

Proposed Blood Workup for Chronic Inflammation, Immune stress, and potential viral activation (MJG)

Test Name	Description
<b>BASIC HEALTH SCREEN (FOR ALL)</b>	
<a href="#"><u>Complete Blood Count (CBC)</u></a>	The CBC is used as a broad screening test to check for such disorders as anemia, infection, and many other conditions.
<a href="#"><u>Comprehensive Metabolic Panel including SGOT / SGPT</u></a>	The Comprehensive Metabolic Panel (CMP) is a frequently ordered panel of tests that gives your doctor important information about the current status of your kidneys, liver, and electrolyte and acid/base balance as well as of your blood sugar and blood proteins.
<a href="#"><u>Lipid Panel</u></a>	The lipid panel includes cholesterol, triglycerides, high-density lipoprotein (HDL), very low-density lipoprotein (VLDL), low-density lipoprotein (LDL) and various risk classifications for coronary heart disease (CHD), cholesterol to HDL ratio, and LDL to HDL ratio.
<a href="#"><u>Thyroid Panel</u></a>	Test for hypo- and hyperthyroidism. Also, if indicated, thyroid antibody testing is ordered to help diagnose thyroiditis, an autoimmune thyroid disease
<a href="#"><u>Thyroid antibodies (if needed)</u></a>	Good for further evaluation of a thyroid problem
<a href="#"><u>Lead Level</u></a>	The lead test is used to evaluate the concentration of lead in the blood at the time the sample was collected. The blood lead test is used to screen for exposure to harmful levels of lead.
<b>IMMUNE SCREENS (ACTIVATION--SUPPRESSION) AND INFLAMMATION</b>	
<a href="#"><u>Immune Panel (Lymphocyte Subset Panel 1) Immune Panel (to include): Total &amp; Percent CD4 Total &amp; Percent CD8 Total &amp; Percent CD16/CD56 (NK cells)</u></a>	Basic testing should include CD4, CD8 and NK cells (absolute and percentages); larger panels are available but expensive. This test assists in evaluating cellular immunocompetency in suspected cases of primary and secondary immunodeficiency states. However, activated numbers are not healthy either. NK cells when low places patients at particular risks for viral activation and/or cancer; high numbers may be part of the set up for immune overactivity (not a good thing).
<a href="#"><u>Quantitative Immunoglobulins (IgG, IgA, IgM, IgE)</u></a>	Immunoglobulins, a form of antibodies, are part of the body's immune system in response to bacteria, viruses, fungus, animal dander, or cancer cells. Antibodies attach to the foreign substances so the immune system can destroy them. See a picture of the immune system. IgE is particularly important as another marker for chronic allergy issues.
<a href="#"><u>ANA Titer</u></a>	The ANA test is ordered to help screen for autoimmune disorders and is most often used as one of the tests to diagnose systemic lupus erythematosus (SLE)--(and many other undesirable, underlying disorders making a patient more vulnerable to additional immune or viral stress)
<a href="#"><u>Sedimentation Rate</u></a>	Common blood test (non-specific) that is used to detect and monitor inflammation in the body.
<a href="#"><u>Ferritin Level</u></a>	A ferritin blood test checks the amount of ferritin in the blood. Ferritin when low is often a screen for possible iron deficiency, but when elevated (about 100) is actually a good screen for background inflammation.

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	<b>VIRAL TITERS (IF ELEVATED MAY REFLECT INAPPROPRIATE VIRAL ACTIVATIONS)</b>
<a href="#">CMV IgG / IgM (if IgG Positive)</a>	IgM and IgG antibody testing and viral CMV detection may be used to help diagnose primary CMV infection or potential chronic activation in young adults, pregnant women, and some immune-compromised patients
<a href="#">EBV IgG / IgM (if IgG Positive)</a>	IgM and IgG antibody testing and viral EBV PCR can be used to screen for acute mono infection or inappropriate or chronic activation. Studies support the theory that EBV is notoriously associated with potential cancers (i.e. lymphoma, leukemias), is screened for with transplants, should be part of screening our general population for potential predisposed risks.
<a href="#">Herpes 1 &amp; 2 IGG / IGM</a>	Important testing showing potential past exposure to Herpes Simplex viruses but again, looking for markers (i.e. a chronic IgM) occurring that reflect some inappropriate immune or chronic viral response occurring in that patient.
<a href="#">Herpesvirus Type 6 IgG Titer</a>	HHV-6 (at minimum test IgG, if positive good idea to do an HHV6-IgM and HHV6 PCR probe) is a distinct herpes virus that typically causes a self-limiting illness in patients who are not immunocompromised. In some patients, especially if immunocompromised, HHV-6 can cause febrile convulsions in infants, encephalitis mononucleosis-like symptoms in teenager and adults, and when activated, not being controlled by the body, may contribute or be part of many chronic diseases (treatable even if the "disease" is not).
<a href="#">Coxsackie Virus A</a>	Sometimes inappropriately elevated in reports on CFS/CFIDS/ME, but probably not as important as other tests suggested here.
<a href="#">Coxsackie Virus B</a>	Sometimes inappropriately elevated in reports on CFS/CFIDS/ME, but probably not as important as other tests suggested here.
<a href="#">Rubella, Measles and Mumps IGG Titers</a>	These are good titers to run to confirm past immunity. Should be used more, particularly measles, to avoid unnecessary overstimulation of a child's or adult's already adequate immune response.
<a href="#">Varicella IgG</a>	Can be used to determine if child is already immune to chicken pox (i.e. before being given another booster, perhaps not necessary at that point in time). For adults, can help determine need for a shingles booster.
	<b>OTHER POTENTIAL MARKERS</b>
<a href="#">ASO titer</a>	Antistreptolysin O (ASO) titer is a blood test to measure antibodies against streptolysin O, a substance produced by group A streptococcus bacteria. This test may be positive reflecting unusually chronic strep issues in background including linkage to PANS/PANDAS, and known issues of Strep infections related to cardiac and neurological issues
<a href="#">Mycoplasma IgG/IgM</a>	<i>Mycoplasma pneumoniae</i> is a type of "atypical" bacteria that commonly causes mild infections of the respiratory system. In fact, pneumonia caused by <i>M. pneumoniae</i> is sometimes referred to as "walking pneumonia" since symptoms tend to be milder than pneumonia caused by other germs. Inappropriately elevated titers may reflect underlying illness, may also have links to PANS/PANDAS.
<a href="#">Gliadin Antibodies</a>	This test is used as part of an evaluation for celiac disease. Many children and adults with stomach issues think they have Celiac disease, most do not.
<a href="#">Vitamin B-12 Level</a>	B12 and folate are B complex vitamins that are necessary for normal body function, While not good low, they both may cause or reveal underlying issues when inappropriately elevated.
<a href="#">Folic Acid</a>	The folic acid test measures the amount of folic acid in the blood. Folic acid is one of many B vitamins.

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### [Alpha Interferon](#)

Interferon-alpha is one of three species of interferon that possesses various biological properties including immunomodulating activity, anti-tumor activity and anti-viral activity. Elevated interferon-alpha levels are reportedly seen in viral disease, chronic fatigue-immune dysfunction syndrome and some inflammatory diseases. Abnormal secretion of alpha interferon is a sign of an activated immune system.

### [Food Allergies Screen \(95 foods\)](#)

Food allergy is an abnormal response to a food triggered by your body's immune system. Allergic reactions to food can sometimes cause serious illness and death. No food testing is perfect. Standard IgE/RAST testing is very specific but often not sensitive enough, this test reflects different sensitivities, must be interpreted by a doctor that understands its strengths and weaknesses.