



## CNS Lab Tests

### Candidiasis



#### Candida Screen (IgG)

##### What is Candida?

Candida is a yeast-like fungus that is normally present on the skin and in mucous membranes such as the vagina, mouth, or rectum, where it is commonly known as thrush. It is also a normal inhabitant of the human gut, however, when a person has a microbial imbalance, Candida can change its form to become a pathogenic (injurious) invasive fungus. Candidiasis is caused by the over growth of Candida, predominantly *Candida albicans* species.

##### What are the symptoms?

Candida overgrowth can cause a variety of unpleasant symptoms including:

- Headaches
- Fatigue or low energy
- Abdominal bloating
- Abdominal pain
- Excess flatulence
- Muscle aches
- Bladder infections
- Fungal infections of nail or skin
- Dry, itchy skin
- White coating on tongue
- Joint swelling
- Mood swings
- Increased allergies
- Depression

If you suffer from any or all of the symptoms listed above the cause may be *Candida albicans*.

##### What causes Candida?

Factors which encourage Candida overgrowth include antibiotics, oral contraceptives, steroid drugs, more than one pregnancy, smoking and sugar consumption.

##### Why test for Candida?

There is such a wide range of conditions associated with Candida overgrowth that accurate diagnosis of Candidiasis cannot be made on the basis of symptoms alone. The only way to diagnose a Candida overgrowth is to carry out specific tests aimed at detecting the presence of the organism.

##### How does the test work?

CNS offers a combined test for the detection of elevated levels of IgM and IgG antibodies to Candida. The test is an effective diagnostic and treatment monitoring tool as elevated IgM results indicate an early stage infection and elevated IgG results indicate an actively ongoing infection or the occurrence of a past infection

##### If my levels of Candida are too high how can I reduce them to normal?

A qualified healthcare practitioner should be consulted for interpretation of any levels above of normal range. Your healthcare practitioner may provide dietary advice including anti-fungal therapy, and where possible they may advise the avoidance of antibiotics and steroid drugs.

##### Sample requirements and test turnaround

A pin-prick blood sample is required. Results are available within 10 working days. People with an overgrowth of *Candida albicans* have increased gut permeability and are often predisposed to food intolerance. To help achieve lasting health, it is recommended any food intolerances are identified. (See Foodprint® information sheet). Any information provided by CNS is not intended to replace advice from your GP.



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