

Optimal Health & Wellness Center Tests



GI Microbial Stool DNA Analysis

Research today, shows the health benefits and disease risks brought about by the microorganisms that inhabit the gastro-intestinal (GI) tract. This FDA approved, GI-MAP™ test, is designed to assess your GI microbiome from a single stool sample, with particular attention to microbes that cause disease or that disrupt normal microbial balance and contribute to problems in the GI flora and contribute to illness.

The GI MAP Stool test is ideal for those who are suffering from digestive issues, such as constipation, diarrhea, bloating, acid reflux, food allergies, pain in the stomach, irritable bowel syndrome (IBS), and inflammatory bowel disease (IBD). It can be done at any age – from 12-month-old babies, right up to people in their 80's, you are never too young or too old to optimize your digestion.

The pathogens targeted include bacteria, parasites and viruses. This test also looks for: opportunistic organism, normal flora, and markers of GI health including various bacteria, non-pathogenic parasites, worms, fungi, yeast, colon inflammation, immune function, gluten reaction, pancreatic function, occult blood, and antibiotic resistant genes.

Once payment is received, our office will provide a test kit with your *Lab Requisition*. Please note that **this is NOT a fasting test** and specific, easy instructions will be included with your kit.

Once your lab results are received at our clinic, we will schedule an in-office or virtual consultation with the doctor. A written report will be provided along with actionable steps. Please allow 30 minutes for your consultation. Fee \$580. If you have a coupon or a code, just let us know and we will provide you with the special price. If you have any questions, please let us know, as we are happy to help!

Email us at OptimalHealthCenter@icloud.com

Or phone us at [630-858-9900](tel:630-858-9900)

Please Note:

The test interpretation consultation must take place within 3 months of placing the test order. Your test includes a 30 minute Interpretation of your results. We are unable to ship test kits to New York. Price includes collection kit and second day FedEx return shipping for US orders.

Patient: Ima Sample
Collected: 2/10/2018
DOB: 7/11/1981

Accession: 20180212-0001
Received: 2/12/2018
Completed: 1/9/2019

Ordered by: Diane Farhi, MD

Pathogens

Bacterial Pathogens

	Result		Normal
<i>Campylobacter</i>	<dl		<1.00e3
<i>C. difficile</i> , Toxin A	1.21e5	High	<1.00e3
<i>C. difficile</i> , Toxin B	2.27e5	High	<1.00e3
<i>Enterohemorrhagic E. coli</i>	<dl		<1.00e3
<i>E. coli</i> O157	8.60e0		<1.00e3
<i>Enteroinvasive E. coli/Shigella</i>	<dl		<1.00e2
<i>Enterotoxigenic E. coli</i> LT/ST	<dl		<1.00e3
Shiga-like Toxin <i>E. coli</i> stx1	<dl		<1.00e3
Shiga-like Toxin <i>E. coli</i> stx2	<dl		<1.00e3
<i>Salmonella</i>	<dl		<1.00e4
<i>Vibrio cholerae</i>	<dl		<1.00e5
<i>Yersinia enterocolitica</i>	4.46e1		<1.00e5

Parasitic Pathogens

	Result		Normal
<i>Cryptosporidium</i>	<dl		<1.00e6
<i>Entamoeba histolytica</i>	<dl		<1.00e4
<i>Giardia</i>	<dl		<5.00e3

Viral Pathogens

	Result		Normal
Adenovirus 40/41	<dl		<1.00e10
Norovirus GI/II	<dl		<1.00e7

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H. pylori

	Result		Normal
<i>Helicobacter pylori</i>	2.9e3	High	<1.0e3
Virulence Factor, babA	Positive		Negative
Virulence Factor, cagA	Positive		Negative
Virulence Factor, dupA	Negative		Negative
Virulence Factor, iceA	Negative		Negative
Virulence Factor, oipA	Negative		Negative
Virulence Factor, vacA	Negative		Negative
Virulence Factor, virB	Positive		Negative
Virulence Factor, virD	Positive		Negative

Normal Bacterial Flora

	Result		Normal
<i>Bacteroides fragilis</i>	1.1e11		1.60e9 - 2.50e11
<i>Bifidobacterium spp.</i>	2.4e10		>6.70e7
<i>Enterococcus spp.</i>	4.9e7		1.9e5 - 2.00e8
<i>Escherichia spp.</i>	6.1e5	Low	3.70e6 - 3.80e9
<i>Lactobacillus spp.</i>	3.7e4	Low	8.6e5 - 6.20e8
<i>Clostridia (class)</i>	6.25e6		5.00e5 - 5.00e7
<i>Enterobacter spp.</i>	9.16e6		1.00e6 - 5.00e7
<i>Akkermansia mucinophila</i>	1.76e6	High	1.0e1 - 5.0e4
<i>Faecalibacterium prausnitzii</i>	9.56e5		1.0e3 - 5.0e8

Phyla Microbiota

	Result		Normal
<i>Bacteroidetes</i>	4.33e11	Low	8.61e11 - 3.31e12
<i>Firmicutes</i>	1.25e11		5.70e10 - 3.04e11
<i>Firmicutes:Bacteroidetes Ratio</i>	0.29		<1.00

