BLOOD TESTS FOR EPSTEIN-BARR-VIRUS AUTOIMMUNITY IN CHRONIC PAIN CONDITIONS

The purpose of Epstein-Barr-Virus (EBV) blood tests is to either determine if acute infection or autoimmunity is present. Here are the tests needed to determine if autoimmunity and reactivation of the virus has occurred.

The 3 Required EBV Antibody Tests to Help Determine Autoimmunity:

1. **EBV nuclear antigen IgG antibody (abbreviated EBNA)**
2. **EBV viral capsid IgG antibody (abbreviated VCA)**

These two tests, when above normal levels, indicate past EBV reactivation and the likely presence of autoimmunity.

Must be quantitative not simply positive or negative.

3. **Early Epstein-Barr nuclear antigen IgG antibody (abbreviated EA-EBNA)**

Early EBNA indicates that the virus has reactivated and is currently multiplying in some bodily tissues.

Irrelevant tests for chronic pain patients are IgM antibodies and polymerase chain reaction (PCR), and DNA analysis. These tests are for infectious mononucleosis or acute infection, and not autoimmunity.

SPECIAL NOTE:

VCA and EBNA IgG antibodies are markers of probable autoimmunity. EA-EBNA indicates reactivation of the latent virus and potential increase in autoimmune symptoms and complications. If elevated and there is the clinical presence of disorders known to be associated with autoimmunity, a clinical diagnosis of EBV autoimmunity is justified. These diseases include adhesive arachnoiditis, CRPS, multiple sclerosis, post stroke/head trauma, fibromyalgia, Ehlers-Danlos Syndrome, rheumatoid arthritis, Sjogren's, lupus, irritable bowel, migraine, and small fiber neuropathies.