



400 Sugartree Lane
Suite 510
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Sonora Quest Laboratories 1255 W Washington Tempe AZ 85281				Summary	
				<u>INVOICE #</u> 162631	
				<u>ACCOUNT#</u> 200006	
<u>Patient Name (Last, First)</u> Williams, Patricia L		<u>Lab ID</u> 162631	<u>Date of Birth</u> 5/22/1954	<u>Age</u> 60 Y	<u>Sex</u> F
<u>Client Number</u> 35252478	<u>Collection Date</u> 11/13/2014	<u>Received Date</u> 11/17/2014	<u>Print Date</u> 1/12/2015	<u>Print Time</u> 8:09AM	
<u>Comment:</u>					

Review of Abnormal Laboratory Findings

Pollen

Elevated Allergen	Class	Type
Juniper, Western	3	IgE



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Specific IgE Normal Range

Interpretation	Class	Conc (kU/L)
No Antibody Detected	0	<0.01-0.03
Equivocal	0/1	0.04
Increasing Antibody Levels 1-6	1	0.05-0.19
	2	0.20-0.79
	3	0.80-2.69
	4	2.70-13.99
	5	14.00-24.99
	6	25.00+



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Pollen

		Trees	Class	Conc	
>>	Normal	Ash, Arizona	0	<0.01	IgE
	Elevated	Juniper, Western	3	0.90	IgE
		Weeds	Class	Conc	
	Normal	Marsh Elder, Burweed	0	0.01	IgE



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Review of Abnormal Laboratory Findings

Laboratory results need to be correlated to your history and clinical symptoms prior to any diagnosis. A positive test may, or, may not indicate an allergic condition and only your physician can make that determination. The avoidance information presented in this report does not constitute medical advice and is for your general information only. Consult with the doctor if you have any concerns, or, specific questions regarding the attached information.

Pollen

Elevated Allergen

Juniper, Western



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Note: The avoidance information presented in this report does not constitute medical advice and is for your general information only. Consult with the doctor if you have any concerns, or, specific questions regarding this information.

Test results indicate that you may be allergic to pollen(s). To help reduce your symptoms, you should consider the avoidance information below:

Avoiding Pollen Outdoors:

- If possible, stay indoors until midday when pollen counts are usually lower
- Avoid going outside on windy days, or, after thunderstorms
- Keep auto windows closed and use air conditioning during traveling
- Wear sunglasses or protective glasses
- Avoid cutting grass and remain inside during the cutting process. If must cut the grass, wear filter mask during this activity
 - Keep grass at a short length
- Do not hang wash outdoors on windy or high pollen count days (pollen will adhere to clothes)
- Plan vacations out of area during peak pollenating season. Consider going to seaside area.
- Do not picnic in outdoor parks
- Monitor pollen counts and try avoid going outside on high count days.

Avoiding Pollen Indoors:

- Keep windows closed when possible
- Utilize filters designed to reduce allergens in air handling system (air conditioner and heater) within the house
- Cover air vents with filters designed to reduce airborne particles
- Since pets can carry pollen into the house, bath them often
- Shower after outdoor activities
- Wash clothing often (pollen can adhere to clothes during outside activities)
- Do not use window fans since they will draw pollen into the house