

Metal allergy - a possible cause of health problems

- One single blood test
- Confirmation of reaction to metals
- Results key for proper treatment

People with metal hypersensitivity may have numerous symptoms associated with an overactive immune system, including chronic fatigue, joint and muscle pain, cognitive impairment, depression, headaches, fibromyalgia and skin rashes. MELISA® is the only scientifically proven and clinically validated blood test that detects type-IV allergy to multiple metals, such as mercury, gold, silver and titanium.

Why use MELISA?

Exposure to metals in dental fillings and crowns, surgical implants, joint prostheses and environmental pollutants can lead to health problems in sensitive individuals as they may be causing an allergic reaction. MELISA can identify the individuals who may suffer side effects from metal exposure. The test shows which metals the body tolerates and which it doesn't, so it can be used prior to surgery or insertion of implants. The test will identify the source of exposure and establish the strength of the reaction.

High success rates

Seventy-six percent of chronic fatigue patients in a clinical trial experienced health improvement after removing dental restorations containing allergenic metals, as identified by the MELISA test. An additional study of patients with autoimmune diseases showed that 71% of those with positive responses in MELISA improved after having their fillings removed. Finally, a recent study showed that after restriction of exposure to metals they were allergic to, half of the patients, all originally diagnosed with fibromyalgia, no longer fulfilled the criteria for a fibromyalgia diagnosis, and the remaining half all reported an improvement in symptoms.

Allergy vs. toxicity

MELISA measures whether the immune system reacts to specific metals: it does not show the levels of metals in the body. Other tests, such as hair analysis, quantify excreted or current levels of mercury or other metals, but these are usually found to be below the official "safe limit". For hypersensitive individuals, there is no such thing as a "safe" level; even trace amounts may cause harm if the substance triggers an allergic reaction. This reaction will be on-going unless the source of exposure is removed.

How the MELISA test works

MELISA tests the patient's white blood cells against a panel of suspected allergens based on the patient's medical and dental history. The reaction is measured by two separate methods: uptake of radioisotope by dividing lymphocytes and evaluation by microscope. The test report shows the strength of the reaction as a Stimulation Index and lists the most common sources of exposure.

HOW TO GET TESTED

Before testing it is helpful to establish which metals the patient is currently exposed to. A pre-test questionnaire can be used to establish this.

A blood sample may be sent to any licensed MELISA laboratory as long as it arrives within 48 hours (ideally 24). The blood should be kept at room temperature and sent in special tubes, which will be provided.

The amount of blood required depends on how many antigens are to be tested. For a screening of 10 metals, 36 ml blood, or 4 large tubes of blood, is needed.

Steroids or other immunosuppressant drugs may affect the test result.

