

The future of allergy testing is here NOW

It is sometimes difficult and expensive to select and choose what exactly you would like to test the patient for. Detailed allergy knowledge and allergic history is required to decide what to test the patient for, even then, you may miss testing for important allergens in your environment.

OPTIGEN FOR THE LAB

OPTIGEN offers accurate, reliable and reproducible results and user-friendly functionality.

- Optimal Sensitivity, Specificity and Efficiency
- Affordability
- Minimal Serum Requirement
- Internal Quality Controls
- Quality and Reliability

OPTIGEN FOR THE CLINICIAN

OPTIGEN provides prompt and reliable allergy diagnosis for the symptomatic patient. Early diagnosis of allergy in a child has a high predictive value for the development of other atopic diseases such as asthma. OPTIGEN easily enables the clinician to intervene at an early stage allowing the child to avoid the development of significant allergic disability.

OPTIGEN specifically addresses the issues important to the Clinician:

- Identification of Early Sensitization Patterns
- Beneficial when Diagnosing Patients with Unclear Case History
- Good Predictive Value for Identifying Patients at Risk
- Identification or Confirmation of Polysensitization
- Ideal Alternative when Skin Prick Test is not Indicated
- Requires Minimal Amount of Patient Serum

RECOMMENDED ALLERGENS BASED ON SYMPTOMS AND AGE:

| Disease | Symptoms | Age Categories | |
|---|---|---|---|
| | | Children < 3-4 Years | Children > 3-4 Years |
| Asthma | Wheezing, cough, shortness of breath | <ul style="list-style-type: none"> • Foods • Pets • Dust Mites • Pollens | <ul style="list-style-type: none"> • Dust Mites • Pollens • Pets • Airborne Mold Particles |
| Allergic Rhino-Conjunctivitis ("Hay Fever") | Nasal and/or ocular pruritis | | |
| Atopic Dermatitis (Allergic Eczema) | Pruritic dermatitis with or without urticaria (hives) | <ul style="list-style-type: none"> • Foods • Inhalants (to test atopic risk) <ul style="list-style-type: none"> - House dust mites - Cat, dog, etc. - Pollens | <ul style="list-style-type: none"> • Foods • Inhalants (to test atopic risk) <ul style="list-style-type: none"> - House dust mites - Cat, dog, etc. - Pollens |

TREATMENT OPTIONS

Once a diagnosis of atopic allergy to one or more specific substances is made, doctors have several treatment options to consider:

- Have patients avoid subsequent exposure to identified allergen(s)
- Employ a course of state of the art pharmacotherapy to treat allergic symptoms



House Dust Mite

IMMUNOTHERAPY

Desensitize patient with Immunotherapy that employs controlled, prolonged exposure to specifically identified allergens. Sublingual Allergen Immunotherapy (SLIT) or Specific (Injectable Subcutaneous) Immunotherapy (SIT) are highly effective treatments for carefully selected patients who have allergy to cat/dog/horses and allergic rhinitis due to house dust mites, grass pollens, certain tree pollens and certain weed pollens. It is effective in selected asthmatics but is not effective for food allergies or eczema. The course of treatment is for 3 years and this confers immunity to the specific allergen for many years and also decreases the onset of new allergies for many years after.

In any case, the success of treatment depends upon an accurate identification of the offending allergen(s) and a knowledge of the patient to subsequent allergen exposure.

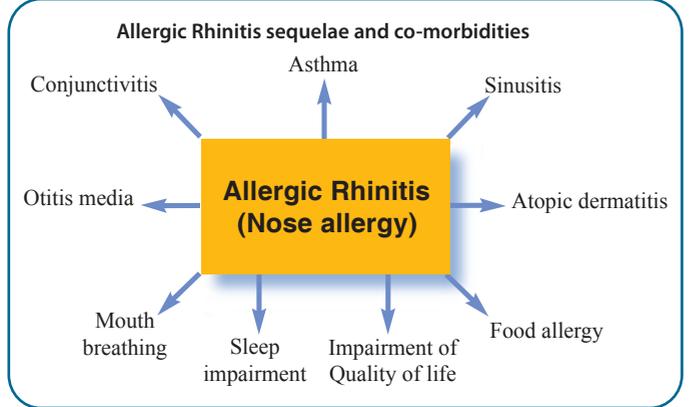
Higher likelihood of allergy in infants with a family history of allergy.

