

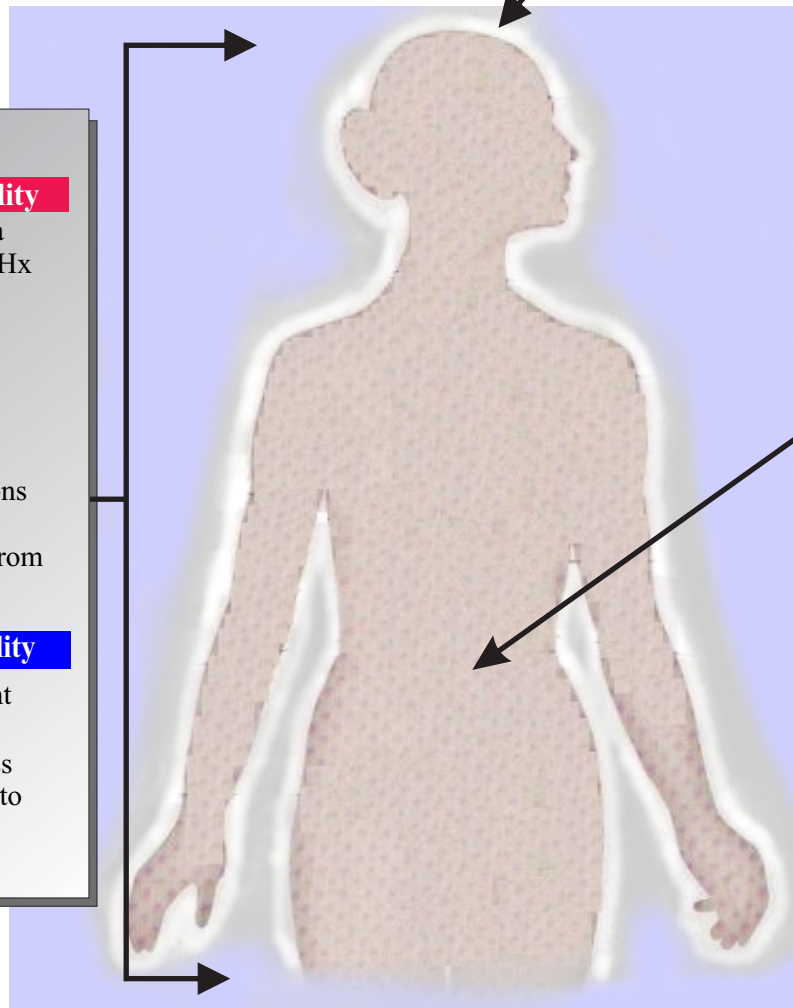
# Clinical Indications For Mediator Release Testing (MRT®)



Non-IgE mediated food and food-chemical hypersensitivity can be an important symptom-provoking component in D-IBS, migraine, fibromyalgia, and other food sensitivity related disorders. Appropriate early intervention will enable physicians to more quickly maximize outcomes in their food sensitive patients. The charts below list clinical parameters that when present, either increase or decrease the likelihood that food hypersensitivity reactions play a role in the etiology of the patient's condition.

## Suspect Non-IgE Food Hypersensitivity When:

- ◆ Symptoms are chronic and frequent
- ◆ Many co-morbidities
- ◆ Evidence of mediator release (active inflammatory process)
- ◆ Excess mucus production (Hx of IgE allergy)



### Migraine

#### Increased Probability

- ⬆ Chronic & frequent >2x per month
- ⬆ Frequent headaches in between episodes
- ⬆ Personal or family Hx of IgE mediated allergy
- ⬆ Hx of adverse food reactions
- ⬆ Other target indications or secondary indications are co-morbid
- ⬆ Resistant to relief from medication

#### Decreased Probability

- ⬇ Infrequent (<1x per month)
- ⬇ Hormonally induced
- ⬇ Weather induced
- ⬇ Trauma induced

### Fibromyalgia

#### Increased Probability

- ⬆ Co-morbid diarrhea
- ⬆ Personal or family Hx of IgE mediated allergy
- ⬆ Hx of adverse food reactions
- ⬆ Other target indications or secondary indications are co-morbid
- ⬆ Resistant to relief from medication

#### Decreased Probability

- ⬇ Diarrhea not present
- ⬇ Co-morbid constipation (Unless constipation is due to side effect of medication)

### Irritable Bowel Syndrome

#### Increased Probability

- ⬆ Diarrhea component (either D-predominant or cyclic)
- ⬆ Chronic & frequent
- ⬆ Refractory
- ⬆ Personal or family Hx of IgE mediated allergy
- ⬆ Hx of adverse food reactions
- ⬆ Other target indications or secondary indications are co-morbid

#### Decreased Probability

- ⬇ Constipation predominant
- ⬇ Infrequent attacks (< 2x/month)

## Secondary Indications & Common Co-Morbidities

- Functional Diarrhea
- Chronic Sinusitis
- Autism Spectrum Disorders
- Dyspepsia
- Non-Seasonal Rhinitis
- Attention Deficit Disorder
- Recurrent Secondary Headaches
- Chronic Sinus Headaches
- Hyperactivity with or w/o A.D.D.
- Celiac Sprue
- Chronic Otitis Media w/effusion
- Arthralgia
- Cyclic Vomiting Syndrome
- Chronic Urticaria
- Rheumatoid Arthritis
- Inflammatory Bowel Disease
- Eczema
- Chronic Fatigue Syndrome