



Housedust mite allergy test
TEST RESULT

Your test result

As you requested, we measured the presence of **specific IgE antibodies** in your blood sample that may indicate that there is a possible **sensitization to housedust mites**.

IgE antibodies 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.

The strength of the reaction is indicated with circles (1 circle = slight sensitisation, 3 circles = medium sensitisation, 6 circles = strong sensitisation). Under certain circumstances, even weak sensitisation can lead to an allergy.

Strength 1



1

Reaction

Housedust mites



Please note that the cerascreen® Housedust Allergy Test is not a substitute for medical advice or medical diagnosis. The test result itself is not sufficient to perform treatments and independent measures. Please always consult your responsible physician, if you want to take further measures - especially with regard to existing ailments which are attributable to a sensitization.

Assessment

Housedust mite allergies are one of the most common inhalation respiratory allergies in Western Europe. In case of a **housedust mite allergy**, your immune system recognises harmless proteins in the **faeces** of housedust mites (allergens) as dangerous ingested foreign bodies. When the organism first comes into contact with this allergen the immune system produces IgE antibodies that bind to mast cells, which are immune system cells. When the allergen enters the organism again, IgE antibodies trigger the release of histamine from mast cells. This messenger substance is responsible for typical symptoms

of an allergy - they usually occur within seconds or after 30 minutes.

All those affected are allergic to dust mite droppings and they may suffer from symptoms, such as cold, red itchy eyes, as well as eczema (inflammation of the skin).^{1, 2}

My result is positive: what should I do now?

The most effective method of treating a housedust mite allergy is to **avoid allergens** or **no contact** with allergens. Therefore, please follow these recommendations to reduce exposure to dust-mites.^{2, 3}



Please **aerate** your house regularly, avoid the **dust receptacles**, especially in the bedroom (large carpets, heavy curtains, upholstered furniture, houseplants), **please suck every day** with a fine dust filter (or HEPA filter) and mop smooth floors twice a week.



Make use of **dust-mite-proof** protective covers. Wash your bed sheets at least at **60° C**.



Do not take off your clothes near the bed and wear a **pajamas**.



Pay proper attention to the **maximum bedroom temperature** of **18°C**. Make sure that **humidity in the air** is not too high in the living room and in the bedroom (**maximum 50%**). Dust mites prefer warm and humid environments.



To treat ailments with medications, please consult your doctor!

In some cases, people with a housedust mite allergy also experience an allergic reaction after eating **crustaceans and molluscs**. This is because allergens are similar.⁴



Do you have any questions?

Arrange your personal free appointment today. Our nutritionists will contact you by phone and support you with your product selection (tests, nutritional supplements, coaching) or with questions about your test. You will receive simple and clear answers to your questions and needs.

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Your feedback counts!

We at cerascreen® would like to work with you to protect your health as best as possible. In order to continue to provide you with competent support and to be able to respond more specifically to your wishes -

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