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What type of treatment(s) can I expect to receive from an allergist?

As each patient responds differently to various allergen triggers, treatment also needs to be uniquely suited to each case. Treatments may include: environmental changes (avoiding certain allergens), medication, immunomodulator therapy (disables IgE, the mechanism that signals “attack”), special diets, immunotherapy (allergy shots), or various combination therapies.

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Are some treatments proven to be more effective?

Again, a board certified allergist can best determine the course of treatment for each patient. It is important to know that “one size does NOT fit all” with allergy shots. The most effective serums are those custom-mixed for each patient, as is done at Allergy A.R.T.S.

Patients should ask to make sure their allergy shots are customized to address their own, specific allergies.

A number of alternative therapies, including some bacterial vaccines, exotic diets and vitamin and mineral therapies that claim to “cure” allergies, are not supported by scientific studies and are not approved by the American Academy of Allergy, Asthma and Immunology (AAAAI) at this time.

7 QUESTIONS TO ASK

To Get The Best
Allergy
Care



Allergy A.R.T.S.

Asthma, Rheumatology Treatment Specialists



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What are allergies?

Allergies are abnormal responses by the immune system to things that the body should consider harmless, yet, for some reason, chooses to attack. Allergens include dust, pollen, molds, pet dander, chemicals and certain foods - but almost anything can trigger an allergic reaction.

Allergies affect more than 20% of the U.S. population and are the 6th leading cause of chronic disease in the country.

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What is an allergist/immunologist?

An allergist/immunologist is a physician certified in either internal medicine or pediatrics who has completed at least two additional years of accredited training in allergy and immunology and has passed the examination given by the American Board of Allergy and Immunology (ABAI).

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Why is it important that he or she be board certified?

To pass board specialty examinations, a physician must be extremely well versed in all areas included in the specialty. Medical research adds volumes of new data regularly. If your physician is board certified, you can be sure he or she has the most up-to-date training in order to provide you with the best care possible.

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How does an allergist differ from other specialists?

In addition to extensive education in allergy and immunology, an allergist is uniquely trained in:

- Allergy testing
- How a patient's history affects allergies
- Asthma diagnosis testing (with exercise or medication)
- Instructions for controlling environmental triggers
- Immune system therapies
- Food and drug challenges
- Overcoming drug allergies (so patient can safely take a needed medication)
- Evaluation of immune responses
- Education (disease, medications, monitoring)
- Management of chronic/recurrent conditions (asthma, conjunctivitis, eczema, rhinosinusitis, etc.)

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Why choose an allergist over another physician who treats allergies, such as an ear, nose & throat ("ENT") or family doctor?

An allergist is trained to consider the entire body and complete immune system when dealing with allergy challenges. Often, those who suffer one allergy symptom, such as allergic rhinitis with its runny nose, also suffer other symptoms, such as asthma (lungs and bronchial tubes) or dermal reactions, like hives or itchy rash.

Other specialists may be limited in scope, and less likely to consider the interplay of allergies, immune system response and even other autoimmune diseases.

In fact, according to the world-renowned National Jewish Medical and Research Center, skin testing to determine specific allergens, "should only be done under the supervision of a board certified allergist."