



400 Sugartree Lane
 Suite 510
 Franklin, TN 37064
 Phone: 615-599-4100
 Fax: 615-599-4648

Testing Any Client 1234 Main Street Suite 10 Anytown TX 123456				Summary	
				INVOICE # 100005	
				ACCOUNT# 888887	
Patient Name (Last, First) Doe, Jane		Lab ID 100005	Date of Birth 2/06/1977	Age 40 Y	Sex F
Client Number 1234	Collection Date 3/12/2015	Received Date 3/11/2015	Print Date 2/12/2017	Print Time 4:40PM	
Comment:					

Review of Abnormal Laboratory Findings

Immunoglobulin

Total IgE

Elevated for Age

Pollen

Elevated Allergen	Class	Type
Bermuda Grass	3	IgE
Birch, Red/River	4	IgE
Carelessweed	2	IgE
Cedar, Mountain	1	IgE
Elder, Box	1	IgE
June Grass	5	IgE
Mugwort, Common	2	IgE
Olive, European (Tree)	2	IgE
Timothy Grass	4	IgE

Environmental

Elevated Allergen	Class	Type
Alternaria alternata	5	IgG
Aspergillus fumigatus	1	IgE
D. farinae	1	IgE
D. pteronyssinus	3	IgE
Dog Hair/Dander	1	IgE
House Dust (Greer)	1	IgE

Food

Elevated Allergen	Class	Type
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Barley	1	IgG4
Beef	1	IgE
Corn	2	IgG4
Egg©-White	3	IgG4
Garlic	1	IgE
Milk, Cow's©-Casein	4	IgG4
Milk, Cow's©-Lactalbumin, A.	3	IgE
Milk, Cow's©-Whey	2	IgE
Milk, Cow's©-Whey	0/1	IgG4
Milk, Cows-HD*	4	IgE
Milk, Cows-HD*	2	IgG4
Orange	1	IgG4
Peanut-HD*	3	IgE
Rye	1	IgG4
Soybean	1	IgG4
Sugar, Cane	1	IgE
Yeast, Brewers	1	IgE



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Specific IgE Normal Range

Interpretation	Class	Conc (kU/L)
No Antibody Detected	0	<0.04
Equivocal	0/1	0.04
Increasing Antibody Levels 1-6	1	0.05-0.19
	2	0.20-0.79
	3	0.80-2.69
	4	2.70-13.99
	5	14.00-24.99
	6	25.00+

Specific IgG Normal Range

Interpretation	Class	Conc (µg/mL)
No Antibody Detected	0	<2.5-3.99
Equivocal	0/1	4.00-4.99
Increasing Antibody Levels 1-6	1	5.00-8.74
	2	8.75-15.56
	3	15.57-27.49
	4	27.50-47.94
	5	47.95-85.44
	6	85.45+

Specific IgG4 Normal Range

Interpretation	Class	Conc (µg/mL)
No Antibody Detected	0	<0.65-1.59
Equivocal	0/1	1.60-1.79
Increasing Antibody Levels 1-6	1	1.80-2.92
	2	2.93-5.44
	3	5.45-10.48
	4	10.49-20.56
	5	20.57-40.72
	6	40.73+



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Total IgE Normal Range

Age	Median (IU/mL)	95% (IU/mL)
0-1	6.6	29
1-2	10.1	49
2-3	12.9	45
3-9	14.4	52
Adult	20.4	87



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	Immunoglobulin	Conc (IU/mL)	Normal Range
>> Elevated	Total IgE	105.4	<=87

Pollen

	Grasses	Class	Conc	
>> Elevated	Bermuda Grass	3	0.82	IgE
>> Elevated	June Grass	5	15.70	IgE
>> Elevated	Timothy Grass	4	2.81	IgE
	Trees	Class	Conc	
>> Elevated	Birch, Red/River	4	3.22	IgE
>> Elevated	Cedar, Mountain	1	0.10	IgE
>> Elevated	Elder, Box	1	0.12	IgE
Normal	Oak, White	0	<0.04	IgE
>> Elevated	Olive, European (Tree)	2	0.26	IgE
	Weeds	Class	Conc	
>> Elevated	Carelessweed	2	0.71	IgE
>> Elevated	Mugwort, Common	2	0.32	IgE
Normal	Ragweed, Common	0	<0.04	IgE
Normal	Ragweed, Giant	0	<0.04	IgE
Normal	Ragweed, Western	0	<0.04	IgE

