

# MELISA®

## - a valuable diagnostic tool in environmental medicine



*“Type IV metal allergy is often overlooked as a culprit in many of today’s chronic illnesses. MELISA testing gives targeted information on what needs to be avoided. I am grateful for MELISA testing, it allows many patients to get their life back, instead of remaining chronically ill for the rest of their days.”* Dr Toril Jelter, MD, Mount Diablo Integrated Wellness Center

Inflammation activated by metal allergy may be one of the causes of ill health in patients. MELISA, a clinically validated blood test, will identify if metals are causing an immune reaction, which may affect health.

### MELISA studies

- 76% of chronic fatigue patients experienced health improvement after removing dental restorations containing allergenic metals, identified by MELISA testing *Metal-specific lymphocytes: biomarkers of sensitivity in man, 1999*
- 71% of patients with autoimmune diseases and mercury allergy improved after having their amalgam fillings removed *The beneficial effect of amalgam replacement on health in patients with autoimmunity, 2004*
- 50% of fibromyalgia patients showed that after restricting exposure to metals that stimulated their immune system, they no longer fulfilled the criteria for fibromyalgia. 20% had reduced trigger points and all reported improvement in symptoms *Metal-induced inflammation triggers fibromyalgia in metal-allergic patients, 2013*
- 63% of patients with connective tissue disease were allergic to two or more metals *Increased frequency of delayed type hypersensitivity to metals in patients with connective tissue disease, 2015*

Based on more than 20 years research, MELISA has identified symptoms and indicators for those likely to be metal hypersensitive. If several of these are present, allergy to metals should be considered and specific metal allergens can be identified with MELISA testing. Studies show that if metal allergy is found, many symptoms will improve or disappear if exposure to relevant metals is reduced. Both comprehensive questionnaires and a brief online version are available. A complete evaluation with a list of metal exposure can be provided if the full questionnaire is completed.

### MELISA Diagnostics Ltd

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## Common sources of metal exposure\*

**Dental crowns:** chromium, cobalt, gallium, gold, indium, iridium, nickel, manganese, molybdenum, palladium, platinum, silver

**Dental (amalgam) fillings:** copper, inorganic mercury, nickel, silver, tin

**Orthodontic braces and retainers:** chromium, manganese, molybdenum, nickel

**Dental titanium implants:** aluminium, nickel, titanium, vanadium

**Knee/hip prostheses:** aluminium, chromium, cobalt, manganese, molybdenum, nickel, tungsten, titanium, vanadium

**Environmental exposure:** cadmium, lead, methyl mercury, nickel, titanium

**Surgical stents, clips and coils:** chromium, cobalt, gold, molybdenum, nickel, platinum, palladium, titanium

**Vaccines:** aluminium, thimerosal

\*exact metal composition may vary

## Indicators of metal allergy

Yes or No

Atopy – eczema, asthma, food allergies, hayfever (in immediate family also)

Autoimmune disease – rheumatoid arthritis, thyroiditis, coeliac disease, Sjögrens, multiple sclerosis (in immediate family also)

Dermal reactions to costume jewellery, metal piercings, metal clasps and buckles etc

Positive patch testing, dermal allergies to creams, cosmetics

Chronic fatigue syndrome, fibromyalgia, multiple chemical sensitivity and/or multiple non-specific symptoms of unknown origin such as fatigue, pain, “brain fog”, depression

## Dental status

Health change after dental visit

Burning mouth syndrome, ulcers, oral lichen planus, bleeding gums

Facial rash after implants

Unexplained change in health post-implant; fatigue, rashes, joint/muscle pain, headaches, low grade fever, “brain fog”, depression

## Surgical status

Slow healing after metal implants

Unexplained pain, loosening or multiple unidentified infections

Generalised/localised dermal rashes

Unexplained change in health post-surgery; fatigue, rashes, joint/muscle pain, headaches, low grade fever, “brain fog”, depression