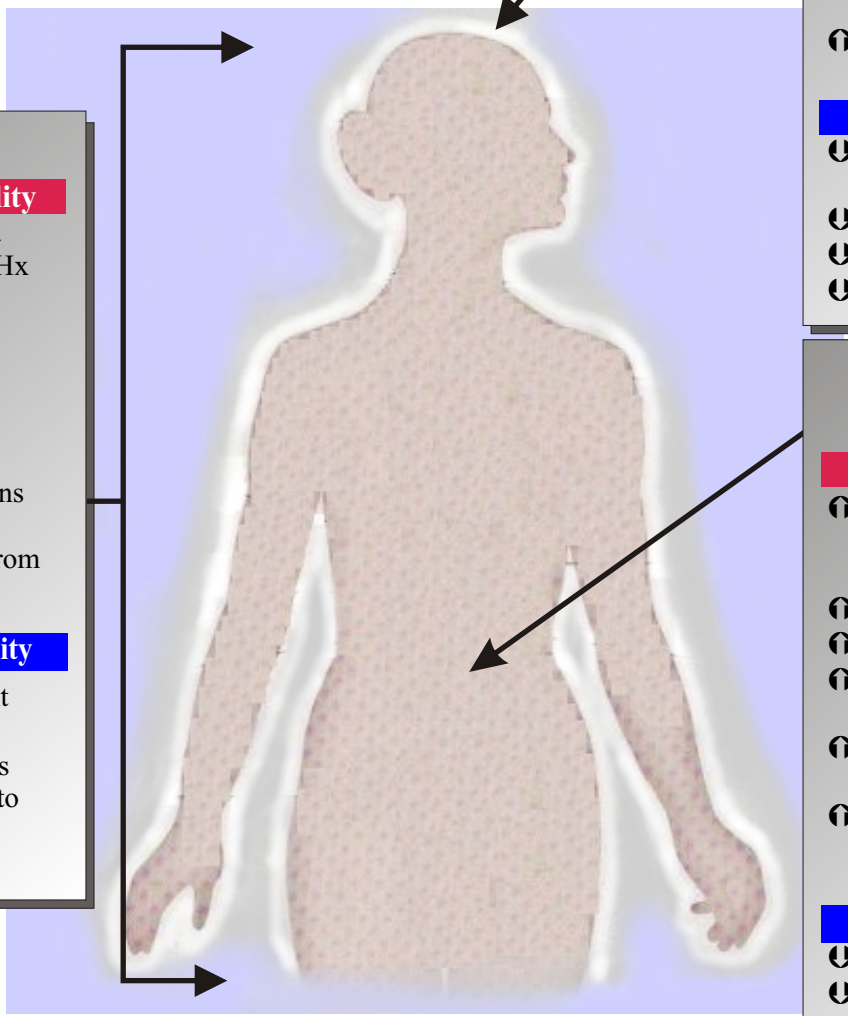
# Clinical Indications For Mediator Release Testing (MRT®)

Lifestyle Eating And LEAP Performance

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

Copyright 2005-2007 Signet Diagnostic Corporation, 3555 Fiscal Court, Suites 8 & 9, Riviera Beach, Florida 33404 Ph: 561-848-7111 Fax: 561-848-6655 Toll Free: 888-NOW-LEAP (888-669-5327)