

Airborne & Food Allergies

IgE Assay

6801 Powerline Road, Fort Lauderdale, FL 33309-2215
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 CLIA No. 10D0284781 - State license inquiries, inquire to the above.

Patient Name: Sample Patient
Lab ID Code: 300081
Spec. Coll. Date: 17-Feb-08
Test Date: 13-Feb-08
Test Panel: Standard Food/Mold

Physician: Sample Physician
6801 Powerline Road
Fort Lauderdale, FL 33309-2215

Foods

Almond	Carrot	Egg, Yolk (+3)	Pork	Turkey
Barley	Celery	Garlic	Potato	Wheat
Bean, Soy	Cheese, Cheddar	Milk	Rice	Yeast, Baker's
Bean, White	Clam	Oat	Salmon	
Broccoli	Corn	Onion	Shrimp	
Cabbage	Crab	Orange	Tomato	
Cauliflower	Egg, White	Peanut	Tuna	

Molds

Alternaria (+1)	Aspergillus	Candida	Cladosporium	Penicillium
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The total number of IgE allergic reactions is 2, which is 6 percent of the 36 allergens tested.

Scoring and Evaluation (Key)

0	Non-Detectable
+1	Low
+2	Moderate
+3	High
+4	Very High
+5	Very High
+6	Very High



Laboratory Director

Allergen Avoidance Recommendations:

Patient Name: Sample Patient
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Physician: Sample Physician
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Your test results indicated that you have an allergic reaction to MOLDS.
The following recommendations will help you minimize your exposure to MOLDS.

- SUGGESTION 1:** Eliminate dampness in your home – check walls and roof for leaks. Waterproof wall and ceilings before painting.
- REASON:** Mold thrives in damp conditions.
- SUGGESTION 2:** Do not wallpaper walls – paint instead.
- REASON:** Molds grow on wallpaper and in wallpaper paste.
- SUGGESTION 3:** Avoid carpets as floor covering. Replace with wood floors, vinyl, or ceramic tile or terrazzo.
- REASON:** Molds grow in carpet pile. Carpets also trap dust which can cause allergic reactions.
- SUGGESTION 4:** Allow good air circulation in closets. Leave space between hanging clothes and check leather clothing, belts, shoes and luggage for signs of mold growth.
- REASON:** Mold grows in damp, enclosed environments, especially on leather items.
- SUGGESTION 5:** Keep bathrooms and laundry rooms well aired. Spread out towels and washcloths for fast drying. Dry clothes as soon as they are taken from the washer.
- REASON:** Mold grows rapidly in damp conditions and on damp fabrics.
- SUGGESTION 6:** Regularly inspect bathrooms and laundry rooms for mold growth. Look for evidence of discoloration in tile grout and caulking. Do not forget to check under sinks, around the commode, shower curtains and shower door runners.
- REASON:** Molds thrive in damp environments.
- SUGGESTION 7:** In humid conditions, use air conditioning or a dehumidifier.
- REASON:** Molds do not grow well in dry environments.
- SUGGESTION 8:** Avoid foods which contain molds or are related to molds such as mushrooms, yeast containing foods, fermented meats and pickles, smoked fish and meats.
- REASON:** Inhalant allergy symptoms may be aggravated by consumption of foods.