



Indra Harrison

Your test results

Parasite PCR Check

Summary

Congratulations on taking the Parasite PCR Check which puts you in control of your health data!



i-screen

Collection Date: 23 Jan 2024

Faecal Occult Blood

Your stool sample was 'semi-formed' which can be due to a number of reasons. Semi-formed stool typically indicates reduced digestive function and a quicker transit time. This combination may not only contribute to digestive symptoms but may also indicate reduced absorption of nutrients.

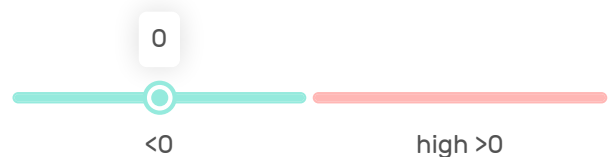
Possible causes can include microbial imbalance, poor stomach acid production and/or triggers such as poor thyroid or adrenal health or food sensitivity.

Stool Form **Semi Formed**

A formed stool is considered normal. Variations to this may indicate abnormal gastrointestinal conditions.

Faecal Occult Blood **0 negative**

This test is used to detect bleeding in the digestive tract, and is used in Australia's National Bowel Screening program. This test can detect tiny traces of blood in the stool, and can indicate the presence of disease at a relatively early stage when stools may appear normal.

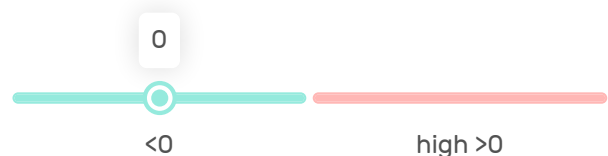


PCR Test - Bacteria

No evidence of a pathogenic bacterial infection was detected in your sample.

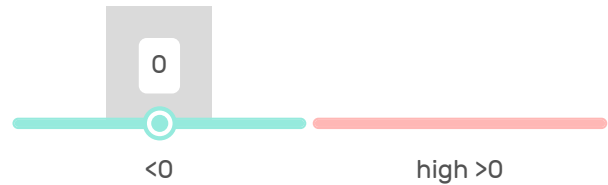
Salmonella **0 not detected**

Salmonella infection usually results from ingestion of the bacteria from contaminated food, water or hands. Eggs, milk, meat or poultry are particularly high risk foods.



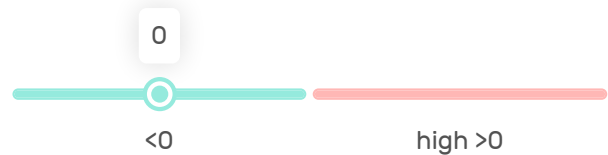
Campylobacter 0 not detected

Campylobacter infection (campylobacteriosis) is a bacterial infection which most commonly causes gastroenteritis (also known as 'gastro') but may also cause illness affecting the entire body.



Shigella 0 not detected

Shigella infection (shigellosis) is a type of gastroenteritis caused by Shigella bacteria. The symptoms of Shigella infection include fever, diarrhoea, (sometimes with blood and mucous), vomiting and stomach cramps.



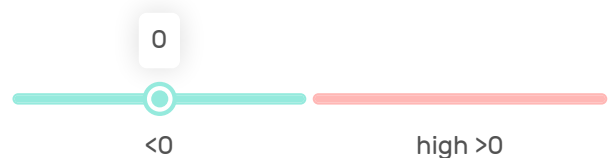
Yersinia 0 not detected

This infectious bacteria can cause gastroenteritis and symptoms beyond the gut. Symptoms include diarrhoea, nausea, vomiting, fever and abdominal pain. It can mimic appendicitis or Crohn's disease.



Aeromonas 0 not detected

Aeromonas are bacteria that can cause an acute diarrhoeal illness that normally clears without treatment. It is a fairly common cause of gastroenteritis, which occurs most often throughout the warm summer months in most countries.



PCR Test - Parasites

Dientamoeba fragilis was detected in your sample. Note that the role of Dientamoeba fragilis is not well defined and appears to be extremely common. Dientamoeba fragilis has been linked to intestinal symptoms, especially in children. The most common symptoms associated with this organism are abdominal pain, intermittent diarrhoea, bloating and anorexia.

