

Is it allergy or not?



Did you know that?

- Allergy is not all about family history. A majority of allergic children have non-allergic parents.
- Up to 80 % of people with allergies are allergic to more than one allergen.
- 9 of 10 asthmatic children have allergy.
- 7 of 10 children with rhinitis have allergy.
- 1 of 2 infants and young children with eczema have allergy.



Please consult your doctor about taking an allergy blood test if you suspect allergies as the cause of your child's symptoms. Complete this questionnaire and bring to the doctor. The results can be the first step towards a less worrisome childhood.

Which of the following symptoms does your child experience?

- Blocked or runny nose
- Itchy, red eyes
- Sneezing
- Wheezing
- Dry, itchy skin
- Coughing
- Breathing difficulties
- Diarrhoea
- Stomach pain
- Ear infections
- Other

Does your child experience any of these symptoms today?

- Yes No

Does your child's symptoms disturb his or her sleep?

- Yes No

Does your child miss school or normal daily activities as a result of his or her symptoms?

- Yes No

When do the symptoms occur?

- In the spring/summer
- In the autumn
- In the winter
- Year round

Do you think your child has allergies?

- Yes No

If yes, what do you think the allergic triggers might be?

- Pets (cat or dog)
- Pollen (tree, weed or grass)
- House dust mite
- Cockroach
- Mould
- Egg
- Milk
- Fish
- Peanut
- Soybean
- Wheat
- Other

www.isitallergy.info




Stomach pain
cough
runny nose

Did you know that
allergy can be the cause?



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Typical symptoms of allergy to look for

- Blocked or runny nose
- Itchy, red eyes
- Sneezing
- Wheezing
- Dry, itchy skin
- Coughing
- Breathing difficulties
- Diarrhoea
- Stomach pain
- Recurrent ear infections

Is it allergy or not?

Beyond itching, sneezes and sniffles, allergies can have many symptoms you wouldn't expect, such as stomach pain, diarrhoea or ear infections. How do you know if your child is allergic or not? And if so – to what exactly? An allergy blood test, together with your doctor's expertise, will help you to quickly answer all those questions.

And how does it matter?

When you know that allergy is causing your child's symptoms, you and your doctor can make an individual action plan and take simple steps to reduce exposure to the identified triggers (for example, exclude specific foods from the diet) which will:

- decrease the symptoms
- decrease the risk of a severe allergic reaction
- decrease the need for medication

If an allergy is ruled out, further examinations can focus on other causes and you can stop worrying about the possibility of severe allergic reactions. Also, you can minimize the risk of giving your child medication he or she doesn't need.

Most importantly – an allergy blood test can guide your doctor in providing optimal care to help your child feel better!

Be sure. Be safe.

Example of allergens adding up – meet Tom, 8 years old:

The "allergy threshold" is the point where the total allergen load starts to cause symptoms. For example, Tom is allergic to pollen, dogs and dust mite. The immune system reacts when he is playing on the carpet in his room and gets exposed to dust or when he is cuddling with the neighbor's dog. But the total allergen load may still be too low to cause any symptoms – the body can handle the allergen exposure so far. But when he is exposed to a third allergen, pollen, the total amount of allergens starts to cause symptoms and Tom has an allergic reaction such as runny eyes or sneezes. This might lead to the incorrect conclusion that he is allergic to pollen only; and the dog and dust mite allergies are never discovered.

Test to know


Making a conclusive allergy diagnosis can be difficult, since most people with allergies are allergic to more than one thing – many of them may be unknown to the person! Allergens (e.g. pollen, furry animals, house dust mites) add up to cause symptoms, and what may seem as the obvious one may just be the "tip of the iceberg". For some children, symptoms may appear only when exposed to two or more allergens at the same time. Minimizing the total exposure to allergens may thus be enough to reduce symptoms.

Therefore, it is important to identify all allergens that contribute to the symptoms, in order to provide the optimal care. This is possible thanks to modern and easy-to-perform blood tests!

An allergy blood test – for reliable results

An allergy blood test, in conjunction with clinical history, can help your doctor determine if your child has allergies and to what exactly. An allergy blood test has several benefits:

- Quick and easy
- Requires only one blood sample
- You can keep taking your medications
- Carries no risk of severe allergic reaction
- Can be used at any age



Allergies change – the value of keeping track

Some allergies actually disappear as we grow older, while other may arise. Your child should therefore regularly visit a doctor over time in order to determine if the allergies have been outgrown or if new allergies have been developed.

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