

What are Mycotoxin

What are mycotoxins?

Mycotoxins (literally Mold-Poisons) are small molecules produced by organisms of the fungi kingdom, commonly known as molds that are toxic to humans and other animals. There are hundreds that have been identified, but a much smaller number that are associated with indoor molds, and therefore potentially human health problems.

Which mycotoxins do we test for?

RTL's mycotoxin test panel is the most comprehensive test panel available, testing for 15 of the most toxic mycotoxins produced by indoor molds.

This includes:

- Ochratoxin A
- Aflatoxin Group (B1, B2, G1, G2)
- Trichothecene Group (Satratoxin G, Satratoxin H, Isosratoxin F, Roridin A, E, H, L-2, Verrucarin A, Verrucarin J)
- Gliotoxin derivative

How do I order the test?

For clinical testing: Through your Health Care Provider who has to sign the test order

For environmental testing: The Environmental Inspector or the homeowner, through chain of custody documentation.

Direct Access Testing (DAT). In an effort to put more of the control of health care decisions in the hands of the consumer, 25 states + DC now allow the patient to order their own lab tests. If you reside in one of the

following states, you may purchase your [EMMA Testing Lab Mycotoxin Test online](#).

Is the testing covered by insurance?

Our experience has been that the private insurance companies will reimburse patients based on what their out-of-network plan will cover after the patient has met their out-of-network deductible.

MHC's Patient Navigator provides CPT codes for the urine mycotoxin and other tests performed by RTL and further explains that the patient can contact their insurance company, in advance of submitting the specimen, to find out how much their insurance company will reimburse for testing.

Does Medicare cover the cost of testing?

Yes, only if you have a MEDICARE CARD.

Medicare Patients: We are now billing Traditional Medicare ONLY (Note: not Medicare Advantage Plans) for testing and accepting assignment from Medicare. A completed Medicare Advanced Beneficiary Claim form must be sent back with your laboratory specimen in order for RealTime Laboratories, Inc. to accept and complete your lab testing and Medicare Insurance processing. Please contact the Patient Navigation department at EMMA Testing for more information at 855-247 (MOLD) 6255.

What is the turnaround time for results?

10 business days from receipt of sample.

Is the lab able to send me results directly?

Yes. Per the following, patients have the right to request and receive their lab reports directly from the clinical laboratory:

CLIA Program and HIPAA Privacy Rule; Patients' Access to Test Reports
A Rule by the Health and Human Services Department and the Centers for

Medicare & Medicaid Services on 02/06/2014

<https://www.federalregister.gov/articles/2014/02/06/2014-02280/eha-program-and-hipaa-privacy-rule-patients-access-to-test-reports>

Results are sent to the patient in an encrypted e-mail for confidentiality.

Which molds produce these mycotoxins?

<i>Species</i>	<i>Mycotoxin</i>
<i>Aspergillus flavus</i>	Aflatoxin (AT)
<i>A. ochraceus</i>	Ochratoxin A (OTA)
<i>A. niger</i>	OTA
<i>Penicillium verrucosum</i>	OTA
<i>Stachybotrys chartarum</i>	Macrocyclic Tricothecenes (MT)
<i>A. versicolor</i>	Sterigmatocystin
<i>A. fumigatus</i>	Gliotoxin
<i>Chaetomium globosum</i>	Chaetoglobosin A, C
<i>Fusarium</i> sp.	Simple Tricothecenes (e.g. T-2 and DON)

How do I know where I'm being exposed to these mycotoxins?

Start by assessing your home. Make a visual inspection yourself. Are there obvious signs of mold growing in the house? Are there obvious signs of

dampness, water damage that can lead to mold growth? Does the house or certain areas smell “musty”? Do you experience more symptoms when you are in the house such as itchy eyes, nausea, fatigue, headaches, frequent respiratory infections, difficulty concentrating etc? Do other family members who work in a different environment experience these when they are at home?

If the answer to any of these is yes, the house should be tested for mold and mycotoxins using a reputable Environmental Inspector from (MHC Mold Help Center) CALL: 1 855/247-MOLD (6653).

If the results come back showing high indoor spore counts on the Air Sample, and/or positive environmental mycotoxin testing from EMMA Testing (property), it is likely this is where you are being exposed.

Some conditions that have been found to be associated with chronic exposure to mycotoxins include:

- Cancer
- Kidney toxicity
- Immune suppression
- Autism
- Neurotoxicity
- Depression

How do I get my home tested?

MHC MoldHelpCenter offers environmental testing for molds and Mycotoxins. This can be done by an Environmental Inspector or directly by the homeowner by obtaining kits at EMMATesting.com. The mold testing is called EMMA (Environmental Mold & Mycotoxin Assessment), and determines the type of mold and if the mold is Mycotoxin Producing. The Mycotoxin Home testing is done using a surface sample, and the test for Residents is a clinical sample.

How do I get my things tested (clothes, car, couch, carpet, bed)?

Send 3× 3 inches of the unwashed material or sample swabs to RTL

If there are mold/mycotoxins in my home, how do I get rid of them?

An Environmental Assessor and Remediator from MHC Mold Help Center can help you clean up the mold in the house. Talk to them at 1 855-247-MOLD to discuss your options.

The air testing results in my home are not that bad. What is an acceptable amount of mold to have in a normal home?

Virtually any house will have spores from many different fungi. These generally come into the house from the outdoors, but may also be on building materials, furniture, carpet etc. This is not usually a problem unless the house becomes wet and the spores germinate and begin to colonize damp areas, where some fungi grow and can produce toxic mycotoxins.

The Air and Surface test from your house will be compared to outside Air sample to determine NFE or Normal Fungal Ecology or the “acceptable level” . This also depends on the inhabitants and their health. Are they highly allergic to fungal spores? Are they immunocompromised, and therefore more susceptible to infection from opportunistic pathogens like *Aspergillus fumigatus*?