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NutriPATH
Integrative Pathology Services

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Date of Birth: 08-Jan-1985
Sex: M
Collected: 31/Oct/2019
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INTERNATIONAL PATIENT 1000
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ALLERGY PANELS - **IgA**

Food sensitivities can cause a wide range of symptoms and disorders including asthma, eczema and migraines. The IgA food allergy test offers a useful tool for detecting the foods causing gastrointestinal and mucous membrane reactions. The results are patient specific and provide an easy, precise and effective starting point for dietary manipulation.

Health Disorders and Adverse Reactions to Food

Adverse reactions to foods can cause both mild and severe health problems in a subset of the population. Immediate food allergies are known to affect 4% of the general population, whereas general adverse reactions to food may affect a much higher proportion (>20%). The symptoms caused by the food reactions can be as mild as bloating but as severe as anaphylaxis. Conditions which may be caused or exacerbated by adverse food reactions include asthma, arthritis, irritable bowel syndrome (IBS), migraine, otitis media and skin rashes. A wide variety of more non-specific symptoms can be attributed to food sensitivities such as fatigue, headaches, and difficulty losing weight, food addictions and trouble concentrating.

Allergies versus Sensitivities to Foods

Adverse food reactions include any abnormal reaction resulting from the ingestion of a food. They can be categorised as food allergies (with an immune response) or food sensitivities/intolerance. The existence and classification of food sensitivities have been controversial. These types of reactions are difficult to diagnose because the time between consumption and response may be delayed (up to 2 days) and the symptoms are often subtle. In many cases ingestion of the offending food paradoxically masks the symptoms temporarily. Furthermore, multiple causes contribute to food sensitivities, making this area difficult to study.

IgA

IgA is the predominant antibody found in mucus membranes. IgA is one of 5 antibodies circulating in the bloodstream produced most abundantly (approximately 75% produced in tears, saliva, bronchial secretions, mucous membranes) as a first line defence against allergens. Production of IgA antibodies are exacerbated when sensitivity to specific foods inflame the mucous membranes of the gastrointestinal tract. This inflammation will lead to gastrointestinal symptoms of abdominal pain, bloating, flatulence, IBS to IBD.

Why Test for IgA Food Reactions?

Elevated IgA to specific foods is indicative of impaired mucus membrane integrity in the gut. Individuals with Crohn's disease or ulcerative colitis, or even those with suspected leaky gut may benefit from testing IgA food reactions.

It is important to know that, with the exception of gliadin (found in wheat gluten), the elimination of IgA reactive foods has not been proven to provide relief for any specific health conditions. IgA reacts with food antigens to form an immune complex, but unlike IgG and IgE, does not provoke inflammation. Failure of IgA to maintain adequate anti-inflammatory control may lead to mucosal damage. IgA reactions to specific foods may be indicative of increased exposure caused by damage to the intestinal mucosa.

Consider testing for IgA foods when mucosal damage is suspected (e.g. Crohn's disease, ulcerative colitis) and/or if IgG is negative but the patient is symptomatic.

ALLEGY PANELS - IgA (blood spot)

- **General Foods [Test code: 3197]**
- **Asian Foods [Test code: 3198]**
- **Vegetarian Foods [Test code: 3200]**
- **Inhalants [Test code: 3199]**

Other intolerance tests available

- **ALCAT Intolerance Test - 50 / 100 / 150 / 200 foods (serum)**
- **ALCAT Intolerance Test - CHEM20 / CHEM 30 / CHEM50 (serum)**
- **ALCAT Intolerance Test - Moulds (serum)**
- **ALCAT Intolerance Test - Herbs (serum)**

How to order a test kit:

To order a test kit simply request the test name and/or test code on a NutriPATH request form and have the patient phone WellLab Customer Service: +60327277434.