



Newsletter

As we run headfirst into viral season, now is the time to catch your breath and prepare for patients with respiratory issues.

Allergies are in full swing, cold and flu season is here, and people are spending more time indoors (hello indoor allergens) thanks to cooler temperatures. Distinguishing between these based on symptoms alone is nearly impossible.

Up to 90% of pediatric patients and 60% of adult patients with asthma have allergic sensitizations.^{1,2} And studies show when patients with asthma are exposed to an allergic trigger and contract a viral infection, their risk for hospital admissions increases 20-fold.³

But patients can best control their exposure to allergens when they know what their triggers are. That's where specific IgE testing comes in, along with a physical exam and patient history.⁴

Refresh your knowledge on the diagnostic tools we have available to incorporate in your patient workup that can give your patients the answers they need to put their minds at ease.

With the knowledge that comes from results of allergy blood testing, you can help your patients create an exposure reduction plan and an asthma action plan to help them safely navigate the upcoming allergy and viral season.

Sources

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2. Host A, Halken S. Practical aspects of allergy-testing. *Paediatr Respir Rev*. 2003; (4) 312-318
3. Murray CS, Poletti G, Kebabdz T, Morris J, Woodcock A, Johnston SL, Custovic A. Study of modifiable risk factors for asthma exacerbations: virus infection and allergen exposure increase the risk of asthma hospital admissions in children. *Thorax*. 2006 May;61(5):376-82.
4. Welsh N, et al. The Benefits of Specific Immunoglobulin E Testing in the Primary Care Setting. *J Am Pharm Assoc*. 2006;46:627.