

**RESULTS: DRIED BLOOD SPOT TEST**

Accession #: 123456789 • Patient: Jane Doe

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**Patient:** Jane Doe  
**Sex:** Female      **Age:** X yr      **Date of Birth:** xxxx-xx-xx  
**Health Care Professional:** Dr. John Doe  
**Address:** 123 Main St., Anytown, Quebec W4W 4W4

**Accession #:** 123456789  
**Sample received:** 2016-08-05  
**Report issued:** 2016-08-10  
**Sample collection:** 2016-08-02

**TOTAL IgG 24 FOODS PANEL**

Category	Food Item	Reaction Class
MEAT	beef	II
	pork	I
DAIRY / EGGS	egg white (chicken)	I
	milk (cow)	I
FISH	cod	I
FRUIT	banana	II
	kiwi	I
	orange	II
	strawberry	I
VEGETABLES	carrot	I
	celery	II
	garlic	II
	pepper	I
	tomato	I
GRAINS	barley	II
	rice	I
	rye	0
	wheat (whole)	I
NUTS	hazelnut	III
	peanut	I
LEGUMES	bean (soy)	0
SEASONINGS	curry	III
	sesame	I
OTHER	yeast (baker's)	I

  

REACTION CLASS	0	I	II	III	IV	V	VI
	Non reactive	Very low	Low	Moderate	High	Very high	Extremely high



Dr. Aron Gonshor PhD, DDS, FRCD(C), FAO • Laboratory Director

## RESULTS: DRIED BLOOD SPOT TEST

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The comments provided here are for educational purposes only. They should not be interpreted as being diagnostic or treatment recommendations. Those decisions are the responsibility of the health care professional.

### Food Sensitivity

Reactions to foods are common, most being caused by food sensitivity rather than a food allergy. People often confuse the two, since food intolerance can cause some of the same signs and symptoms as food allergy.

Food allergies occur almost immediately, usually within minutes to an hour and may be profound. True allergic responses, which are associated with IgE antibodies, affect a small percentage of the population. Symptoms usually involve difficulty breathing, skin rashes, swelling of the lips and throat, vomiting or diarrhea, as well as a possible severe, life threatening, allergic reactions such as anaphylaxis.

Food sensitivity is a delayed reaction that occurs hours to days after food intake. When a reactive food is consumed, antibodies form complexes with food proteins, but are normally eliminated by the immune system. If they are not, these complexes can enter various parts of the body, resulting in an inflammatory response and clinical symptoms.

The Total IgG Food Sensitivity Test measures the presence of IgG antibodies to specific food proteins produced by the immune system when certain foods are eaten. The patient's serum is introduced to proteins prepared from a group of different foods. If a specific union occurs between the protein antigen and the patient's serum IgG antibody, a symptomatic reaction to that food is possible. A food elimination diet can be established and improvement of symptoms can be monitored.

Food sensitivities can develop at any time during one's life and unlike food allergies, symptoms may be delayed for days or weeks after exposure, making a diagnosis more difficult.

#### Common Symptoms of Food Sensitivity:

- Abdominal and stomach pain, bloating, cramps
- Constipation and diarrhea
- Gastritis
- Headache, migraines, fatigue
- Itchy skin
- Bronchitis, sinusitis, rhinitis
- Weight control problems
- Water retention