



## \*NEW ALLERGY TEST\*

PathLab is pleased to perform the

# YORKTEST

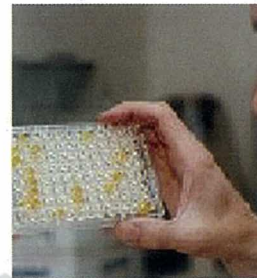
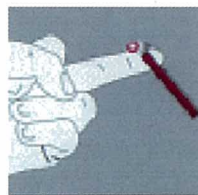
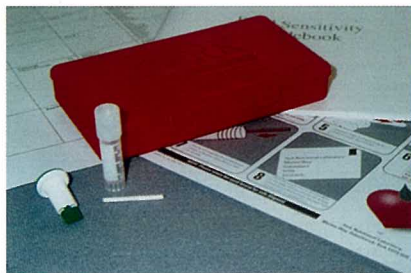
食物不良過敏抗體測試 - 113 項

*foodScan* IgG -113

Food Intolerance Test by Elisa

113 foods on a finger prick of blood  
Clinical support services for HK doctors  
via e-mail in UK

We are the first lab in Asia to set up the YorkTest foodScan procedure  
Please telephone us for a kit or,  
If you wish, please send patient to any one of our labs for collection.



### foodScan IgG 113

**Most comprehensive for problem cases:  
foodScan IgG 113 plus South China Allergy IgE Profile:**

**Includes the finger prick kit  
2 duplicate reports and a Food Intolerance guidebook**

A large number of us have a hidden sensitivity or intolerance, or even an allergy to different foods. This can cause many potential problems. The most common symptoms (which may often take a long time to build up) include:

- Eczema
- Irritable Bowel Syndrome
- Migraines
- Hives
- Rhinitis
- General lethargy
- Fluid retention
- Asthma
- Arthritis
- Aches and pains
- Childhood hyperactivity (Others: See Food Intolerance Indicator Chart)

病從口入?  
"Is what you eat  
making *you* ill?"





# 約克公司食物過敏抗體測試 - 113 項 Yorktest *foodScan* IgG -113



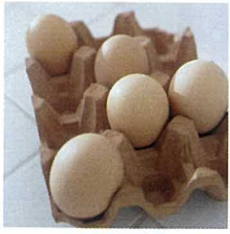
## 過敏徵狀顯示

### Allergy Test Indicators -

如何選擇過敏測試項目?

### IgG Food Intolerance or South China/Food IgE Allergy?

| Possible indicators      | Food Scan IgG | South China IgE | Food IgE | Possible indicators       | Food Scan IgG | South China IgE | Food IgE |
|--------------------------|---------------|-----------------|----------|---------------------------|---------------|-----------------|----------|
| <b>Respiratory</b>       |               |                 |          | <b>General</b>            |               |                 |          |
| Asthma                   | X             | X               |          | Fluid Retention           | X             |                 |          |
| Laryngeal edema          | X             | X               |          | Chronic Fatigue           | X             |                 |          |
| Hay fever                | X             | X               |          | Recurrent Infections      | X             |                 |          |
| Rhinitis                 | X             | X               |          | Multiple sclerosis        | X             |                 |          |
| Nasal polyps             | X             | X               |          | Glue Ear                  | X             |                 |          |
| Sinusitis                | X             | X               |          | Swelling of lips & throat |               | X               | X        |
| <b>Skin</b>              |               |                 |          | Anaphylaxis               |               | X               | X        |
| Eczema                   | X             | X               | X        | Obesity                   | X             |                 |          |
| Urticaria                | X             | X               | X        | Carbohydrate craving      | X             |                 |          |
| Atopic dermatitis        | X             | X               | X        | Prolonged antibiotic use  | X             |                 |          |
| Psoriasis                | X             |                 |          | Recurrent cystitis        | X             |                 |          |
| Acne                     | X             |                 |          | Weight loss               | X             |                 |          |
| <b>Musculoskeletal</b>   |               |                 |          | <b>Neurological</b>       |               |                 |          |
| Rheumatoid arthritis     | X             |                 |          | Headache                  | X             |                 |          |
| Myalgia and cramping     | X             |                 |          | Migraine                  | X             |                 |          |
| Aching                   | X             |                 |          | Mood swings               | X             |                 |          |
| Weakness                 | X             |                 |          | Depression                | X             |                 |          |
| <b>Gastrointestinal</b>  |               |                 |          | Anxiety                   | X             |                 |          |
| Irritable bowel syndrome | X             |                 |          | Learning disorders        | X             |                 |          |
| Bloating                 | X             |                 |          | Hyperactivity             | X             |                 |          |
| Diarrhoea                | X             |                 |          | Epilepsy                  | X             |                 |          |
| Coeliac Disease          | -             |                 |          |                           |               |                 |          |
| Chron's disease          | X             |                 |          |                           |               |                 |          |
| Infantile colic          | X             |                 |          |                           |               |                 |          |
| Gastritis                | X             |                 |          |                           |               |                 |          |
| Duodenal ulcer           | -             |                 |          |                           |               |                 |          |



