for the patient.



Accelerates the diagnostic process



Offers a clearer path forward for patients

**BENEFITS OF BIOMARKER TESTING**

*Q: What policies can improve access?*

Insurance coverage is one of the biggest roadblocks to patients receiving biomarker testing. Many payers, including Medicare, cover testing only in certain instances—primarily oncology. Policymakers should understand that biomarker testing spans across several disease states, not just cancer. Approximately 20 out of 50 states have legislation requiring health insurance plans to cover biomarker testing—and a number of other states are considering this type of legislation.<sup>4</sup>



Identifies specific disease characteristics



Enables targeted, timely treatment plans

Individualized care for neurological diseases can **improve patient outcomes and quality of life.**





## CONCLUSION

**Biomarker testing is transforming neurological care by enabling earlier diagnosis and personalized treatment.**

To ensure patient access, policymakers must adopt broader insurance coverage and support continued innovation.

## REFERENCES

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