

# Secretory IgA (sIgA)



Secretory immunoglobulin A (sIgA) is found in saliva, gastric fluids, plasma and the mucous membranes of the body. sIgA provides the first line of defence against bacteria, food residues, yeasts, parasites and viruses. It is thought to be representative of the functional status of the entire mucosal immune system.

sIgA is also found in the colostrum and milk of breastfeeding mothers, hence its importance to the immune system of the individual from the earliest stages of life.

Stress has a major impact on the output of sIgA and maintaining a high daily production is essential for an adaptive immune response. It is thought that sIgA may provide a link between gut-related health conditions and systemic illness and is usually associated with altered intestinal permeability.

Investigation of salivary sIgA is recommended in food sensitivity, allergy, atopic conditions such as asthma and eczema, inflammatory bowel disease, irritable bowel syndrome and chronic infection.

## Test Kit

Once the practitioner has given the patient their request form the patient can order their test kit online at [www.functionalpathology.com.au](http://www.functionalpathology.com.au) or by calling Healthscope Functional Pathology customer service on 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST. The test kit contains full instructions.

## Specimen Requirements

- *One specimen of clear saliva is required. The test kit provided contains everything required to complete this test.*

## Patient Preparation

- *Patients must fast from 10pm the evening before the morning saliva specimen is taken (water may be consumed during this time)*
- *Patients must not eat, drink, brush teeth or apply make-up/lipstick before collecting the specimen as this may contaminate the saliva*
- *Avoid immunosuppressive medications for a minimum of one week prior to completing this test*

## Turnaround Time

The standard turnaround time for this test is 7 – 10 working days from the date the patient's specimen/s are received at our laboratory.

## Test Results

Patient results will be delivered via mail, unless you have requested otherwise. However, we can also issue results via:

- Fax
- Electronic Download
- Web Based Results

## Technical Support

All Healthscope Functional Pathology tests are accompanied by an Interpretive Guide to assist practitioners in their clinical understanding and

patient management for each result. Healthscope Functional Pathology also has experienced full time Technical Advisors available for practitioners to discuss appropriate test selection, interpretation of test results, individual cases and other technical matters. Please call 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST or email [infofp@healthscope.com.au](mailto:infofp@healthscope.com.au)

## Companion Tests

- **Intestinal Permeability (IP)**
- **Complete Digestive Stool Analysis (CDSA)**
- **Adrenal Hormone Profile**
- **IgG Food Sensitivity Profile**

The results of the sIgA test may be further supported by additional Healthscope Functional Pathology tests. Given the role of sIgA in reducing gut permeability and improving mucosal defence, it is often recommended that the Intestinal Permeability (IP) test is performed in conjunction with sIgA.

The Complete Digestive Stool Analysis (CDSA) is another recommended test as digestive problems such as candidiasis, food sensitivities and allergies; imbalanced gut ecology and nutrient malabsorption may all contribute to low levels of sIgA. These must therefore be corrected so that sIgA production is not inhibited.

It is also important to determine the extent to which stress affects the production of sIgA. The Adrenal Hormone Profile which measures Cortisol and DHEA-S over a 24 hour period may therefore be a useful test in helping to determine the causes of low sIgA.

Given that food sensitivities/allergies can contribute to low levels of sIgA an IgG Food Sensitivity Profile is also recommended to determine this and eliminate it as a cause. The IgG Food Sensitivity Profile is an efficient and reliable method for diagnosing patients with adverse reactions to food.