# 過敏症及不耐症

## About Allergies and Intolerance



### What Are Food Allergies and Food Intolerances?

Adverse reactions to foods have been recognised for thousands of years; "What is food to one man may be fierce poison to another". (Lucretius, circa 75 BC)

The term 'allergy' is derived from two Greek words which mean "altered reactivity". That is, an allergy is an adverse reaction to a normally harmless substance which may be a food or other environmental agent such as dusts, pollens or chemicals.

### *The difference between Allergy and Intolerance*

#### **Severe reactions: Classical Food Allergies**

These affect just 1.5% of the population, They can be serious and may even be life threatening. Symptoms often take the form of swelling of lips or throat, sudden and violent skin rashes, vomiting or sudden asthmatic breathing or anaphylaxis. If such allergies are suspected, you must consult your GP.

#### **Less severe reactions: often called Food Intolerances**

These are much more common and affect around 45% of people and are implicated with chronic illness. There are a number of possible causes of food intolerance including enzyme deficiency, reactions to chemicals in foods, and the most difficult to resolve - delayed food allergies mediated by the IgG antibody.

Traditionally, elimination and challenge has been the first approach to identifying delayed food allergies, however this method is costly, time consuming and extremely difficult to manage, often ending in failure and frustration.

Delayed food allergies often lead to chronic illness, and these reactions can occur from two hours to many days after ingestion of the offending foods, therefore making them difficult to identify.

Common chronic illnesses and conditions such as asthma, eczema, migraines, irritable bowel syndrome, arthritis and general continuous poor health have been associated as symptoms of food intolerance.

Continuous consumption of the food to which you have an intolerance weakens your immune system. A weak immune system enables illnesses to develop and take hold. Many patients commonly report that they suffer from more than one illness at the time of taking the test.

Unlike classical allergies, usually more than one food is involved. We find that on average, sufferers react to four or five different and apparently innocuous foods.

Because of the delay between eating the food and the onset of symptoms, it is extremely difficult to identify the cause of the reaction without laboratory testing.



"A very high percentage of people in the UK suffer from food intolerance, which produces a very wide range of symptoms and often causes problems over many years. We are delighted to see that recent clinical trials show that if the foods identified by the YORKTEST IgG ELISA food intolerance test are eliminated from the diet then tremendous health benefits were achieved. The clinically proven YORKTEST Food Intolerance test and back up nutritional support offered to patients provides a wonderful service for food intolerance sufferers world-wide."