Blastocystis hominis was detected in your sample. B.hominis may cause

persistent mild diarrhoea, though may also be found in individuals without any symptoms. It is endemic in Australia, although it may also be associated with recent overseas travel. Detection suggests the ingestion of contaminated material or contact with farm animals.

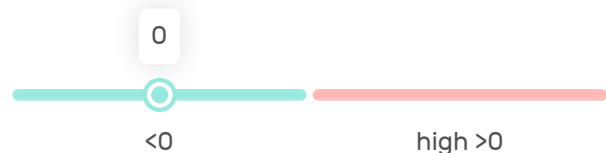
Giardia intestinalis 0 not detected

Symptoms of Giardia infection can occur with 3 to 25 days and may include diarrhoea, nausea, vomiting, pale greasy foul-smelling stools, stomach cramps, passing excess gas, bloating, weight loss and fatigue.



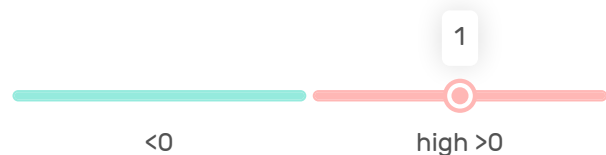
Cryptosporidium 0 not detected

Cryptosporidium is a microscopic parasite that causes the diarrhoeal disease cryptosporidiosis. Both the parasite and the disease are commonly known as "Crypto."



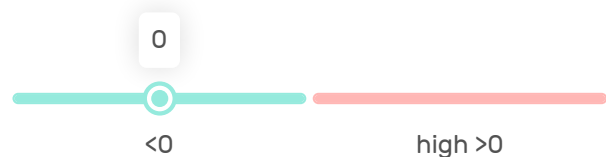
Dientamoeba fragilis 1 pathogen

The bacteria can be present in the gut for months or year and misdiagnosed as IBS. Infection can cause diarrhoea, abdominal pain and cramping, anal itching, nausea, loss of appetite, headache, dizziness, depression, weight loss and fatigue.



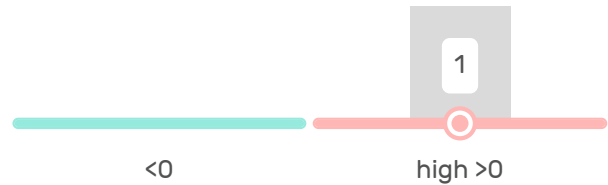
Entamoeba histolytica 0 not detected

Amoebiasis is a parasitic disease (also known as amoebic dysentery) caused by infection with Entamoeba histolytica or another amoeba (for example, E. dispar). The disease may not cause symptoms in most individuals.



Blastocystis hominis 1 pathogen

Some research suggests that people with IBS may be more likely to have Blastocystis hominis organisms in their stool.



Recommendations

Consider Clinical Nutrition



The microbes Blastocystis hominis and Dientamoeba fragilis can be difficult to treat. Individuals generally respond best to a combined approach of medical intervention along with herbal and nutritional support plus dietary change. You may want to consider following up with our Clinical Nutritionist regarding an appropriate treatment regiment in the context of any health issues you may be experiencing - refer to our [Nutrition Teleconsult](#) for more information.

Please follow up on this result with your GP if you have concerns, as the presence of [B.hominis](#) does not necessarily cause symptoms and may not require treatment. If treatment is warranted, Metronidazole (Flagyl) is considered the most effective drug for treating Blastocystis infections.

Please follow up on this result with your GP if you have concerns, as the presence of [D. fragilis](#) does not necessarily cause symptoms and may not require treatment. If treatment is warranted, Iodoquinol, Tetracycline or Metronidazole have been used for treating D. fragilis infections.

Check in with your GP



Follow up with your GP if you experience any changes in bowel habits such as loss of bowel control, persistent diarrhoea, unexplained weight loss, or blood in the stool.

As always, please visit your GP to discuss your results. Laboratory investigations are an important aspect of healthcare, however they must be viewed in the wider context of your medical history, current health and concerns, physical examination findings and other investigations. These results do not replace the need for face-to-face medical consultation or regular visits to your local GP. A copy of your lab report is attached for your reference.

