

## APPENDIX C

### ANAMNESTIC FORM

Helixor® and other manufacturers provide an Anamnestic Form for practitioners to use when screening patients for mistletoe therapy. The word *anamnestic* refers to a heightened immune response in the presence of an antigen that is similar to previously encountered antigens. The Anamnestic Form seeks to identify people who might experience a hypersensitivity or true allergy or might simply need to begin with a low-lectin VAE (i.e., *Viscum album abietis*) and very low dose. Most anamnestic screening forms ask the following:

- Patient's age, gender and general state of health
- Tumor type and stage
- Previous treatment history and current treatment: What treatments have already been utilized (chemotherapy, radiation, surgery, targeted therapy, hormone blockade, checkpoint inhibitor)? What was the response? Any side effects? What current conventional treatments are being pursued?
- Any history of allergies, asthma, or eczema?
- Any history of autoimmune disease?
- Any current issues with autoimmune disease?
- Any concurrent disease processes?
- Any previous treatment with VAE? What type and dose? What was the response?

Detailed answers are crucial. The patient's answers will not necessarily "rule them out" for mistletoe therapy. Autoimmunity or allergies do not immediately contraindicate mistletoe. Rather, these details help the skillful practitioner select the appropriate host tree and dosage as a starting point. This is vital to ensure a positive treatment response.

When we hear of patients experiencing a hypersensitivity reaction to their initial mistletoe injection, it is often due to poor (or no) anamnestic screening or host tree selection that did not take anamnestic factors into consideration.