



# UPROOTING LYME

## Lyme Testing: Understanding Results

By Hillary Thing

Here is an example of a question we often get at the clinic:

*"...My primary has done numerous tests, scans, and bloodwork and everything comes back normal. However, this last round of bloodwork, my doctor tested for Lyme. This was about 3 weeks ago and Igm 23 for Lyme came back positive. What struck me as odd is that the doctor's office said I was negative for Lyme. My question is, why would I be considered negative if one of the tests said I am positive? Is this normal?..."*

The CDC defines a positive Lyme test as requiring 5 or more positive bands on the Western blot. However, there are some of the bands (such as band 23), that are exclusive to *Borrelia Lyme*. No other bacteria can cause it to be positive.

If a person has just one exclusive band from the Western blot, we would consider that to indicate a positive result. Thus, we would say that it is possible that your current symptoms are a result of Lyme.

The 9 *Borrelia burgdorferi* species specific Western Blot antibodies (bands) are:

**18, 23, 30, 31\*, 34\*, 37, 39, 83, and 93**

\* **31 & 34** can test positive in people who have been vaccinated in the past for Lyme disease.

Currently surveillance for acute infection IgM antibodies include only **23** and **39**.

For chronic infection IgG includes **18, 23, 30, 37, 39** and **93** but excludes **31, 34** and **83**.

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They do include 5 non-specific, cross-reacting antibodies (**28, 41, 45, 58** and **66**).

Still confused about your test results? Call or email us to schedule an appointment with us today.

There are limitations to tests for stealth infections in general, including but not limited to Lyme disease. The good news is, you don't have to have a positive test to begin treatment from the holistic medical perspective and start recovering your health.

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