

ALLERGY TESTING & TREATMENT INFORMATION SHEET

You have been tested for a variety of airborne substances to determine those to which you are sensitive. Our testing panel includes tree, weed and grass pollens, animal dander, molds, and dust mites.

Animal dander, mold, and mites are year-round allergens. These allergens (especially molds) are ever present but become worse indoors during the winter, when the air is dry. Dry winter air allows the particulate matter of these allergens to become more airborne. While molds can be present in the dry winter, they are also prevalent in damp environments.

Pollens are seasonal allergens that follow a pattern typically, although they can be present year-round. Mold also can show seasonal flares.

If you decide to begin allergy immunotherapy, your treatment will be specifically formulated for you, based on your allergy testing results. You will begin treatment (desensitization) with a very weak dose of your allergenic extracts. The dose will then be gradually strengthened to challenge your immune system, which will ultimately produce symptom-relieving effects. The goal of allergy treatment is to help 80% of our patients 80% of the time.

If you fail to see improvement during your first six months of treatment, the doctor will examine other causes of your symptoms. You will be scheduled to see the doctor periodically throughout your treatment for continued reevaluation of your symptoms and personalization of your treatment. We have included information on our allergy treatment options in this packet.

Some interesting allergy facts:

- 1) People inherit the tendency to have allergies, not specific allergies.
- 2) Anyone can develop allergies at any age.
- 3) Allergic responses may occur in any one or in several body systems.
- 4) You must have previous exposure to develop an allergy to a specific allergen.
- 5) A high degree of sensitivity to a specific allergen does not necessarily equate with the severity of your symptoms.
- 6) Food sensitivities also coexist in a large percentage of people with inhalant allergies. To cut your risk of food related symptoms, increase your fiber intake, drink at least 64 oz. of water every day, and avoid repetitious eating of the same foods, and exercise regularly. Twenty to thirty minutes of exercise will not only benefit your heart and lungs but your sinuses as well.

SYMPTOMS OF SPECIFIC ALLERGENS

- **POLLENS**
 - Worse out in the open, especially in the morning
 - Worse on windy days
 - Better in the house
 - Flares on known high pollen days
 - Itching of the eyes
 - May have local reactions
- **FOODS**
 - Symptoms flare following a meal or after eating certain foods
 - Periodic flares, usually around 4:00, 9:00 and 11:00 p.m.
 - Itching of your eyes is not typically present
 - Marked nasal and lung secretions
 - Itching of the mouth
 - Awaken in the middle of the night
- **HOUSE DUST/DUST MITES**
 - Worse in the house, better out in the open
 - Flares within 30 minutes of going to bed
 - May have accentuated symptoms upon waking
 - Flares in certain rooms/buildings
 - Itching of the eyes is not typically present
- **MOLDS**
 - Worse out in the open, especially in the evenings
 - Worse on windy days
 - Flare on known high mold days
 - Itching of the eyes is not typically present
 - Worse around grass, when mowing the lawn or raking leaves
 - Flare when heating systems are started in the fall
- **ANIMAL DANDER**
 - Flare when exposed to a certain animal
 - Symptoms may be localized from touching the animal
 - Symptoms may be systemic
- **General Allergen Seasons**
 - Trees (Except Fall Blooming Elm and Junipers): February to May
 - Fall Blooming Elm: September, October
 - Grasses: April through the first frost
 - Weeds: June through the first frost
 - Ragweed: August through the first frost
 - Animal and mites: Year-round—worse in winter months
 - Mold spores: Year-round

ALLERGY TESTING RESULTS

NAME _____ DATE OF TEST _____

MARKED BELOW ARE YOUR POSITIVE SKIN TEST REACTIONS

<p>TREE POLLENS</p> <ul style="list-style-type: none"> <input type="radio"/> Box Elder/Maple <input type="radio"/> Northern Red Oak <input type="radio"/> American Sycamore <input type="radio"/> Black Walnut <input type="radio"/> White Ash <input type="radio"/> Eastern Cottonwood <input type="radio"/> American Elm <input type="radio"/> White Birch <input type="radio"/> White Mulberry <input type="radio"/> Red Cedar <p>GRASS AND WEED POLLEN</p> <ul style="list-style-type: none"> <input type="radio"/> Timothy Grass <input type="radio"/> Bermuda Grass <input type="radio"/> Johnson Grass <input type="radio"/> Mugwort <input type="radio"/> Ragweed <input type="radio"/> English Plantain <input type="radio"/> Lamb's Quarter <input type="radio"/> Rough Pigweed <input type="radio"/> Sheep Sorrel <input type="radio"/> Cocklebur <input type="radio"/> Nettle <p>OTHER</p> <ul style="list-style-type: none"> <input type="radio"/> Dust mite <input type="radio"/> Mouse <input type="radio"/> Cockroach <input type="radio"/> Cat hair <input type="radio"/> Dog hair <input type="radio"/> Cattle hair <input type="radio"/> Horse hair <input type="radio"/> Duck, Goose, Chicken feather mix 	<p>MOLDS</p> <ul style="list-style-type: none"> <input type="radio"/> Alternaria <input type="radio"/> Cladosporium <input type="radio"/> Aspergillus <input type="radio"/> Aureobasidium <input type="radio"/> Mucor <input type="radio"/> Penicillium <input type="radio"/> Fusarium <input type="radio"/> Drechslera <input type="radio"/> Epiccoun <p>FOODS</p> <ul style="list-style-type: none"> <input type="radio"/> Almond <input type="radio"/> Peanut <input type="radio"/> Shellfish <input type="radio"/> Soybean <input type="radio"/> Sweet Corn <input type="radio"/> Wheat <input type="radio"/> Whole Egg <input type="radio"/> Whole Milk
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WHAT TO MONITOR FOR AFTER YOUR ALLERGY TEST

ITCHING AND REDNESS

You may experience so continued itching and/or redness. This is normal and should subside within a few hours after testing but could last several days. If the itching is bothersome, you may apply **Benadryl or Hydrocortisone** cream to the area.

