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New Autoimmune Disease Screening

The DK-German Medical Diagnostic Center would like to announce the availability to test for certain autoimmune diseases with a new LIA System, developed and manufactured in Germany.

The first Autoimmune Diseases screening kit we offer (GASTRO-LIA) detects three diseases:

1. Celiac Disease
2. Morbus Crohn / Crohn's Disease
3. Pernicious Anaemia / Vitamin B-12 deficiency anaemia

by determination of IgA and/or IgG class antibodies against deamidated gliadin (d-gliadin, DGP), tissue transglutaminase (tTG), mannan (ASCA), parietal cell antigen (PCA) and intrinsic factor (IF).

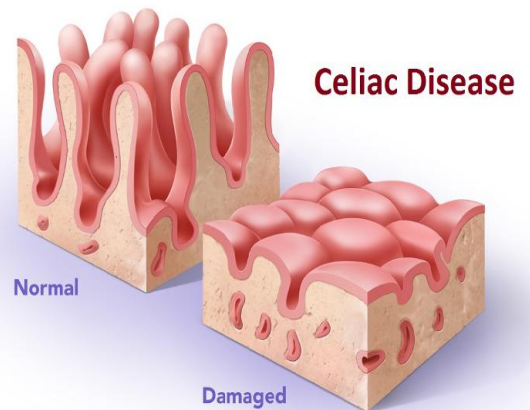


1. Celiac Disease:

Celiac Disease is an autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine.

It is estimated to affect 1 in 150 people worldwide.

When people with Celiac Disease eat gluten (a protein found in wheat, rye and barley), their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. ***When the villi get damaged, nutrients cannot be absorbed properly into the body.***



Long Term Health Effects

When left untreated, Celiac Disease can lead to additional serious health problems. These include the development of other autoimmune disorders like Type 1 diabetes and multiple sclerosis (MS), dermatitis herpetiformis (an itchy skin rash), anemia, osteoporosis, infertility and miscarriage, neurological conditions like epilepsy and migraines, short stature, and intestinal cancers.

Treatment

Currently, the only treatment for Celiac Disease is lifelong adherence to a strict gluten-free diet. People living gluten-free must **avoid foods with wheat, rye and barley**, such as bread, cake, noodles... Ingesting small amounts of gluten, like crumbs from a cutting board or toaster, can trigger small intestine damage.



WHAT ARE THE SYMPTOMS OF CELIAC DISEASE?

HAVE THESE SYMPTOMS? DON'T WAIT. GET TESTED.



ORAL

BAD BREATH
GUM DISEASE
MOUTH SORES
MOUTH ULCERS
SWOLLEN GUMS
TONGUE SORES
TOOTH ENAMEL EROSION



FEMALE-SPECIFIC

BREAST TENDERNESS
EARLY MENOPAUSE
FREQUENT MISCARRIAGES
HORMONAL LEVEL SWINGS
HEAVY, PAINFUL PERIODS
INFERTILITY
SWOLLEN BLADDER/CERVIX



INTESTINAL

ACID REFLUX
BLOATING
CONSTIPATION
DIARRHEA
GAS THAT WOULD CLEAR A ROOM
LOSS OF APPETITE
NAUSEA
STOMACH PAIN



JOINT/MUSCLE

ATAXIA
BACK PAIN
BURNING SENSATION IN THE JOINTS
JOINT PAIN/STIFFNESS/SWELLING
LEG CRAMPS
MUSCLE SPASMS
SWELLING IN HANDS AND FEET



VITAMIN DEFICIENCIES

ANEMIA (LOW IRON)
LOW CALCIUM
LOW VITAMIN B12
LOW VITAMIN D



BEHAVIORAL

ADD
ANXIETY
BRAIN FOG
DEPRESSION
IRRITABILITY
IRRATIONAL ANGER
LONELINESS/ISOLATION
LOSS OF INTEREST IN ACTIVITIES
MEMORY LOSS
MOOD SWINGS
NIGHT TERRORS
PANIC ATTACKS
SHORT TEMPER
SUICIDAL



SKIN

ACNE
BRITTLE NAILS
BRUISING
BURNING SCALP
DANDRUFF
DARK CIRCLES UNDER THE EYES
ECZEMA
FLAKEY SKIN AROUND THE EYES
HIVES
PALE SKIN
SKIN CANCER
SKIN RASHES



MISCELLANEOUS

ASTHMA
BLADDER INFECTIONS
BLURRED VISION
CHILLS & FEVERS
CHRONIC FATIGUE
DANDRUFF
COUGHING
DIZZINESS/VERTIGO
FAINTING
FLUCTUATING WEIGHT
GERD
HAIR LOSS
HEADACHES
HEARTBURN
HEMORRHOIDS
HIGH BLOOD PRESSURE
HYPOTHYROIDISM
IRREGULAR HEARTBEAT
LOW BLOOD SUGAR
MIGRAINES
NIGHT SWEATS
RACING HEART
SEIZURES
SINUS PRESSURE
SLEEPING ISSUES



* SYMPTOMS IN RED WERE MENTIONED THE MOST OFTEN

2. Crohn's Disease:



Crohn's Disease is an inflammatory bowel disease (IBD) that may affect any part of the gastrointestinal tract from mouth to anus. It causes inflammation of the lining of your digestive tract, which can lead to abdominal pain, severe diarrhoea, fatigue, weight loss and malnutrition. Inflammation caused by Crohn's Disease can involve different areas of the digestive tract in different people.