Environmental

	Dust Components	Class	Conc	
Normal	Cockroach, German	0	<0.04	IgE
>> Elevated	D. farinae	1	0.09	IgE
>> Elevated	D. pteronyssinus	3	1.25	IgE
>> Elevated	House Dust (Greer)	1	0.10	IgE
	Epidermals	Class	Conc	



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	Normal	Cat Hair/Dander-HD*	0	<0.04	IgE
>>	Elevated	Dog Hair/Dander	1	0.13	IgE
		Mold	Class	Conc	
	Normal	Alternaria alternata	0	<0.04	IgE
>>	Elevated	Alternaria alternata	5	77.77	IgG
>>	Elevated	Aspergillus fumigatus	1	0.11	IgE
	Normal	Penicillium notatum	0	<0.04	IgE
	Normal	Penicillium notatum	0	<2.5	IgG

Food

		Allergens	Class	Conc	
>>	Elevated	Barley	1	2.10	IgG4
>>	Elevated	Beef	1	0.11	IgE
	Normal	Corn	0	<0.04	IgE
>>	Elevated	Corn	2	3.00	IgG4
>>	Elevated	Egg©-White	3	8.07	IgG4
	Normal	Egg©-White	0	<0.04	IgE
>>	Elevated	Garlic	1	0.08	IgE
	Normal	Milk, Cow's©-Casein	0	<0.04	IgE
>>	Elevated	Milk, Cow's©-Casein	4	17.80	IgG4
	Normal	Milk, Cow's©-Lactalbumin, A.	0	<0.65	IgG4
>>	Elevated	Milk, Cow's©-Lactalbumin, A.	3	1.25	IgE
>>	Elevated	Milk, Cow's©-Whey	2	0.25	IgE
>	Equivocal	Milk, Cow's©-Whey	0/1	1.60	IgG4
	Normal	Milk, Cow's©Lactoglobulin, B.	0	<0.65	IgG4
	Normal	Milk, Cow's©Lactoglobulin, B.	0	<0.04	IgE
>>	Elevated	Milk, Cows-HD*	4	3.21	IgE
>>	Elevated	Milk, Cows-HD*	2	4.36	IgG4



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>>	Elevated	Orange	1	2.10	IgG4
	Normal	Peanut-HD*	0	<0.65	IgG4
>>	Elevated	Peanut-HD*	3	2.33	IgE
>>	Elevated	Rye	1	2.10	IgG4
>>	Elevated	Soybean	1	2.33	IgG4
	Normal	Soybean	0	<0.04	IgE
>>	Elevated	Sugar, Cane	1	0.09	IgE
	Normal	Wheat	0	<0.04	IgE
	Normal	Wheat	0	<0.65	IgG4
>>	Elevated	Yeast, Brewers	1	0.13	IgE



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Review of Abnormal Laboratory Findings

Laboratory results need to be correlated to your history and clinical symptoms prior to any diagnosis. A positive test may, or, may not indicate an allergic condition and only your physician can make that determination. The avoidance information presented in this report does not constitute medical advice and is for your general information only. Consult with the doctor if you have any concerns, or, specific questions regarding the attached information.

