SCREENING TEST FOR EPSTEIN-BARR-VIRUS AUTOIMMUNITY (EBV)

1. Past Trauma or Diseases: Have you had one or more of the following?

   a. Infectious mononucleosis, Lyme, Covid, or other severe infection □ Yes □ No
   b. Significant spine or skeletal trauma/accident □ Yes □ No
   c. Ehlers-Danlos Syndrome (EDS) or other connective tissue disease □ Yes □ No

2. Autoimmune Complications

- ☐ Arthritis
- ☐ Burning mouth, feet, groin
- ☐ Carpal tunnel
- ☐ Cervical/neck pain
- ☐ Extreme fatigue
- ☐ Fibromyalgia
- ☐ Herniated discs
- ☐ Herpes (recurrent)
- ☐ Irritable bowel
- ☐ Migraine
- ☐ Psoriasis
- ☐ Pudendal neuralgia
- ☐ Rheumatoid arthritis
- ☐ Sjogren's
- ☐ Small fiber neuropathy
- ☐ Spinal fluid leaks
- ☐ Systemic lupus
- ☐ Tarlov cysts
- ☐ Thyroiditis (Hashimoto's)
- ☐ TMJ
- ☐ Trigeminal neuralgia

3. Interpretation: If you have had a past traumatic event or disease that reactivates EBV plus four or more autoimmune complications you should be tested for EBV antibodies to help confirm EBV autoimmunity.

4. Confirmatory EBV Blood Tests: Elevations above normal levels of the following IgG EBV antibodies are considered markers for EBV past reactivation(s) and subsequent autoimmunity. Early elevated EBNA IgG antibody indicates current reactivation of EBV.

   a. Viral capsid - (abbreviated, VCA) - elevated
   b. Nuclear antigen - (abbreviated, EBNA) - elevated
   c. Early nuclear antigen (abbreviated early EBNA) - reactivated or elevated

Reference:

1. Harley JB, Chen X, Pujato M, et al. Transcription factors operate across disease loci, with EBNA2 implicated in autoimmunity. Nat Genet 2018;50:699-707.
2. Houen G, Trier NH. Epstein-Barr virus and systemic autoimmune disease. Front Immunol 2020;11:1-13.
3. Wood RA, Guthridge L, Thurmond E, et al. Serologic markers of Epstein-Barr virus reactivation are associated with increased disease activity, inflammation, and interferon pathway activation in patients with systemic lupus erythematosus. J Transl Autoimmune 2021;4:100177.