

PureResponse™ Case Study 3



Mark

Mark's case focuses on cytokine activation and self-tissue response in the G.I. tract

Background: 55-year-old chef

Chief Complaints: New onset of occasional abdominal discomfort; long-standing need for glucose support

About

New onset abdominal discomfort and changes in stool consistency. Altered intestinal microbial balance and a long-standing need for glucose support. Experiences occasional stress.

Functional Medicine Symptom Inventory

Suggests significant need to support G.I. function as well as modulate occasional stress, combined with the expected need to provide continued support for long-term glucose function.

Questionnaire Total Score

Th1 = 21, Th2 = 18

Lab Tests

- CBC with differential white blood cell count—with attention to total wbc's and differential
- Antibodies to insulin, GAD65, IA2, ZnT8
- ASCA antibodies
- IgG Food Sensitivity Assay
- Lactulose breath test

Interpretation

In any patient with existing self-tissue response, there is a clinical concern that the immune system can develop an interest in other tissue targets. In Mark's case, the long-standing need for glucose regulation combined with a new onset of abdominal complaints and changes in stool consistency may indicate an expansion of the targets of his self-tissue response to include his digestive tract. Because cytokine activation is a primary driver of tissue response, it will be very important clinically to inventory all factors that could contribute to Mark's cytokine activation. Microbial G.I. balance and glucose are two clear drivers of cytokine activation that push his self-tissue response, which now has targeted his G.I. tract, in addition to his pancreas. His occasional stress level will need to be addressed.

Mark's diet contains foods known to instigate immune activation. He will need long-term avoidance of the problem foods. Th1 cells inhibit Th17 expression, the mechanism behind self-tissue response. Mark's T cell polarization questionnaire indicates the need for Th1 support as an important factor in balancing his self-tissue response.



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PureResponse™ Questionnaire

Developed by Samuel F. Yanuck, D.C., FACFN, FIAMA⁺

Mark's responses

Please complete the following questions by circling 0-4 based on the frequency and severity of your symptoms.
 0 = No symptoms; 1 = Occasional, mild symptoms; 2 = Frequent, mild symptoms; 3 = Occasional, severe symptoms; 4 = Frequent, severe symptoms

Th1 Support and Innate Immune Support Indicators

Joint comfort, digestion, energy and/or mental clarity	0	1	2	3	4
Daily stress	0	1	2	3	4
Self-tissue response (joint, thyroid function)	0	1	2	3	4
Intestinal health (over the past year)	0	1	2	3	4
Current intestinal health (today)	0	1	2	3	4
Immune health (short-term)	0	1	2	3	4
Immune health (long-term)	0	1	2	3	4
Lip/mouth comfort (responds to lysine)	0	1	2	3	4
Urinary tract health (over the past year)	0	1	2	3	4
Current bladder function	0	1	2	3	4
Sinus health (over the past year)	0	1	2	3	4
Current sinus health (today)	0	1	2	3	4
Respiratory health (over the past year)	0	1	2	3	4
Current respiratory health (today)	0	1	2	3	4
How many times have you taken antibiotics in the past year?	0	1	2	3	4
Score	19				
Age: add 2 points for every 5 years over 50	2				
Total (score + age points)	21				

Th2 Modulation Indicators

Bronchial/Airway function (childhood)	0	No				3 - Yes
Gastrointestinal function (childhood)	0	No				3 - Yes
Ear health (childhood)	0	No				3 - Yes
Bronchial/Airway function (over the past year)	0	1	2	3	4	
Airflow/Ease of breathing (today)	0	1	2	3	4	
Current lung health (today)	0	1	2	3	4	
Sinus health (over the past year)	0	1	2	3	4	
Current sinus health (today)	0	1	2	3	4	
Occasional forehead, cheek, or face discomfort	0	1	2	3	4	
Nasal mucous	0	1	2	3	4	
Mucous in stool	0	1	2	3	4	
Allergy to environment (pollen, mold, etc.)	0	1	2	3	4	
Food sensitivities / reactions	0	1	2	3	4	
Gastrointestinal health (over the past year)	0	1	2	3	4	
Current gastrointestinal health (today)	0	1	2	3	4	
Chronic stress	0	1	2	3	4	
How often do you work with toxic chemicals?	0	1	2	3	4	
Score	16					
Age: add 2 points for every 5 years over 50	2					
Total (score + age points)	18					

Th1 Evaluation

Use your Th1 score to assess the need for Th1 and innate immune support:

- < 8 No support needed
- 9 - 13 Low-level support
- 14 - 19 Moderate-level support
- > 20 High-level support**

Th2 Evaluation

Use your Th2 score to assess the need for Th2 modulation:

- < 8 No modulation needed
- 9 - 13 Low-level modulation
- 14 - 19 Moderate-level modulation**
- > 20 High-level modulation

Consider the Following Lab Tests to Determine the Need for Th1 Support and/or Th2 Modulation

Lab tests indicating the need for Th1 support:**

- CBC: monocytes (low)
- TGFβ
- NK cell %
- Salivary cortisol
- Viral IgG's (and IgM's if appropriate) for:
 - EBV
 - CMV
 - HSV 1 & 2
 - HHV-6
 - Parvovirus
 - Coxsackie virus

Innate immune system support lab tests:**

- WBC's and TGFβ

Lab tests indicating the need for Th2 modulation:**

- CBC: Eosinophils or Basophils (high)
- CD8 count and/or CD4/CD8 ratio
- Stool analysis

**All lab tests are available through Quest Diagnostics or LabCorp.



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⁺Dr. Yanuck is a retained consultant for Pure Encapsulations.
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