Discover the Connection

What is really behind your allergies?

Find out what is really behind the sneezing, itching, and nasal congestion. The specific IgE blood test can help reveal the true causes of your allergies, so that you can take control and help manage your symptoms.
What if your “allergies” are not really allergies

65% of people diagnosed with seasonal allergies and taking antihistamines are not allergic\textsuperscript{1,2}

You have symptoms which can be exhausting and irritating. You may not have them because of allergies. Your symptoms may be the result of irritants like smoke, perfume, or even the weather. An incomplete understanding of what you are allergic to (or not allergic to) can lead to poor management of your symptoms. This makes it even more important to find out if you are really allergic, and to what.
Assessing what you’re allergic to may be key to relief

Each person has a unique set of sensitivities that cause symptoms. Not all of them are obvious.

Assessing all of your sensitivities can help to manage your allergies. A specific IgE blood test can help your physician gain a fuller understanding of the allergens that you are really up against.

Only your healthcare provider can tell you if you have allergies. Be sure to talk to your doctor.

A simple blood test can help uncover the specific combination of allergens that affect you.
The things that you are allergic to really add up

90% of people suffering with allergies are sensitized to multiple allergens

There are lots of allergens out there. Most of the time, a single one does not cause you to sneeze or get a runny nose. But when they gang up on you, watch out.
If you want to stay symptom free, you need to stay under the threshold\textsuperscript{4,5}

Every person has a different level at which they show symptoms. Until the level is reached, they are not affected.

When that level is crossed, the combination of allergens turns into symptoms.

Knowing what allergens are affecting you could help you manage your symptoms.
Discover how test results can help shape your life

Specific IgE blood testing identifies the allergens that may be affecting you

- Tailored to look at the allergens in your specific region
- Allows a personalized approach to managing your allergies
- Available on most managed healthcare plans
- The choice of healthcare providers and specialists worldwide

Keeping your allergies under the threshold is important.
Managing your exposure to allergens means minimizing your symptoms

The #1 thing that you can do to reduce symptoms is to limit exposure to the allergens that affect you. How do you avoid allergens? Once the specific IgE blood testing details what you are sensitized to, you have plenty of options.

Here are a couple:

• Specific IgE blood test results help your physician to determine what to limit exposure to and when

• After you have your specific IgE blood test results, ask your doctor what you may be able to do to help decrease your medications
Amy discovered the importance of keeping indoor allergies under control

Amy
Age: 23

Occupation: Architect
Hobbies: Painting, hiking

Suspected allergen:
New dog Dudley

Symptoms:
Sneezing, runny nose, watery eyes in spring and fall

Test results:
Sensitized to DOG DANDER, MOLD, and POLLEN
Simple steps to management

With the help of specific IgE blood test results, Amy’s physician was able to discover her allergic triggers and develop a plan to keep her allergies under control.

Specific IgE blood test results helped Amy manage her symptoms.
Knowing the connection helped Tommy

Tommy

Age: 10

Sports: Baseball, hockey, soccer

Symptoms: Runny nose, scratchy throat

Medicine: An antihistamine to reduce seasonal allergic symptoms

Test results: Sensitized to BERMUDA GRASS and DUST MITES
Simple steps to management

With the help of specific IgE blood test results, Tommy’s physician discovered his allergic triggers and developed a plan to get Tommy back on the field.

Specific IgE blood test results helped Tommy manage his symptoms.
You’ve discovered the connection

Now consider the benefits of specific IgE blood testing

You do not have to wait for allergy season to do something about allergies.

Talk to your doctor about getting a specific IgE blood test. The results could help you and your doctor develop a plan to help manage your allergic and non-allergic symptoms. This may keep your allergies where they belong—in check.

References

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