WORSENING OF YOUR ALLERGY SYMPTOMS

You may experience a temporary worsening of your allergy symptoms. If this occurs you may take an oral antihistamine to help relieve these symptoms.

ASTHMA

There is a possibility that your asthma symptoms may be triggered by the allergy test. If this occurs, follow your usual treatment regime and, if necessary, contact your primary physician

FATIGUE

The test may cause fatigue, so strenuous exercise **is not recommended for 2-3 hours** following the completion of your allergy test.

ALLERGIC REACTION

There is a remote possibility of severe allergic reaction, called anaphylaxis. Possible symptoms of anaphylaxis could include;

- Restlessness
- Itching of the skin or mouth
- Hives
- Wheezing
- Difficulty breathing
- Heaviness or tightness in the chest
- Nausea and or vomiting
- Rapid pulse
- Sense of impending doom

If you experience these symptoms after your allergy test, seek emergency medical attention.

Anaphylaxis can be fatal if left untreated.

MEDICATIONS

You may resume all of your medications that you held prior to your allergy test.

QUESTIONS OR CONCERNS

If you have any questions or concerns, please do not hesitate to call us at
715-930-7627 OR 715-930-7629

INHALANT & FOOD INTERACTIONS

The reactions you have to the substances you are allergic to can be worsened by the foods you eat. Below is a list of some foods that react with substances to which you are allergic.

Naturally related airborne & food allergies

Oak	Egg, Apple
Cottonwood	Lettuce
Elm	Mint, Milk
Birch	Apple, carrot, celery, pear, kiwi, peach, plum, potato, spinach, wheat, buckwheat, honey tomato cherry, peanut, hazelnut, walnut, anise, fennel, coriander, cumin, persimmon, zucchini
Grass	Beans, Peas, Soybean, Cottonseed (cooking fats), Potato, melon, tomato, watermelon, orange, cherry, peanut, wheat, rye, apple, carrot
Ragweed	Egg, Milk, Mint, melon, cucumber, banana, sunflower seeds, chamomile, honey,
Timothy Grass	Apple, lychee, litchi, lychee or lichee, tomato, celery, bell peppers, paprika
Pigweed	Pork, Black Pepper
Molds	Yeast, Aged Cheese, Mushrooms,
Plantain	Melon

When eaten together, these foods work together to result in an enhanced effect

Milk and Mint (i.e. mint ice cream) both have a cross reactivity with ragweed

Egg and Apple (i.e. apple pie) both have a cross reactivity with Oak allergy

Pork and Black Pepper (both have a cross reactivity with pigweed allergy)

With the above reactions you may notice “**oral allergy syndrome**,” which can include numbness or tingling of the mouth, tongue or roof of the mouth.

If you have a **Latex allergy** you may also be sensitive to:

Avocado, potato, banana, tomato, chestnut, kiwi, herbs, and carrots.

To Learn more about food allergies visit:

foodallergy.org and Glutenfreedomproject.com

ALLERGY TREATMENT OPTIONS

Allergy injections and sublingual drops are the immunotherapy options available at our clinic. Both the injections and the drops contain a solution with a very small amount of the substances you are allergic to (called allergens). The purpose of allergy treatment is to desensitize your body to the allergens that cause your symptoms and allergy related problems. Allergy injections and sublingual drops are specially formulated for each patient. These options are the only specific treatments aimed at eliminating the cause of your allergies, rather than only treating the symptoms. We use the same extracts to make sublingual allergy drops or allergy injections. Sublingual therapy has been proven effective and safe.

TREATMENT OPTIONS	ALLERGY INJECTIONS	SUBLINGUAL DROPS
		You must pre pay for your allergy drops before they will be mixed for you. We can mail them to you for an added fee.
LENGTH OF TREATMENT	3-5 Years	3-5 Years
LOCATION	Our office in Altoona . We DO NOT do injections at our outreach locations.	Your home
TIME REQUIRED	Weekly injections at our clinic for the first year of treatment, with gradually increasing time between visits.	1-2 minutes each day
INSURANCE COVERAGE	Most insurance companies pay for injections, subject to Deductibles and Coinsurance. You must check with your insurance company to determine your coverage and if you will have to pay a co-pay, deductible or coinsurance for each injection.	<i>We do not file sublingual drops with your insurance company</i> even if they have coverage as they do not cover our cost. Some companies allow you to use your flex credits to cover allergy drops. You should call them to determine if they will allow this or not. As there is no code, we use the miscellaneous code 95199. Please specify Sublingual Immunotherapy and that they are mixed on site.
COST	95115--\$45.00/injection 95165--for mixing your allergy serum. We mix between 10-20 doses at \$31.00/dose (\$620.00) which is billed at the time we mix your vial for you.	\$376.00/ 6 months. We can ship them to you for an additional \$5.00.
ADVANTAGES	Insurance coverage. Does not require daily treatment.	Convenience since it is administered at home. No weekly clinic visits.
DISADVANTAGES	Weekly clinic visits. Cost of gas to drive to clinic, time off from work/school, etc.	Not covered by insurance.