Pollen

Elevated Allergen
Bermuda Grass
Birch, Red/River
Carelessweed
Cedar, Mountain
Elder, Box
June Grass
Mugwort, Common
Olive, European (Tree)
Timothy Grass

Environmental

Elevated Allergen
Alternaria alternata
Aspergillus fumigatus
D. farinae
D. pteronyssinus
Dog Hair/Dander
House Dust (Greer)

Food

Elevated Allergen
Barley



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- Beef**
- Corn**
- Egg©-White**
- Garlic**
- Milk, Cow's©-Casein**
- Milk, Cow's©-Lactalbumin, A.**
- Milk, Cow's©-Whey**
- Milk, Cows-HD***
- Orange**
- Peanut-HD***
- Rye**
- Soybean**
- Sugar, Cane**
- Yeast, Brewers**



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Test results indicate that you may be allergic to pollen(s). To help reduce your symptoms, you should consider the avoidance information below:

Avoiding Pollen Outdoors:

- If possible, stay indoors until midday when pollen counts are usually lower
- Avoid going outside on windy days, or, after thunderstorms
- Keep auto windows closed and use air conditioning during traveling
- Wear sunglasses or protective glasses
- Avoid cutting grass and remain inside during the cutting process. If must cut the grass, wear filter mask during this activity
 - Keep grass at a short length
- Do not hang wash outdoors on windy or high pollen count days (pollen will adhere to clothes)
- Plan vacations out of area during peak pollenating season. Consider going to seaside area.
- Do not picnic in outdoor parks
- Monitor pollen counts and try avoid going outside on high count days.

Avoiding Pollen Indoors:

- Keep windows closed when possible
- Utilize filters designed to reduce allergens in air handling system (air conditioner and heater) within the house
- Cover air vents with filters designed to reduce airborne particles
- Since pets can carry pollen into the house, bath them often
- Shower after outdoor activities
- Wash clothing often (pollen can adhere to clothes during outside activities)
- Do not use window fans since they will draw pollen into the house



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Note: The avoidance information presented in this report does not constitute medical advice and is for your general information only. Consult with the doctor if you have any concerns, or, specific questions regarding this information.

Test results indicate that you may be allergic to house dust/dust component(s). House dust is made up of several items including; cockroach, dust mites, mold, animal hair etc. To help reduce your symptoms, you should consider the avoidance information below:

Reducing surface dust/dust component(s):

- Vacuum house frequently (consider having someone other than yourself vacuuming)
 - If you must dust, use a filter mask to reduce exposure
 - If possible use a vacuum that has special dust trapping filters
- Consider removing carpet and replacing with wood, ceramic or tile/vinyl flooring
- ? Use a damp mop or cloth to clean floors, window sills, under furniture, on window blind slats and bed springs
- You may need to remove items from the house that attract dust, such as stuff animals, heavy drapery (consider washable drapes or window shades) open bookshelves and upholstery furniture (consider leather or vinyl). There are available products that can be sprayed on upholstery furniture that will break down dust mite allergens as well as pollens and molds
- Select easy to clean decorations, rather than dried flowers and wicker baskets
- Consider bait traps specifically targeted for cockroach (which is a major component of dust in many locations of the country)

Reducing dust/dust component(s) in the air:

- Use air conditioning, and/or a dehumidifier during the summer to reduce humidity. House dust mites thrive in moist, humid air. You can purchase an inexpensive “hygrometer” to measure humidity levels.
- Change air conditioner and furnace filters often. You may want to consider specially designed allergy filters which are commonly available.

Specific bedroom related dust/dust component(s) reduction:

- Use non-allergic, washable bedding materials
- Remove all feather pillows and comforters
- Consider purchasing special plastic casings to cover mattress, box spring and pillows
- Wash all bedding (sheets, pillow cases etc) in hot water every 7-10 days
- Avoid using vaporizers or humidifiers
- Avoid stuffed animals or use washable ones
- Hang up all clothes in a closed closet or in drawers
- Never put damp clothing in closets or drawers
- Never allow pets in the bedroom
- Place a cheesecloth over air conditioning and heater air vents
- Avoid the use of ceiling fans
- Remove rugs where possible and replace with wood or tile (consider washable throw rugs)
- Periodically, wash walls with a damp cloth

Pet related allergen reduction (if applicable):



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- Consider removing pet from the household or making them an outdoor pet
- If removal of pet is not desired make sure to keep them out of the bedroom area
- Wash pet weekly in water only or shampoo (this should be performed by someone other than yourself)
- After handling pets change clothing (remember that when visiting neighbors with pets that animal hair is easily transferred to your clothing)
- Wash clothes frequently



