

Nut Allergy Test
TEST RESULT

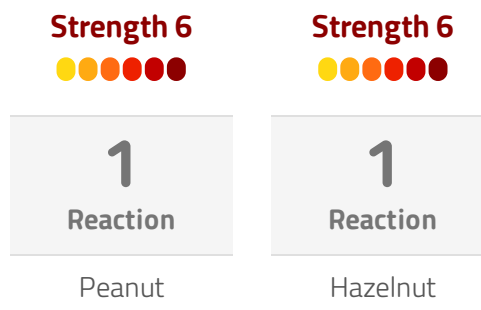
Your test result

As requested by you, we have measured your blood sample for specific **IgE antibodies**, which may indicate a possible **sensitisation to proteins in peanuts and hazelnuts**.

A possible sensitisation to peanuts and hazelnuts can be detected by measuring the IgE antibodies in the blood. If your body is allergic to either type of nut, it will release IgE antibodies to eliminate the allergens. This can be followed by a number of different symptoms such as skin rash, breathing difficulties or swelling in the throat ¹.

IgE antibodies against peanuts and hazelnuts 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 the allergens is the most effective treatment option.



Please remember that the cerascreen® nut allergy test is not a substitute for medical advice or diagnosis. Your test result alone is not sufficient for you to take treatment and measures on your own. Please always consult your doctor if you wish to take further action.

Assessment

An allergy to peanuts and/or hazelnuts occurs when the immune system develops a defence reaction against certain substances in the nuts. However, the reaction does not occur directly at the first but only at the second contact with the allergen. The first contact is the **sensitisation**, when the allergen meets the immune system for the first time. The immune system develops special IgE antibodies in order to be able to react immediately to

the allergen when it comes into contact again. In the second step of this process, the immune system recognises the allergen as harmful and activates special immune cells. In the course of this reaction, histamine is released, which causes the **typical symptoms** such as itching and swelling in the nose or throat, cramps or diarrhoea or even asthma and shortness of breath ².

Your individual result report

As requested by you, we have tested whether your body shows signs of IgE sensitisation to the nut species peanut and/or hazelnut. Sensitisation means that the body has produced specific IgE antibodies after the first contact with the allergen. On a second contact, these antibodies can lead to the typical symptoms of an allergy. However, not every sensitisation leads to symptoms.

What is IgE?

"Ig" is the abbreviation for immunoglobulins - antibodies that consist of proteins. They are part of the immune defence system and are formed as soon as foreign bodies, such as bacteria or viruses, enter the body. If you suffer from a nut allergy, your body classifies proteins in nuts that are actually harmless as dangerous, so that a defence reaction is triggered. The body can produce different types of immunoglobulins, and allergic reactions lead to the release of IgE antibodies. An immediate reaction occurs, which belongs to the type 1 allergy form. This means that the symptoms occur immediately after contact with the allergen.

Meaning of your IgE results

What do the reactions mean for me?

Your IgE concentrations have been categorised into three reaction classes, which we would like to explain to you further on the following pages. A distinction is made between no reactions (0 circles), weak reactions (1-2 circles) and strong reactions (3-6 circles).

"No reaction"

We could not detect any sensitisation to the allergen in your blood. A "classic" type 1 allergy (immediate reaction on contact with the allergen) is therefore not likely.

Weak reaction (1 to 2 circles)

We have been able to find a weak to low sensitisation to the allergen in question. Every person reacts differently. Therefore, an allergy can also be present with low sensitisation or inconspicuous results. Therefore, it is important to pay attention to symptoms that occur immediately or at the latest two hours after contact with the allergen:

- **1. What is the purpose of this test?**
- **2. How is the test performed?**
- **3. What are the benefits of this test?**
- **4. What are the risks of this test?**
- **5. How should I prepare for the test?**
- **6. How long does the test take?**
- **7. How are the results of the test reported?**
- **8. What should I do if I have any questions or concerns?**

The use of genetic information to predict disease risk is a complex and rapidly evolving field. This report provides a comprehensive overview of the current state of genetic testing for disease risk, including the benefits and risks of such testing. It also discusses the ethical and legal issues surrounding genetic testing and provides guidance on how to make informed decisions about whether to undergo genetic testing. The information in this report is intended to be educational and is not intended to constitute medical advice. Please consult your healthcare provider for more information.

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

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