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### **GET MORE TIPS AND INFORMATION**

If you would like additional information, visit us at our Patient Information Portal.

www.allergie-freizeit.de

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For instance, you will find a practical allergy test here along with many other useful tips. (Note: Website in German)

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A symptom calendar and many helpful questionnaires are also available for you under downloads: www.allergie-freizeit.de/downloads/ (Note: Documents in German)

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In 2022 again, our website allergie-freizeit.de received the "MeinAllergiePortal Digital Health Heroes Award" as a very well-designed and helpful communication service for allergy sufferers.

Allergopharma GmbH & Co. KG Hermann-Körner-Str. 52 · 21465 Reinbek, Germany Tel. +49 40 72765-0 · Fax +49 40 7227713 www.allergopharma.com · info@allergopharma.com 11/22 Ę 000



## allergopharma

What, when and how in case of allergies

### **ALLERGY DIAGNOSIS**

### Explanation & Tips for You

### MEDICAL HISTORY

A careful capture of medical history, also called anamnesis, and a physical examination are of utmost importance in the diagnosis of allergic diseases. The severity of the disease and the suspected allergy triggers (allergens) can be determined on the basis of medical history. Further clues to the allergy triggers are provided by the temporal and spatial occurrence of the allergic symptoms. For a diagnosis, the suspected allergy triggers must be confirmed by specific tests.

### **SKIN TEST**

The reaction of the immune system to allergens can be observed on the skin. Skin tests are considered the gold standard to confirm or exclude that the immune system is reacting to the allergen, which is called sensitization.

Sensitization to a specific allergen is only relevant if it is also consistent with allergic symptoms and medical history. A positive skin reaction does not necessarily mean that you are allergic to the corresponding allergen.

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### **BLOOD TEST**

In blood or laboratory tests, the specific concentrations of allergy-relevant antibodies of the immunoglobulin (Ig) E type (IgE) is determined, from which conclusions can also be drawn as to whether the immune system reacts to a specific allergen, i.e. is sensitized.

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Laboratory tests are also only one component in allergy diagnosis and their results can only be interpreted correctly if they are considered in conjunction with the medical history, the clinical symptoms and any provocation tests that may be necessary.

### **PROVOCATION TEST**

Allergic symptoms can also be triggered in the nose, eyes and bronchial tubes. The first provocation tests were performed by Blackley in 1873. For some patients and some allergens, it is advisable to confirm the diagnosis with provocation tests - especially if the results of the skin or blood test do not match the allergic symptoms. In the provocation test, the allergic symptoms are directly triggered, which definitively proves the presence of an allergy. A provocation test can also often be used to check whether a patient has responded to allergen immunotherapy.

### WHAT CAN I AS A PATIENT CONTRIBUTE TO THE DIAGNOSIS OF ALLERGIES?

Sometimes allergy diagnosis is difficult because the symptoms cannot be clearly assigned to a specific complaint period and thus clearly to an allergen. Keeping a symptom calendar can help identify the complaint period and thus the allergy triggers.

# MY PERSONAL SYMPTOM CALENDAR

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