

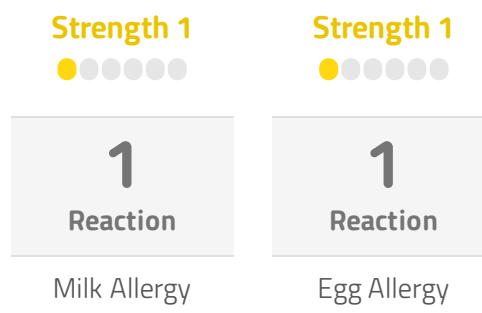
Milk and Egg Allergy Test
TEST RESULT

Your test result

As requested by you, we have measured your blood sample for specific **IgE antibodies** which may indicate a possible **sensitisation to proteins in cow's milk and chicken eggs**.

If your body is allergic or shows a readiness to react to proteins in cow's milk and/or chicken eggs, it will release IgE antibodies to eliminate the allergens. This can be followed by a range of different symptoms such as skin rashes or gastrointestinal problems.

The severity of the reaction is indicated with circles (1 circle = mild sensitisation, 3 circles = moderate sensitisation, 6 circles = severe sensitisation). Under certain circumstances, even weak sensitisation can lead to an allergy.



IgE antibodies against cow's milk protein could be detected in your sample.

If we have detected type E immunoglobulins (Ig) in your blood, there is sensitisation to the allergen. This means that your body shows an increased tendency to react allergically. Therefore, please follow our recommendations for action. Avoiding products containing cow's milk is the most effective treatment option.

IgE antibodies against chicken egg white could be detected in your sample.

If we have detected type E immunoglobulins (Ig) in your blood, there is sensitisation to the allergen. This means that your body shows an increased tendency to react allergically. Therefore, please follow our recommendations for action. Avoiding products containing chicken egg (protein) is the most effective treatment option.



Please remember that the cerascreen® milk and egg allergy test is not a substitute for medical advice or diagnosis. Your test result alone is not sufficient to undertake treatments and measures on your own. Please always consult your relevant medical practitioners if you wish to take further action - especially in relation to any existing symptoms that may be due to sensitisation.

Assessment

In a **milk and/or egg allergy**, your immune system classifies harmless proteins in **cow's milk or chicken eggs** (allergens) as dangerous foreign bodies. Initially, sensitisation takes place: On first contact with this allergen, the immune system forms IgE antibodies, which dock onto mast cells, cells of the immune system. If the allergen enters the body again, the IgE antibodies initiate the release of histamine from the mast cells. This messenger substance is responsible for the typical symptoms of an allergy - they usually occur within a few seconds or only after 30 minutes^{1, 2}.

Research has not been able to clarify exactly what **causes** are behind an allergy. If one or both parents suffer from an allergy, it is possible to inherit it. It is also said that growing up in an environment that is too sterile increases the risk of an allergy. It is also possible that an imbalance of intestinal bacteria may favour the development of an allergy.

Those affected can suffer from nausea, vomiting and diarrhoea after eating these foods. A milk and egg allergy is also noticeable on the skin, for example through **hives** (itching, redness and wheals on the skin) or **inflammations on the skin** (eczema). Furthermore, complaints such as **flowing nose** and **breathing difficulties** may occur^{3, 4}.

Sensitisation was measured: What do the reactions mean for me?

If we have detected type E immunoglobulins (Ig) in your blood, there is sensitisation to the food. This means that your body shows an increased tendency to react allergically. If symptoms occur immediately after eating the food (or up to two hours afterwards), it may be a food allergy. If there is an IgE reaction to a food with acute symptoms, please avoid the food in question and see a therapist experienced in allergy diagnosis.

If you have already experienced allergic shock, there is a need for an emergency kit, which the attending physician will prescribe and you should ALWAYS have with you. It usually includes an antihistamine and cortisone preparation, if necessary adrenaline and asthma inhaler⁵.

Weak reaction (1 to 2 circles).

We have been able to find a weak to slight sensitisation to the affected food. Every person reacts differently. That is why a food allergy can also be present with low sensitisation or inconspicuous results. Therefore, be sure to look for symptoms that occur immediately or at the latest two hours after eating the food:

- a funny feeling / swelling in the mouth
- gastrointestinal complaints
- skin reactions

If one or more symptoms occur, medical advice and allergy treatment is recommended. You should also then avoid the affected foods.

Severe reaction (3 to 6 circles)

We have detected a strong sensitisation to the food in your blood. This alone does not

Remaining pages will be shown in the your individual results report of your cerascreen health test.

If you react in the IgE test but do not feel any symptoms, this may be a sign that your body has built up self-protection (immune tolerance). In this case, you should not completely eliminate the food from your diet, otherwise you may have a stronger reaction to the food at a later time. Therefore, try to reduce the consumption of the food. It is recommended that you only eat the food every four days. This way you do not put your intestines at risk of damage. Another possibility is that a cross-reaction with inhalant allergens is the actual cause of the measured reaction. Some allergens have a similar structure. The immune system may not be able to distinguish between two different allergens, so that the allergic reaction can occur when you come into contact with both substances.



If you want to treat your symptoms with medication, please talk to a doctor!

How do I deal with an allergy?

The most effective way to treat a milk and egg allergy is allergen avoidance, which is not eating the allergens. We list products in which the respective foods are contained.

Sensitisation to cow's milk has been measured.