| | | | |
|---|---|--|--|
| <p>Both parents no allergies</p> <p>5-15% risk of allergy</p> | <p>One sibling with allergy</p> <p>25-30% risk of allergy</p> | <p>One parent with allergy</p> <p>20-40% risk of allergy</p> | <p>Both parents with allergies</p> <p>40-60% risk of allergy</p> <p>50-80% risk of allergy (if both parents have same manifestation)</p> |
|---|---|--|--|

Services Available Here

Diagnosis and Treatment of

- Allergic Nose Problems
- Asthma
- Allergic Skin Disease
- Anaphylaxis
- Food allergy or Intolerances
- Other allergic conditions



Acknowledgement

1. Sources picture from THE UCB INSTITUTE OF ALLERGY
2. Sources Picture From Nestle

Our Location

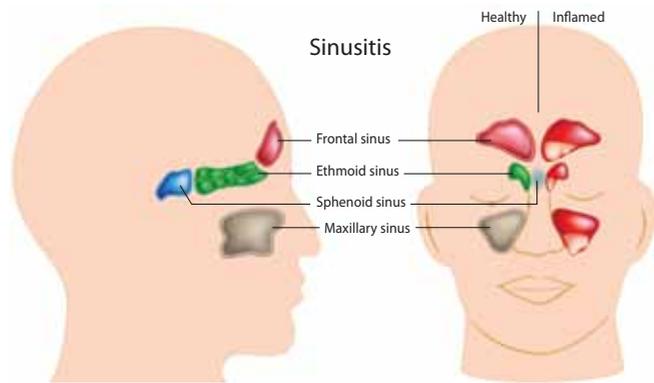


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What are Allergies?

Allergies and Your Health



One of the most common allergies affecting someone is Allergic Rhinitis, or Allergies of the Nose. Allergic Rhinitis is a very common respiratory disease, with one in four people affected by this condition. Blocked nose, runny nose, itching and sneezing are the most common symptoms but in some people it may be accompanied by headache, impaired sense of smell and eye symptoms (such as itching, redness and tearing).

Besides being responsible for a severely impaired quality of life by itself, rhinitis can also be associated with increased incidence of asthma, middle ear effusion, nasal polyps and sinusitis. Rhinitis is now seen as a serious condition and must be treated accordingly before it causes more severe problems.

Very commonly, people with nose allergies will also suffer from eye allergies. Eye allergy presents with itching, redness, swelling and dark circles around and under the eye. Sometimes allergies can cause visual problems and even lead to blindness if severe enough.

Asthma which affects so many people these days is commonly allergic in nature, especially in children. This serious, potentially life threatening condition, usually presents with shortness of breath, wheezing, tightness in the chest and cough. There are warning signs in children such as Eczema with Food allergies and Dust Mite allergies that can be detected before the onset of Asthma.

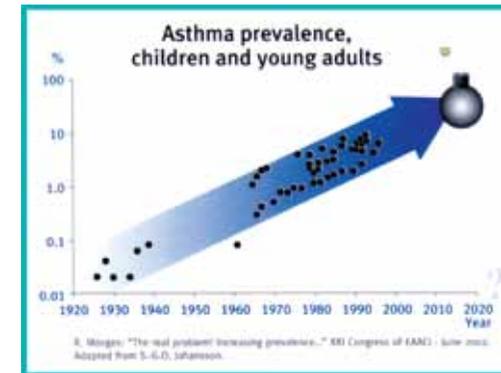
Recurrent Respiratory Tract Infections can also be a sign of allergies, usually of the airborne nature.