**Muriel Simmons, Chief Executive, British Allergy Foundation**



# 約克公司食物過敏抗體測試 - 113 項化驗報告 Yorktest foodScan IgG - 113 Report



|  |   |                                |  |
|--|---|--------------------------------|--|
| <b>Grains</b><br>穀物類   | Barley 大麥<br>Buckwheat 蕎麥<br>Corn (Maize) 穀物<br>Gliadin (Gluten*) 麥膠蛋白<br>Millet 粟穀<br>Oat 燕麥<br>Rice 稻米<br>Rye 裸麥<br>Wheat 小麥  | <b>Fruits</b><br>水果類           | Apple 蘋果<br>Apricot 杏果<br>Banana 香蕉<br>Blackberry 黑莓<br>Blackcurrant 黑醋栗<br>Cherry 櫻桃<br>Cranberry 蔓越橘<br>Grape 葡萄<br>Grapefruit 柚子<br>Kiwi 奇異果<br>Lemon 檸檬<br>Lime 萊姆果<br>Melon Mix 瓜類<br>Olive 橄欖<br>Orange 橙<br>Peach 桃<br>Pear 梨<br>Pineapple 菠蘿<br>Plum 梅子<br>Raspberry 懸鉤子<br>Strawberry 草莓<br>Tomato 蕃茄 |
| <b>Dairy</b><br>乳製品類   | Cows Milk 牛奶<br>Egg White 蛋白<br>Egg Yolk 蛋黃   | <b>Nuts</b><br>果仁類             | Almond 杏仁<br>Brazil Nut 巴西栗<br>Cashew Nut 腰果<br>Coconut 椰子<br>Hazelnut 榛果<br>Peanut 花生<br>Walnut 胡桃果   |
| <b>Meat</b><br>肉類  | Beef 牛肉<br>Chicken 雞肉<br>Duck 鴨肉<br>Lamb 羊肉<br>Pork 豬肉<br>Turkey 火雞   | <b>Spices/Herbs</b><br>調味料/香料類 | Chilli Pepper 紅辣椒<br>Cinnamon/Clove 肉桂<br>Coriander/Cumin/Dill 胡荽/小茴香<br>Garlic 大蒜<br>Ginger 薑<br>Mint Mix 薄荷類<br>Mustard Seed 芥子<br>Nutmeg/Peppercorn 豆蔻/胡椒粒<br>Parsley 芫荽/荷蘭芹<br>Sesame Seed 芝麻<br>Vanilla 香草  |
| <b>Fish</b><br>魚類  | Crustacean Mix 甲殼類<br>Mollusc Mix 軟體動物<br>Oily Fish Mix 魚油類<br>Plaice/Sole 鰈魚<br>Salmon/Trout 鮭/鱒魚<br>Tuna 金槍魚<br>White Fish Mix 白魚類  | <b>Others</b><br>其餘種類          | Carob 稻子豆<br>Cocoa Bean 可可豆<br>Coffee 咖啡<br>Cola Nut 可樂果<br>Hops 蛇麻草<br>Sunflower Seed 向日葵子<br>Tea 茶葉<br>Yeast (brewers and bakers) 酵母   |
| <b>Vegetables</b><br>蔬菜類   | Asparagus 蘆筍<br>Aubergine 茄子<br>Avocado 酪梨<br>Carrot 胡蘿蔔<br>Celery 芹菜<br>Cucumber 青瓜<br>Haricot Bean 扁豆<br>Kidney Bean 腰豆<br>Lentils 扁豆<br>Lettuce 萵苣<br>Mushroom 蘑菇<br>Mustard Mix 芥菜<br>Onion 洋蔥<br>Pea 豌豆<br>Peppers (Capsicum)/Paprika 胡椒<br>Potato 馬鈴薯<br>Soyabean 黃豆<br>Spinach 菠菜<br>Stringbean 串豆 | Gliadin (Gluten)* exception    |  |
| Crustacean Mix 甲殼類 : Crab, Lobster, Prawn/Shrimp 蟹, 龍蝦, 蝦<br>Mollusc Mix 軟體動物 : Mussell, Oyster, Scallop 貽貝, 螺, 扇貝<br>Oily Fish Mix 魚油類 : Herring Mackerel 鱈魚, 鯖魚<br>White Fish Mix 白魚類 : Cod, Haddock 鱈魚<br>Mustard Mix 芥菜類 : Broccoli, Brussell Sprouts, Cabbage, Cauliflower 椰菜, 芽菜, 捲心菜, 椰菜花<br>Melon Mix 瓜類 : Watermelon, Honeydew, Cantaloup 西瓜, 蜜瓜, 甜瓜<br>Mint Mix 薄荷類 : Mint, Sage, Basil, Thyme 薄荷, 鼠尾草, 紫蘇葉, 百里香 |   |                                |  |

The above information is a guideline only and is not exhaustive and is for doctor's reference only.

Questions regarding your patient? E-mail YorkTest directly

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