Opportunistic Bacteria**Additional Dysbiotic/Overgrowth Bacteria**

	Result		Normal
<i>Bacillus spp.</i>	8.30e4		<1.50e5
<i>Enterococcus faecalis</i>	2.56e3		<1.00e4
<i>Enterococcus faecium</i>	1.11e3		<1.00e4
<i>Morganella spp.</i>	<dl		<1.00e3
<i>Pseudomonas spp.</i>	7.37e4	High	<1.00e4
<i>Pseudomonas aeruginosa</i>	<dl		<5.00e2
<i>Staphylococcus spp.</i>	1.93e4	High	<1.00e4
<i>Staphylococcus aureus</i>	1.23e1		<5.00e2
<i>Streptococcus spp.</i>	1.34e3	High	<1.00e3
<i>Methanobacteriaceae</i> (family)	3.70e7		<5.00e9

Potential Autoimmune Triggers

	Result		Normal
<i>Citrobacter spp.</i>	<dl		<5.00e6
<i>Citrobacter freundii</i>	<dl		<5.00e5
<i>Klebsiella spp.</i>	2.48e4	High	<5.00e3
<i>Klebsiella pneumoniae</i>	1.41e4		<5.00e4
<i>M. avium subsp. paratuberculosis</i>	<dl		<5.00e3
<i>Prevotella spp.</i>	<dl		<1.00e8
<i>Proteus spp.</i>	<dl		<5.00e4
<i>Proteus mirabilis</i>	<dl		<1.00e3
<i>Fusobacterium spp.</i>	6.16e5		<1.00e8

Fungi/Yeast

	Result		Normal
<i>Candida spp.</i>	<dl		<5.00e3
<i>Candida albicans</i>	<dl		<5.00e2
<i>Geotrichum spp.</i>	<dl		<3.00e2
<i>Microsporidium spp.</i>	<dl		<5.00e3
<i>Rhodotorula spp.</i>	<dl		<1.00e3

Viruses

	Result		Normal
<i>Cytomegalovirus</i>	<dl		<1.00e5
<i>Epstein Barr Virus</i>	<dl		<1.00e7

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Parasites

Protozoa	Result	Normal
<i>Blastocystis hominis</i>	<dl	<2.00e3
<i>Chilomastix mesnili</i>	<dl	<1.00e5
<i>Cyclospora spp.</i>	<dl	<5.00e4
<i>Dientamoeba fragilis</i>	<dl	<1.00e5
<i>Endolimax nana</i>	<dl	<1.00e4
<i>Entamoeba coli</i>	<dl	<5.00e6
<i>Pentatrichomonas hominis</i>	<dl	<1.00e2

Worms	Result	Normal
<i>Ancylostoma duodenale</i>	Not Detected	Not Detected
<i>Ascaris lumbricoides</i>	Not Detected	Not Detected
<i>Necator americanus</i>	Not Detected	Not Detected
<i>Trichuris trichiura</i>	Not Detected	Not Detected
<i>Taenia spp.</i>	Not Detected	Not Detected

Intestinal Health

Digestion	Result	Normal
Steatocrit	6	<15 %
Elastase-1	388	>200 ug/g

GI Markers	Result	Normal
b-Glucuronidase	2584 High	<2486 U/mL
Occult Blood - FIT	4	<10 ug/g

Immune Response	Result	Normal
Secretory IgA	1873	510 - 2010 ug/g
Anti-gliadin IgA	15	0 - 157 U/L

Inflammation	Result	Normal
Calprotectin	22	<173 ug/g

Add-on Test	Result	Normal
Zonulin	186.4 High	<107 ng/g

Antibiotic Resistance Genes, phenotypes

Helicobacter		Result		Expected Result	
Amoxicillin		Negative		Absent	
A926G	Absent	AGA926-928TTC	Absent		
Clarithromycin		Positive		Absent	
A2142C	Absent	A2142G	Absent	A2143G	Present
Fluoroquinolones		Negative		Absent	
gyrA N87K	Absent	gyrA D91N	Absent	gyrA D91G	Absent
gyrB S479N	Absent	gyrB R484K	Absent		
Tetracycline		Positive		Absent	
PBP1A S414R	Present	PBP1A T556S	Absent	PBP1A N562Y	Absent

Antibiotic Resistance Genes, genotypes**Universal Microbiota Resistance Genes**

b-lactamase		Positive		Absent	
TEM-70	Absence	CTXM3	Presence	SHV-24	Presence
VEB-1	Absence	OXA-30	Absence	CTXM35	Absence
toho-3	Absence	CTXM63	Absence	PER-1	Absence
PER-2	Presence	GES-3	Absence	NDM-1	Absence
Fluoroquinolones		Negative		Absent	
qnrA2	Absence	qnrB	Absence		
Macrolides		Positive		Absent	
ermA	Absence	ermB	Presence	ermC	Absence
mefE	Absence				
Vancomycin		Negative		Absent	
vanA1	Absence	vanA2	Absence	vanB	Absence
vanC	Absence				