



# Is underlying allergy contributing to your patient's asthma?

Test with Allergenex to find out!



**ALLERGENEX**<sup>TM</sup>

*The First Step to Better Health*

# Allergic Asthma

Asthmatic patients should be tested to identify allergic triggers <sup>1,2</sup>

60% of asthmatic adults and up to 90% of asthmatic children have allergic triggers <sup>3,4,5</sup>



- Common symptoms include: <sup>1,2,6</sup>

- Cough
- Wheeze
- Dyspnea
- Chest Tightness

When you identify a patient's triggers, you can minimize exposure to allergens and reduce symptoms <sup>2</sup>



*“The first and most important step in controlling allergen-induced asthma is to advise patients to reduce exposure to relevant indoor and outdoor allergens to which the patient is sensitive...”*

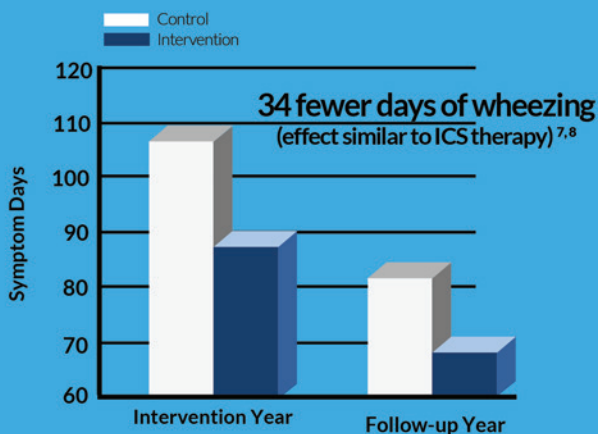
**-NIH guidelines**



# NIH Asthma Guidelines <sup>2</sup>

- “Exposure of a person who has asthma to inhalant allergens to which the person is sensitive, increases airway inflammation and symptoms. Substantially reducing such exposure may significantly reduce inflammation, symptoms, and the need for medication.”
- “For successful long-term management of asthma, it is essential to identify and reduce exposures to relevant allergens and irritants...”

## Exposure reduction improves asthma management – results of an NEJM study <sup>7</sup>



Inner-City Asthma Study (ICAS). Controlled trial of environmental interventions (education and remediation) for exposure to allergens and environmental tobacco smoke. Symptom results per patient for intervention year and follow up year.<sup>7</sup>

Unscheduled ED/office visits per year

2.1

Symptom days per year

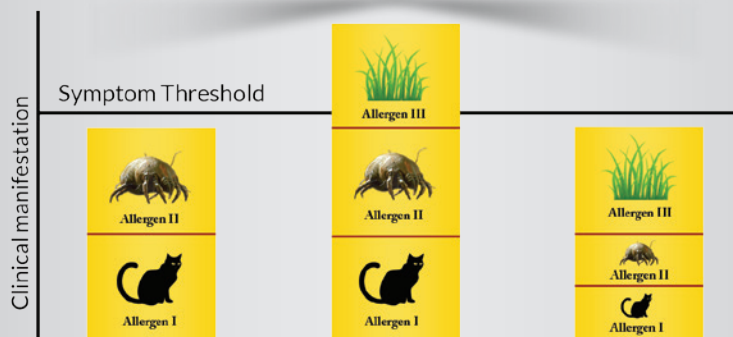
21.3

Missed School days per year

4.4

Targeted exposure reduction reduces symptoms <sup>7</sup>

### The cumulative effect of allergens <sup>9</sup>



#### 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














**Establishing a safe sleep zone reduces symptoms<sup>7</sup>**



- A practical and proven way to reduce environmental allergen load
- Patients spend up to 90% of their time indoors... 2/3 of that time in their homes<sup>10</sup>
- Allergen control measures in home settings, particularly the bedroom, have been proven effective in reducing symptoms<sup>7</sup>