Skin allergies such as Eczema (Atopic Dermatitis), Urticaria (Hives), Contact Dermatitis and even Angioedema (Swelling of the lips or eyes) usually have an allergic etiology which can be accurately diagnosed and therefore treated more effectively. Some of these conditions are debilitating, cause large decreases in quality of life, and even can be life threatening in some cases of Angioedema.

The Digestive System is also commonly involved in allergy and this may present as stomach cramps, gastritis, vomiting, diarrhea and other symptoms associated with food allergy. Other less common symptoms include migraine, fatigue, depression and hyperactivity (ADHD).

Anaphylaxis is the most severe allergic reaction which can be triggered by food allergens, aeroallergens, insect bites, drugs and other factors that trigger severe drops in blood pressure, difficulty breathing, cardiac

arrhythmias and other potentially fatal symptoms. Most of these triggers can be accurately diagnosed and detected by accurate testing. We also organise full protocols such as Medi-Alert bracelets, EpiPens and school and work emergency protocols.



Allergic Diseases are among the most common chronic disorders affecting up to one third of the population. Allergies are an exaggerated physical reaction to substances that are harmless to non-allergic people. Allergies are on the increase and are reaching epidemic levels. There are many organs affected by allergies, usually more than one at any given time.



What causes allergies:

ANIMAL DANDER

Traditionally, fur is believed to cause allergic reaction to animals, but researchers have found the cause to be proteins secreted by oil glands in the animal's skin. Dander, saliva, and urine, which carry these proteins, eventually dry up and release the proteins into the air.

HOUSEDUST MITES

This allergic reaction results from the airborne waste product of Dust Mites, tiny organisms that live in the dust of areas inhabited by people like bedding, upholstered furniture, drapes, and carpets.

FOODS

In a typical food allergy, the immune system produces antibodies to a specific food. Commonly troublesome food allergens include milk, eggs, peanut and shellfish.

GRASSES, TREES AND WEEDS

Tiny particles of pollen are released into the air during certain seasons where they can enter human noses and throats, triggering an allergic reaction. Patients suffering from seasonal "hay fever" may also have sensitivities to perennial allergens such as housedust. Sensitivities to such perennial allergens may contribute to the severity of seasonal symptoms.

MOULDS

Much like pollens, moulds release spores into the air where they can enter human noses and throats, triggering an allergic reaction. Mould allergies can be perennial or seasonal depending on the geographic area and are most noticeable indoors in damp environments, while others are a problem outdoors on windy days.

FOOD ALLERGENS

Any food is capable of causing allergies. Depending on the age of the patient and the clinical presentation, a variety of foods can be narrowed down as suspects in causing allergies.

Milk, eggs, soya, nuts, shellfish, meats, fruits and cereals all are common allergy causing substances that are ingested on a daily basis.

Some of these allergies may affect very young children and can be outgrown if carefully avoided, but most of these allergies will persist throughout life and get worse if constantly ingested.

However, we are unable to detect sensitivities to additives, colourings and preservatives through allergy testing just yet, but our staff will be able to give you sound advice about these substances.

ALLERGY DIAGNOSIS

Everyone is individually unique. Allergy tests provide concrete specific information about what you are and are not allergic to. You or your attending physician need not guess inaccurately any longer. Be certain. No more guessing!

SKIN TESTING FOR ALLERGY

There are various methods for allergy testing. The simplest of which are skin prick testing or intra-dermal testing. Although slightly cheaper, these tests cannot be carried out on patients who are on many common medications, may not be as accurate unless done properly by highly trained personnel, may cause minor pain and discomfort with multiple needles being utilized and most importantly although rare, carry an increased risk of severe side effects such as anaphylaxis. The number of substances being tested are also very limited. This is still a good but basic testing modality.

IN-VITRO TESTING

Assessing the level of allergen-specific IgE in a patient's serum in conjunction with a clinical evaluation based on patient history and subsequent testing can help a doctor confirm a diagnosis of atopic allergy and assist in the treatment of the patient.

