

# 念珠菌增生測試



 **HK BioTek**

+ (852) 2763 1488 [www.hkbiotek.com](http://www.hkbiotek.com)

## 念珠菌

- 引致口腔、腸道、皮膚和陰道酵母菌感染的元兇
- 免疫系統正常發揮保護作用時，念珠菌的生長可受到控制
- 高糖飲食、服用過量抗生素等生活因素會令體內念珠菌不受控制地生長，導致身體出現各種病徵
- 念珠菌過度增生會導致腸滲漏和削弱免疫系統，使我們更易受感染

## 念珠菌感染 並不只在女性身上出現！



無論您是男性、女性或小孩，都會自然帶有念珠菌。念珠菌陰道炎雖然常見，但並不是唯一感染形式。香港腳、手癬、鵝口瘡(飛滋)、股癬和其他真菌性皮膚過敏等等都可能是念珠菌感染。大多數人感到不適，表徵反覆惡化，有可能是念珠菌增生作怪！



### 常見症狀



暗瘡、皮疹、濕疹、灰甲



腸道易激症(IBS)、腹瀉、便秘、腹脹、胃酸倒流



鵝口瘡(飛滋)、頭痛、經常喉嚨痛和鼻塞、復發性耳炎



長期疲倦、焦慮、抑鬱、記憶力差、易怒、經前綜合症、專注力不足、嗜甜



陰道炎、尿道炎、香港腳、食物敏感、性功能障礙、心悸

念珠菌增生的症狀表面上很難觀察出來，因為一開始和其他病症相似，所以問題經常被忽略。

## 為甚麼要選擇血液測試？



血液測試	陰道拭抹測試
? 測量體內對抗念珠菌抗體的水平	? 以棉花棒在陰道壁表面採集樣本
✓ 可透過抗體水平顯示出念珠菌有否在體內滋長	✗ 不能區分念珠菌感染或自然存在在陰道的念珠菌
✓ 可指出念珠菌的感染時期	✗ 只顯示出身體局部的情况
✓ 可顯示出念珠菌有否對免疫系統造成負擔	✗ 不能表明免疫系統正在或曾經製造出抗體對抗念珠菌

在念珠菌感染的特定階段，身體會製造不同的抗體

→ 血液測試可測量念珠菌特異性抗體在體內的水平



## HK BioTek 念珠菌增生測試

分析物	感染時期
M免疫球蛋白	早期感染
G免疫球蛋白	現階段或過去感染
A免疫球蛋白	黏膜感染
念珠菌抗原	現有的念珠菌感染

- ✓ 檢測在美國政府認可之實驗室進行  
US BioTek Labs是一所符合美國聯邦政府制定的「臨床實驗室改進修正案」(CLIA)規定的臨床實驗室
- ✓ 採用敏感度最高的技術<sup>1</sup>
- ✓ 所有的樣本均進行重複測試，確保結果準確、可靠



如果發覺身體有類似的症狀，可以掃描此條碼，進行問卷<sup>2</sup>，找出您的健康問題是否和念珠菌有關。

\*本問卷只作健康教育用途，並非用作診斷或治療任何疾病。如有任何健康問題，請諮詢您的家庭醫生。

<sup>1</sup> 根據瑞典的健康網站Kostkoll於2010年針對5間歐洲實驗室的血液測試之調查結果

<sup>2</sup> 參考: William G. Crook M.D. The Yeast Connection Handbook. New York: Square One Publishers, 2000. Print.

# Candida Screening



**HK BioTek**

## Candida Albicans

- The culprits of yeast infections found in the mouth, intestinal tract, skin and vagina
- Candida growth is under controlled when immune system functions properly
- High sugar diet and over dosage of antibiotics contribute to Candida overgrowth, leading to a systemic problem
- When overproduced, Candida might lead to leaky gut and weakened immune system, making us more prone to other infections

## Not Only a Female Issue!

Candida lives in your body, no matter if you are man, woman or child. Vaginal yeast infection is common, yet it is not the only form of infection. Athlete's foot, ringworm, oral thrush, jock itch and others are examples of yeast infections. Recurring and worsening symptoms might possibly due to Candida overgrowth.



## Common Symptoms

	Acnes, Skin rashes, Eczema, Fungal nail infection
	Irritable Bowel Syndrome (IBS), Diarrhea, Constipation, Bloating, Acid Reflux
	Oral thrush, Headache, Recurrent sore throat, Nasal congestion or Ear infection
	Chronic fatigue, Anxiety, Depression, Poor memory, Irritability, Premenstrual tension, Attention deficit, Sweet craving
	Vaginitis, Urinary tract infections, Athlete's foot, Food sensitivity, Sexual dysfunction, Palpitation

The manifestations of chronic Candida overgrowth are often **hard to detect because the symptoms look similar to other illnesses.**

## Why should I use a blood test?



Blood Test	Vaginal Swab Test
Measure the level of Candida-specific antibodies & antigens in the body	Use a cotton swab to sample the surface of the vaginal wall
Level of Candida-specific antibodies & antigens tell if there is Candida overgrowth in your system	Can't tell if it is a Candida infection or normally occurring vaginal candida
Indicate the stage of systemic Candida infection	Only indicate what is going on locally
Indicate if the immune system is weakened	Can't indicate if the immune system has been producing antibodies against Candida

Different antibodies reveal different stage of Candida infection  
 → Blood test shows the level of freely circulating Candida-specific antibodies and antigens



## HK BioTek Candida Screening

Analyte	Indication
IgM Antibodies	Recent Infection
IgG Antibodies	Current or Past Infection
IgA Antibodies	Mucosal Infection
Candida Antigen	Current Infection

- ✓ US BioTek Labs is a Clinical Laboratory Improvement Amendments (CLIA) accredited testing facility
- ✓ Applying the highest sensitivity technology with reproducible result<sup>1</sup>
- ✓ Easy sample will be tested twice to ensure highest accuracy



If you are experiencing some symptoms, please scan the QR code for a questionnaire<sup>2</sup>. Your scores will help determining the likelihood of Candida overgrowth in you.

\*This questionnaire only serves as educational purpose. It does not intend to diagnose, treat or cure any disease and cannot replace any doctor's diagnosis. If you have any health concern, please consult your family doctor.

<sup>1</sup> According to results of a study done by Swedish health website, Kostkoll, evaluating blood test results of five labs in Europe.

<sup>2</sup> William G. Crook M.D. The Yeast Connection Handbook. New York: Square One Publishers, 2000. Print.