

Allergy Testing

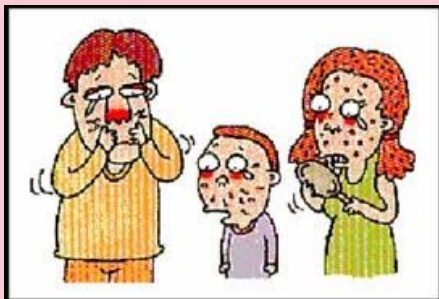
What is it?

Allergies occur when a person's immune system reacts to substances in the environment that are harmless for most people. Some people have a genetic (inherited) tendency to develop allergic diseases.

Different allergens may cause different symptoms. Eczema, Hay Fever and Asthma may all have an allergic basis in some patients. Some patients may be allergic to certain foods and some patients may be allergic to stinging insects.

Do you have:

- ♦ Itchy / watery eyes
- ♦ Sneezing / runny nose, stuffy nose
- ♦ Shortness of breath, wheezing, coughing
- ♦ Skin rashes



ALLERGY TESTING

This brochure has been produced as a resource for our patients.

Any questions regarding your health should be discussed with your doctor.

Burwood Health Care

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Burwood

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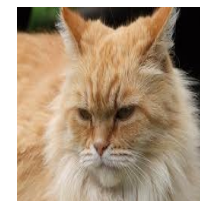
Weekdays: 8am to 10pm

Weekends: 8am to 8pm

Public Holidays: 8am to 8pm

Burwood HealthCare

PATIENT HEALTH INFORMATION



Shellfish



Peanuts and nuts



ADAM

ALLERGY TESTING

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How is Allergy diagnosed?

If your symptoms occur when you do certain activities this may be a clue. For example, a lot of people notice sneezes and runny noses around Melbourne Cup time when the grass pollens are prevalent. Other people may notice worsening Asthma with dust.

Are there any Tests?

Allergy doctors at Burwood Health Care can conduct skin prick tests. These involve placing a drop of allergen on your arm then pricking this. After a few minutes, a small bump may indicate an allergy to a certain substance.



What can I do about my Allergy?

In some situations simply avoiding the allergen may help. For example, someone who is allergic to cats should avoid contact with cats. In other cases, medication can be prescribed, such as, creams, tablets or sprays. This will depend on the symptoms.



What is Desensitization?

By introducing the individual to tiny amounts of allergen, the person may become less sensitive to an allergen and have less of a reaction. This usually involves a course of injections given weekly for nine (9) weeks. After this period, maintenance (one monthly injection) may be given to prolong the result.

*Desensitization works in about
80% of cases*



Are there any Side Effects?

The injection is a small dose via a thin needle and is generally very well tolerated. Occasionally, you may notice a red lump and some swelling. In less than one in a thousand injections, some patients may experience a widespread rash and may feel faint. For this reason, you will be asked to sit in the waiting room after an injection, until advised by the doctor.

Who is suitable for Desensitization?

Those people with troublesome symptoms and those who have had 2 years or 'seasons' of symptoms and / or people who have had no success with medications, would be expected to benefit from this experience.

"60 million people have undergone Desensitization"

Desensitization WILL NOT work on people who are pregnant, have unstable Asthma, Cancer, or Auto Immune Disease. Desensitization should be delayed if the person has a high temperature.

What if I am on Tablets?

Certain medications, antihistamines, some antidepressants and some blood pressure tablets (Beta Blockers) may interfere with the treatment and you should discuss this with your doctor.

You should not perform strenuous activity for 4-6 hours after an injection.

You should let your doctor know if you have any side effects to the treatment.

FURTHER INFORMATION

Burwood Health Care

*Dr Tin bo Wong
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Diploma of Child Health (Ireland)
Diploma of Dermatology (UK)*

The Australasian Society of Clinical Immunology and Allergy (ASCIA)

ASCIA is the principal professional body of clinical immunology and allergy in Australia and New Zealand and has a range of information on Allergies.

www.allergy.org.au

HealthInsite

A health information service that includes extensive information on all types of allergies and how to manage these.

www.healthinsite.gov.au

Books

*The Ultimate Food Allergy Cookbook
and Survival Guide
by Nicolette M Dumke*

*Health & Healing
by Andrew Weil, MD*