

# CAN WE PREDICT AUTOIMMUNITY BEFORE IT STARTS? WHAT ANTIBODY TESTING CAN REVEAL

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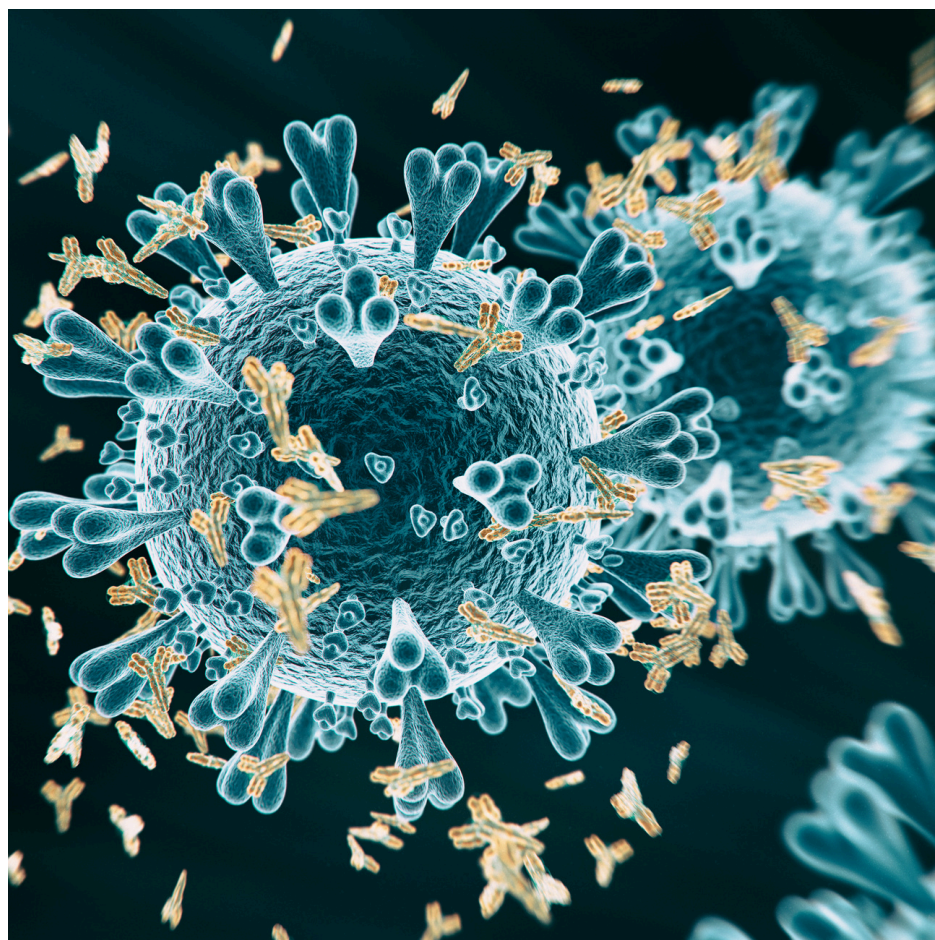
One of the most frustrating parts of autoimmunity is how long it often takes to get answers. I see so many patients who've been living with vague, disruptive symptoms—fatigue, joint pain, brain fog, skin rashes, gut issues—for years, sometimes decades, before anyone connects the dots. And by the time they're diagnosed, the disease is well underway.

But what if we didn't have to wait for a diagnosis? What if we could see autoimmunity coming—before the symptoms take over, before the tissues are damaged, before the body crashes?

The truth is, we can.

With the right testing, at the right time, we can often detect early immune dysregulation years before an official diagnosis. And when we catch it early, we can intervene more effectively—sometimes even prevent the condition from fully developing.

Let's talk about predictive antibody testing—what it is, how it works, and why it's one of the most powerful tools we have in functional medicine.



## What Are Predictive Antibodies?

Antibodies are proteins your immune system produces when it detects something it sees as a threat. In autoimmune disease, the immune system starts producing antibodies against your own tissues—these are called autoantibodies.

Predictive antibodies are autoantibodies that show up before any symptoms begin. They can appear months—or even years—before a person meets the clinical criteria for a diagnosis.

Some of the most common predictive markers include:

- **Anti-TPO and Anti-TG** (associated with Hashimoto's thyroiditis)
- **ANA** (seen in lupus and other connective tissue disorders)

- **Anti-GAD65** (linked to type 1 diabetes and neurological autoimmunity)
- **Anti-dsDNA, Anti-Sm, Anti-SSA/SSB** (used in diagnosing systemic autoimmune conditions)
- **Transglutaminase antibodies (tTG-IgA)** (related to celiac disease)

Think of these antibodies as early warning signals from the immune system. They're not always a guarantee that disease will develop—but they are signs that the immune system is struggling to maintain tolerance.

## Autoimmunity Doesn't Happen Overnight

Autoimmune conditions typically develop over time. There are often three phases:

1. **Silent autoimmunity:** antibodies are present, but there are no symptoms
2. **Autoimmune reactivity:** antibodies are present with vague or intermittent symptoms
3. **Autoimmune disease:** tissue damage is significant enough to meet diagnostic criteria

Most people aren't tested until phase three—when damage has already been done. But if we test during phase one or two, we have a much better chance of interrupting the process and helping the body find its way back to balance.

## Why Early Detection Matters

Catching autoimmunity early gives us options—real options. Instead of managing damage, we can work to prevent it.

When we detect antibodies early, we can:

- Identify and remove triggers (foods, infections, toxins, stressors)
- Support gut and barrier integrity
- Calm inflammation and immune overactivity
- Monitor progression over time
- Personalize care before symptoms escalate

In many cases, this means we can slow or stop disease progression altogether. And for people already in early stages, we can shift the trajectory in powerful ways.

## Who Should Consider Predictive Antibody Testing?

This type of testing isn't necessary for everyone—but it can be incredibly valuable for certain people, especially those who:

- Have a family history of autoimmune disease
- Struggle with non-specific symptoms like fatigue, brain fog, or chronic pain
- Have multiple health complaints with no clear diagnosis
- Already have one autoimmune condition (having one increases the risk for another)
- Have experienced high levels of chronic stress or trauma

It's also worth considering if you simply want to know. Because when it comes to autoimmunity, being proactive is almost always better than being reactive.



## The Emotional Power of Knowing

For many of my patients, getting early test results brings both relief and clarity. Even if the results show elevated antibodies, they finally have something tangible—an explanation that validates what they’ve been feeling.

But more than that, they leave the appointment feeling empowered.

Because when you catch something early, you still have choices. You’re not in crisis mode. You’re not watching your health unravel. You’re taking informed action, guided by data, grounded in hope.

## Final Thoughts: Prevention Is Possible

Predictive antibody testing doesn’t give us a crystal ball—but it does offer a powerful window into what’s brewing beneath the surface.

And when we listen early, we often don’t have to shout later.

You deserve more than “wait and see.” You deserve to understand what’s happening in your body—before it becomes a full-blown diagnosis. And most importantly, you deserve a care plan that sees you as a whole person, not just a lab result.

**To Your Health,  
Hiba Georges, MD**