

# Candida Screening

## 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 you 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.

