

Candida Antibodies Blood or Saliva

sample type: **SALIVA / BLOOD**

In recent years it has become clear that a surprising number of common health problems, both physical and mental, might have a common cause – namely the spread of fungal toxins from yeasts notably *Candida albicans*. Such yeasts can live and thrive and present no problems to their host as long as they are confined to specific sites in a non pathogenic form. Should they go beyond these sites, or become altered to a more pathogenic fungal form, the defence capability of the body, as represented by the immune system, attempts to attack and destroy such yeasts. *Candida species* are found naturally in the gut of almost all humans. In some individuals, the natural balance of the gut is disturbed, often through the use of antibiotics and hormones, leading to an immunological reaction to *Candida* with a subsequent increase in specific antibodies.

Causes of Candida Overgrowth:

Many factors associated with modern life promote the overgrowth of Candida yeast within the gastrointestinal tract. Factors that can trigger Candida overgrowth include:

- Increased use of antibiotics and oral contraceptives
- High sugar and starch diets
- Stress
- Chlorinated water

Toxic by-products released by yeast can set off a multitude of both subtle and overt symptoms. These range from headaches, fatigue, and inability to concentrate, to low sex drive, recurrent vaginitis, skin irritations, and even failing vision.

Candida albicans test would be applicable when patients present the following symptoms:-

- Fatigue
- Mood swings
- Fungal infections
- Aching joints, heavy muscles
- Decreased libido
- Menstrual complaints
- Dry itchy skin, acne
- Foggy head, lack of concentration
- Digestive symptoms, bloating, diarrhoea, constipation, excess wind
- Recurrent thrush
- Bladder infections
- Chronic Stress
- Chronic sinus problems

If a patient has a history of having taken frequent or broad-spectrum antibiotics, the contraceptive pill or is taking Hormone Replacement Therapy

Candida albicans and Skin Irritations:

Overgrowth of *Candida albicans* can be signified by a large number of skin problems. In fact, some experts estimate that 15% of patients with Candida overgrowth have some type of skin lesion. Clinical examples include:

- Psoriasis
- Rashes on various parts of the body
- Inflammation
- Atopic dermatitis

Candida albicans and Female Reproductive Hormones:

Candida albicans is closely linked with the activity of reproductive hormones in women

- Oestradiol, one of the body's main forms of oestrogen, promotes the growth and the survival of *C. albicans* by protecting it from heat and oxidative stress.
- Research suggests that Candida overgrowth can activate an autoimmune response to sex steroid hormones such as oestrogen.

Genova Diagnostics' Candida antibodies test utilises advanced and sophisticated testing techniques (ELISA) to analyze either blood or saliva samples for the levels of Candida antibodies. The determination of an immunological response to Candida, via measurement of IgG and IgA antibodies, can establish current or past exposure to Candida.

• Testing Options

Blood IgG Candida Antibodies
Blood IgA Candida Antibodies

- or -

Saliva IgG Candida Antibodies
Saliva IgA Candida Antibodies

• Specimen Requirements:

- **Blood Antibody Assessment-**
3 ml serum in SST

- **Saliva Antibody Assessment-**
2 ml saliva

• Before Taking this Test:

- Avoid immuno-suppressive medications for at least one week
- Chemotherapy may interfere with test results
- See instructions inside test kit for details

Accession No:



Candida - antibodies Saliva

Patient Details

Ms Sample Report
Genova Diagnostics Europe Ltd
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KT3 6NB

Practitioner Details

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Client ID No: IWX500220
Accession No:
Patients DOB: 16/07/1973
Sample Date:
Date Of Report: 04/11/2010 15:19

This test reveals important clinical information about:

- **Immunological response** to intestinal and systemic *Candida* overgrowth
- **A potential cause of several conditions**, including immune reactivity, fatigue, hormonal and reproductive disorders, vaginitis, and skin irritations

Fungal (Candida) Antibodies - IgG IgA

Analyte	Result	Units	Normal Range
Results & Ranges - Saliva			
Candida antibodies IgG	15.0 H	U/ml	< 10 U/ml
Analyte	Reference Range (U/ml)		
IgG			
Candida antibodies IgA	98.0 H	U/ml	< 10 U/ml
Analyte	Reference Range (U/ml)		
IgA			

Commentary

The test utilizes a *C.albicans* antigen for the detection of antibodies. The antibodies detected by this test are not specific to *C.albicans* alone as a strong cross-reactivity has been demonstrated for other members of the *Candida sp.* group.

Candida is a yeast that is found naturally as part of the normal healthy gut micro flora. In some individuals, the natural balance of the gut is disturbed leading to a pathogenic transformation of candida with the release of damaging toxins and enzymes. Such a condition can often result in multiple symptoms affecting different parts of the body. It is often associated with the use of antibiotics, or other medication and results in symptoms such as fatigue, or muscle aches, sugar cravings, depression, irritability, headaches and/or digestive problems.

The POSITIVE IgA ANTIBODY response is most often seen during the early stages of an active infection and whilst the infection is still ongoing. This would be indicative of active Candidiasis where symptoms are present.

The POSITIVE IgG ANTIBODY response suggests that the current candida infection has been ongoing for some time or that there has been such infections in the past.

If symptoms are present, suggest following an anti-candida diet programme and repeat the test in 3 months to assess the effectiveness of the immune response.

The antibody levels to Candida may remain POSITIVE for some time following a successful treatment period, and should NOT be taken as evidence that a problem still exists where symptoms have improved.

You should consult with your own practitioner about the appropriate cause of action.

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More detailed publications with references are also available: www.GDXuk.net