



As spring allergy season approaches, healthcare providers play a crucial role in managing patients' symptoms effectively. Many patients may still experience wheezing, runny noses, itchy eyes, and persistent sneezing after trying over-the-counter remedies without success, which highlights the need for a more thorough diagnostic approach to help optimize management.

Ruling In or Out Allergies with Specific IgE Testing

Specific IgE blood testing is a valuable tool in narrowing a differential diagnosis between allergic and non-allergic rhinitis. One study found that 65% of patients diagnosed with allergic rhinitis and prescribed antihistamines did not actually have allergies, which is why it's crucial to use case history as well as diagnostic testing to diagnose allergies.¹

Understanding Allergens to Reduce Exposure

Testing provides insights into the specific allergens that might be affecting patients, allowing for targeted exposure reduction. It's important to remember that 90% of allergic patients are sensitized to multiple allergens, not just pollen.² Identifying these allergens can help inform impactful management for controlling the controllable allergens, such as using dust mite covers or keeping pets out of certain areas, which can significantly alleviate symptoms.

Importance of Testing Patients with Asthma

For patients with asthma, specific IgE testing is extremely important. The CDC and NIH recommend allergy testing for those with persistent asthma to help prevent exacerbations.^{3,4} Understanding what triggers their symptoms can lead to better management, improved quality of life, and an all around safer spring.

By utilizing our lab's specific IgE regional respiratory panel, healthcare providers can offer more precise care. Order the panel using lab code **AGRS5 (Indiana) or AGRS9 (Illinois)** to ensure patients receive the comprehensive evaluation they need this allergy season.

[Download your test codes](#)

Sources

1. Szeinbach SL, Williams B, Muntendam P, et al. Identification of allergic disease among users of antihistamines. *J Manag Care Pharm*. 2004;10(3):234-238
2. Ciprandi G, Alesina R, Ariano R, et al. Characteristics of patients with allergic polysensitization; the polismail study. *Eur Ann Allergy Clin Immunol*. 2008;40 (3);77-83.
3. National Asthma Education and Prevention Program. Expert Panel Report 3: Guidelines for the Diagnosis and Management of Asthma. National Heart, Lung, and Blood Institute. 2007.
4. Centers for Disease Control. https://www.cdc.gov/asthma/pdfs/AA_Fact_Sheet.pdf. Accessed 30 October 2024