



Patients with asthma can be triggered by any number of culprits. And determining the source of those triggers can be key in reducing them.

Sometimes allergens are the problem.

Up to 90 percent of children and 60% of adults with asthma suffer from allergies.^{1,2}

Specific IgE blood testing can help identify what's aggravating your patients' asthma symptoms — and just as importantly, what isn't.

Do you notice a seasonal influx of asthma patients? It could be that allergies are exacerbating symptoms at certain times of the year.

From tree pollen in the spring, grass in the summer, weeds and mold in the fall, and any number of indoor allergens in the winter (like dust mites or pets), patients with asthma can see an increase in symptoms during specific seasons.

Specific IgE blood testing can help identify those allergic triggers so you can stay a step ahead of your patients' allergic asthma. Consider utilizing specific IgE testing to develop personalized plans for symptom management.

Need additional guidance? Review the latest asthma-focused practice parameters and guidelines: <https://www.thermofisher.com/allergy/us/en/clinical-resources.html?Topics=Allergic+Asthma&Language=English>

Sources

1. Host A, Halken S. Practical aspects of allergy-testing. *Paediatr Respir Rev.* 2003; (4) 312-318.
2. Allen-Ramney F, Schoenwetter W, Weiss T, et al. Sensitization to Common Allergens in Adults with Asthma. *JABFP.* 2005;(18)5 434-439.