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Test results indicate that you may be allergic to molds. To help reduce your symptoms, you should consider the avoidance information below:

Indoor mold avoidance:

Decreasing available water for mold growth

(Since molds tend to thrive in high humidity of 70% plus, it is important to reduce humidity when possible)

During summer months use central air conditioning at home

During the winter months use central heating

Utilize dehumidifiers during the summer and damp periods where possible (particularly in the bedroom) and make sure to clean the unit periodically with a disinfectant spray

Inspect your home for water leaks

- o Identify and seal leaks where flood or rainwater can penetrate
 - § Inspect attic and basement
- o If you have a basement consider waterproofing the concrete or cinder blocks

Inspect plumbing around toilets, under sinks and dishwasher

Bathrooms are highly susceptible to mold growth

- o Periodically disinfect shower stalls, tubs, shower curtains, shower walls with a disinfectant spray
- o Make sure air ventilation system is working properly

Aquariums may be a source of mold, consider removal

Elimination of organic material and decaying food

(Molds have the ability to grow on organic material as well as decaying food found within the house)

Decaying food has the ability to produce mold

- o Keep refrigerator clean and periodically sanitize
- o Periodically empty drip pan and disinfectant spray
- o Remove foods that have over ripened (bananas, tomatoes etc)

Aged cheese, as well as mold used in the preparation of wine, beer and breads can be a source of problems

Potted plants and wicker baskets inside the home may be a source of mold

- o Consider removal of plants or covering soil with aluminum foil

Old mattresses, stuffed furniture and stuffed toys may be a source of mold, consider removal

- o Consider encasing mattress with plastic cover

Stored, stacked newspapers or magazines may be a source of mold, consider removal



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Test results indicate that you may be allergic to molds. To help reduce your symptoms, you should consider the avoidance information below:

Indoor mold avoidance (continued)

Maintaining air filtration

- Make sure closets are properly ventilated
 - Consider using a drying agent to lower the humidity
- Periodically, disinfect air intake vents within the house
- Change air filters as recommended by the manufacturer

Outdoor mold avoidance:

Avoiding exposure to high concentrations of outdoor mold spores

- Avoid lawn mowing, or, raking of leaves
- Avoid gardens, compost piles and decaying vegetation
- Remove dense vegetation from areas close to windows of home
- Avoiding piles of leaves and decaying vegetation, gardens, compost piles, and other areas
- Limit outdoor time when mold spore count is high (particularly warm, humid summer days)
- Avoid agricultural areas that have barns, stored grain areas or stacked hay



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Note: The information presented in this report does not constitute medical advice and is for your general information only. Consult with the doctor prior to altering your current diet.

Test results indicate that you may be allergic to food(s). To help reduce your symptoms, you should consider the avoidance information below:

Avoid the Offending Food:

- The best approach to managing food allergy is to avoid the offending food. The removal of certain foods from your diet may create nutritional problems, which need to be discussed with your physician prior to their elimination.
- Consult with the physician regarding elimination or rotation diet plans.

Read all Food Labels:

- Read food labels to identify the presence of foods to which you may be allergic.
- Become familiar with technical and scientific names, for example some manufactures may use the terms gluten and wheat interchangeably.
- Make sure to read the ingredients each time you purchase the food, since manufactures may change items.

Ask About Ingredients:

- When eating at restaurants or someone else's home, question what foods are used in the preparation of the meal. Removing the offending food from the plate may not prevent a reaction in some instances.

Prepare for Emergencies:

- Learn to identify your food symptoms quickly and have a plan of action.
- Teach friends and family the warning signs of severe food allergy and how to manage the situation.
- If you are highly allergic to a certain food or foods, you need to discuss with your physician about carrying injectable epinephrine and antihistamines to treat accidental ingestion of the offending food.
- Consider wearing a medical bracelet indicating that you are highly allergic to the foods indicated.
- If you have an anaphylactic reaction after eating, you should have someone take you to the emergency room immediately, even if the symptoms subside.