



**Do you have allergies?  
Are allergies contributing  
to your asthma?**

**It's important to find out!**



**ALLERGENEX™**

# Is it allergies or not?

Knowing makes a difference.

## Allergic Triggers



Dust Mite



Cockroach



Dog Dander



Cat Dander



Trees



Weeds/Grasses



Molds

Different causes  
can trigger the  
same symptoms

## The Need

Patients want real relief  
from their symptoms

## The Challenge

Symptoms of allergic  
and non-allergic  
causes are similar

- Nasal Congestion
- Rhinorrhea
- Increased secretions
- Sneezing
- Itching

## Non-Allergic Triggers



Cigarette Smoke



Air Pollution



Perfume



Temperature Change



Alcohol



Infection

# The Solution

Utilize specific IgE blood testing to discover  
whether you are allergic.

# Allergic Asthma

Approximately 60% of adults and up to 90% of children with asthma have allergic triggers.



*Is underlying allergy contributing to your asthma?*

## Test to know!

Allergic asthma is the most common type of asthma. It is triggered by allergens like dust mites or pet dander.

**Along with a physical exam and review of your medical history, the specific IgE blood test may help your doctor determine if you have allergic asthma.**

*“For successful long-term management of asthma, it is essential to identify and reduce exposures to relevant allergens...”*

- NIH GUIDELINES

# Take Control of your Allergies

Reducing exposure to allergic triggers helps reduce symptoms.

Now that you know your unique IgE profile, you can take steps to reduce your exposure to these triggers and help reduce or prevent congestion, sneezing, coughing, wheezing, and other symptoms.

## Allergies add up

Although some people may be sensitive to only a single allergen, most people with allergies are sensitive to more than one allergen. For such people, symptoms may appear only when they are exposed to two or more allergic triggers at once. The point when symptoms appear is called the allergic symptom threshold. Reducing exposure to your allergic triggers can help reduce your symptoms. In addition, experts believe that medical treatments are more effective if people also decrease their exposure to allergens.

## The cumulative effect of allergens



### Situation A

Specific IgE is present but there are no symptoms

### Situation B

Third allergen exposure creates symptoms when no exposure reduction measures are taken

### Situation C

Third allergen exposure does not produce symptoms if exposure reduction measures are taken for allergens I and II

## THE VALUE OF A POSITIVE ALLERGIC RESULT

- ✓ Identify specific allergens to reduce exposure
- ✓ Formulate an appropriate therapy plan based on objective evidence indicating an allergic cause
- ✓ Decide if and when referral is appropriate

## THE VALUE OF A NEGATIVE ALLERGIC RESULT

- ✓ Rule out allergies and get to the underlying cause
- ✓ Formulate an appropriate treatment plan based on objective evidence indicating a non-allergic cause
- ✓ Decide if and when referral is appropriate

# Reducing exposure to allergic triggers helps reduce symptoms

Once you learn what you are allergic to you can take steps to reduce your exposure to the triggers. This can help to reduce or prevent: congestion, sneezing, coughing, wheezing and other symptoms.



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 Spiriplex™

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