

# Allergy Testing in the Management of Allergic Asthma<sup>1</sup>

**Allergen, Arizona Desert Panel:  
Test Code 800843**

**Allergen, Arizona Mountain Panel:  
Test Code 800845**

**ImmunoCAP<sup>®</sup> is a convenient blood test that identifies specific allergens**



## Avoidance: An important key to relief



		
<p><b>1.</b> Identify the allergic triggers with ImmunoCAP</p>	<p><b>2.</b> Counsel patients on avoidance of allergic triggers</p>	<p><b>3.</b> Result: Reduced airway inflammation, symptoms and need for medication<sup>1</sup></p>

### THE ALLERGY-ASTHMA CONNECTION

**60%** of people with asthma have allergic asthma<sup>2</sup>

Asthma and allergic rhinitis commonly co-exist.<sup>3</sup> According to experts, in concomitant disease, evaluation and treatment of one condition can aid management of the other.<sup>4</sup>

### IDENTIFY ALLERGENS WITH IMMUNOCAP



**Testing allows you to:**

- Differentiate between allergic and non-allergic etiologies
- Guide your plan for the patient's medication and treatment
- Manage co-morbid allergic rhinitis and asthma symptoms
- Guide your approach to timely and appropriate referrals if necessary
- Improve patient care and treatment options

### RECOMMENDATIONS FROM THE NATIONAL INSTITUTES OF HEALTH (NIH)<sup>5</sup>

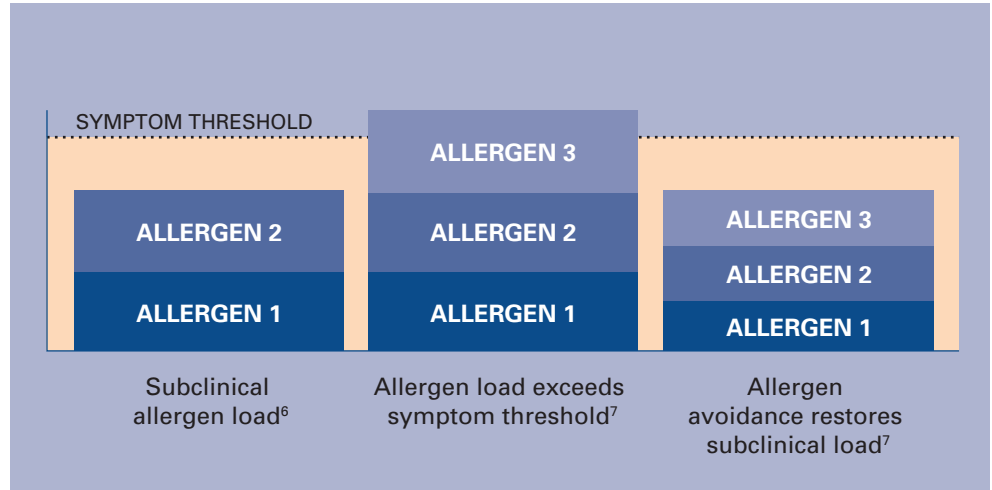
**For patients with persistent asthma on daily medications:**

- Identify allergen exposures
- Use patient history to assess sensitivity to seasonal allergies
- Use testing to identify sensitivity to perennial indoor allergens
- For selected patients, detection of IgE sensitivity to seasonal or perennial allergens may be the basis for avoidance

# Allergy Testing in the Management of Allergic Asthma

Dispelling a common misperception

**Contrary to widespread belief, symptoms do not gradually increase with allergen exposure. They only appear when total exposure exceeds "threshold." So small reductions in exposure can eliminate symptoms.<sup>6,7</sup>**



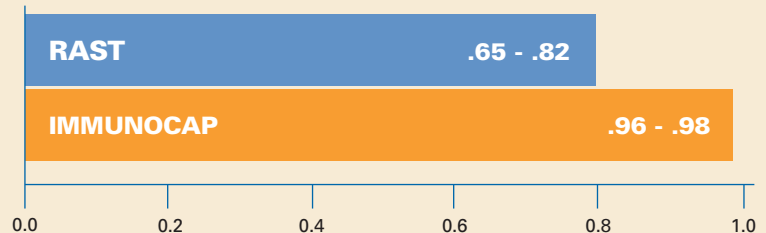
## WHY TEST WITH ImmunoCAP?

- Profiles can detect greater than 95% of patients with allergies<sup>8</sup>
- ImmunoCAP assays are FDA-cleared for the quantitative measure of specific IgE
- Identifies specific seasonal and perennial allergens\*
- Helps guide medication decisions, including IgE-specific therapies
- Requires one blood sample
- Accuracy superior to RAST technology<sup>9</sup>
- Performance comparable to skin prick testing

\*Profiles vary to adjust for regional allergens.

## ImmunoCAP: Accuracy superior to RAST<sup>®</sup> technology<sup>9</sup>

### Performance vs. Ideal Assay (1.00)



In a head-to-head study in the *Journal of Allergy and Clinical Immunology*, ImmunoCAP proved more accurate than RAST technology.<sup>9</sup>

For more information about ImmunoCAP testing, speak to your Sonora Quest Laboratories Account Manager or visit us at [www.sonoraquest.com](http://www.sonoraquest.com).

Local Laboratories.  
Local Focus.

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5. NIH. Guidelines for the diagnosis and management of asthma. 1997. NIH publication 97-4051:41-42.
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8. Sampson HA, Ho DG. Relationship between food-specific IgE concentrations and the risk of positive food challenges in children and adolescents. *J Allergy Clin Immunol*. 1997;100:444-451.
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