**Is it allergies or not**

Knowing makes a difference

Allergic Triggers	Different causes can trigger the same symptoms	Non-Allergic Triggers
	<b>The Need</b>	
Dust Mite	Patients want relief from their symptoms	Cigarette Smoke
	<b>The Challenge</b>	
Cockroach	Symptoms of allergic asthma and non - allergic asthma are similar	Air pollution
	<ul style="list-style-type: none"> <li>● COUGH</li> <li>● WHEEZE</li> <li>● DYSPNEA</li> <li>● CHEST TIGHTNESS</li> </ul>	
Dog Dander		Perfume
		
Cat Dander		Temperature change
		
Trees		Alcohol
		
Weeds/Grasses		Infection
		
Molds		

# Allergenex makes it easy for clinicians to test

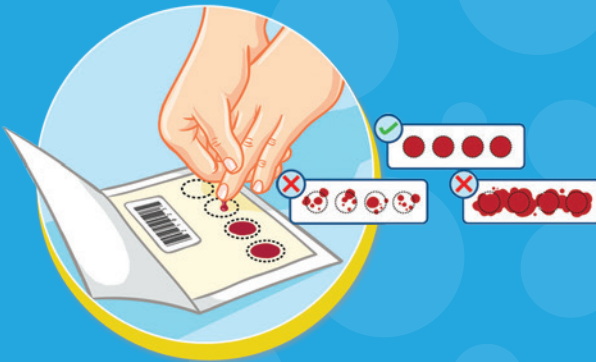
1. Fill out the form



2. Lancet Patient Finger



3. Apply Blood to Card



4. Mail Back in Envelope Provided

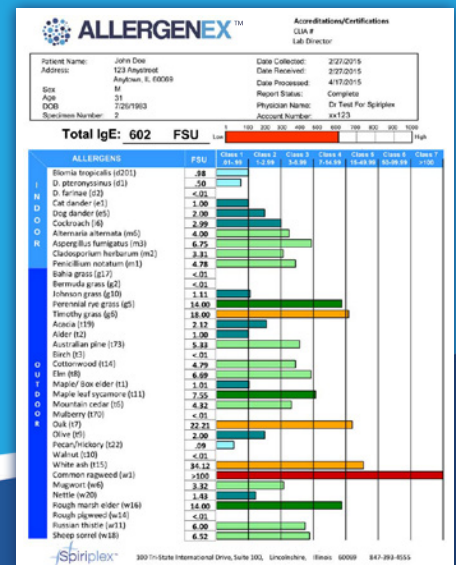


## Easy to use

- Simple in office fingerstick blood collection
- Patients do not need to stop medications
- Comprehensive respiratory profiles test for common inhalant allergens

## Concise Reports

Lab reports are quantifiable and graphical on a single page. Reports contain Total IgE and a profile of thirty-seven specific allergens for unsurpassed positive and negative predictive values. Efficient for the clinician and educational for the patient.



101.4715

# The Allergenex test results are in

## What do I do now?

### ✓ Make a plan

#### *Positive specific IgE test results*

- Use appropriate medications to target allergic etiologies
- Rank positive results in order from high to low IgE measurements
- Emphasize reducing indoor triggers as these may be easier to control
- With multiple positive results, reduce exposure to the trigger with the highest IgE levels. Do this for 4 weeks, and if symptoms improve, continue therapy. If not, instruct patient to avoid the next most likely contributor to symptoms while continuing to avoid first allergen

#### *Negative specific IgE test results*

- Explore other possible symptom causes
- Use appropriate medications to address non-allergic etiologies

### ✓ Educate the patient

#### *Positive specific IgE test results*

- Stress the need to reduce exposure to the relevant allergens based on the patient's documented sensitization
- Encourage compliance with targeted medications to achieve symptom relief

#### *Negative specific IgE test results*

- Encourage compliance with targeted medications to achieve symptom relief
- Reduce needless exposure reduction strategies and associated costs

### ✓ Schedule a follow-up appointment or consider an appropriate referral

## References

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