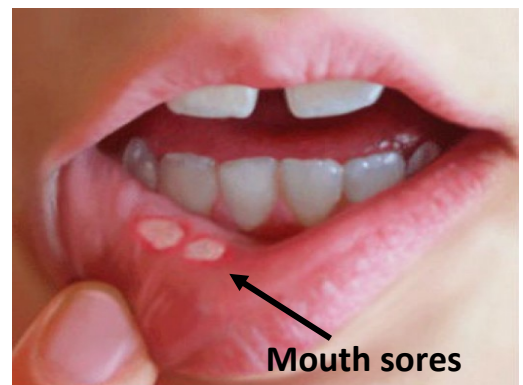
The inflammation often spreads deep into the layers of affected bowel tissue. Crohn's Disease can be both painful and debilitating, and sometimes may lead to life-threatening complications.

Crohn's Disease is caused by a combination of environmental, immune and bacterial factors in genetically susceptible individuals. About half of the overall risk is related to genetics with more than 70 genes found to be involved. Tobacco smokers are two times more likely to develop Crohn's Disease than nonsmokers. It also often begins after gastroenteritis.

The Signs and symptoms of Crohn's Disease can range from mild to severe. They usually develop gradually, but sometimes will come on suddenly, without warning. You may also have periods of time when you have no signs or symptoms (remission).

When the Disease is active, signs and symptoms may include:

- **Diarrhea.** Diarrhea is a common problem for people with Crohn's Disease. Intensified intestinal cramping also can contribute to loose stools.
- **Fever and fatigue.** Many people with Crohn's Disease experience a low-grade fever, likely due to inflammation or infection. You may also feel tired or have low energy.
- **Abdominal pain and cramping.** Inflammation and ulceration can affect the normal movement of contents through your digestive tract and may lead to pain and cramping. You may experience anything from slight discomfort to severe pain, including nausea and vomiting.
- **Blood in your stool.** You might notice bright red blood in the toilet bowl or darker blood mixed with your stool. You can also have bleeding you don't see (occult blood).
- **Mouth sores.** You may have ulcers in your mouth similar to canker sores.
- **Reduced appetite and weight loss.** Abdominal pain and cramping and the inflammatory reaction in the wall of your bowel can affect both your appetite and your ability to digest and absorb food.
- **Perianal disease.** You might have pain or drainage near or around the anus due to inflammation from a tunnel into the skin (fistula).



There are no medications or surgical procedures that can cure Crohn's Disease. Treatment options help with symptoms, maintain remission, and prevent relapse. In those newly diagnosed, a corticosteroid may be used for a brief period of time to quickly improve the disease with another medication such as either methotrexate or a thiopurine used to prevent recurrence. An important part of treatment is to STOP SMOKING among those who do. One in five people with the

disease are admitted to hospital each year, and half of those with the disease will require surgery for the disease at some point over a ten-year period.

It tends to start in the teens and twenties, although it can occur at any age. The disease was named after gastroenterologist Burrill Bernard Crohn, who, in 1932, together with two other colleagues at Mount Sinai Hospital in New York, described a series of patients with inflammation of the terminal ileum of the small intestine, the area most commonly affected by the illness.

3. Pernicious anaemia / Vitamin B-12 deficiency anaemia:

Pernicious anaemia is a condition caused by too little vitamin B12 in the body. It is a form of vitamin B12 deficiency anaemia.

Anaemia is a state that occurs when haemoglobin (an iron-protein compound in red blood cells that transports oxygen) is decreased and your body has too few red blood cells. When there are too few red blood cells due to a lack of vitamin B12, the condition is described as pernicious anaemia.

Vitamin B12 helps the body make healthy red blood cells and helps keep nerve cells healthy. It is found in animal foods, including meat, fish, eggs, milk, and other dairy products

The term pernicious was adopted many years ago when there was no effective treatment and this condition was inevitably fatal. Today, excellent therapies are available and most people can lead a normal life with very little adverse effects.

The most common cause of pernicious anaemia is the loss of stomach cells that make intrinsic factor. Intrinsic factor helps the body absorb vitamin B12 in the intestine. The loss of parietal cells producing the Intrinsic Factor may be due to destruction by the body's own immune system (autoimmune disease).

The symptoms of Pernicious Anaemia vary between individual patients, but the Pernicious Anaemia Society says those most commonly reported are tiredness, lethargy, exhaustion, fatigue, weariness, tingling and numbness of hands and feet and loss of memory. Other symptoms associated with vitamin B12 deficiency include headache, tinnitus, depression, mouth ulcers and a disturbed walking gait and balance (especially in the dark).

Pernicious anaemia is easy to treat with vitamin B12 injections or tablets and as well as diet changes. Life-long treatment is needed. Complications caused by untreated pernicious anaemia may be reversible with treatment.

4. Further Information:

The GASTRO – LIA (IgA) and (IgG) test results will be available within the same day or provided after maximum 24 hours.

- The test is either as IgA or IgG antibody screening available and one test costs 18.37 USD.

As about 10 % of patients with Celiac Disease have an IgA deficiency; therefore, the serum should also be tested with the IgG conjugate if this deficiency is suspected to avoid false negative testing.

- For this reason we offer furthermore an IgA and IgG combined GASTRO-LIA screening package with the reduced price of 30.00 USD.

Please visit our homepage: www.medical-kabul.com for further details on our services.

