

Des Moines Laboratory Update

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Spring Allergy Newsletter

For patients with allergies, spring is a time for sneezing, itchy eyes, scratchy throats, and other insufferable symptoms. Ask anyone in the antihistamine aisle at the pharmacy and they might shrug their shoulders and say, “All you can do is take these pills and wait for spring to end.”

This is just one of the seasonal allergy myths you may hear patients say this spring. In some cases, pollen might not be the only allergen that patients are reacting to. Since allergens stack up to an allergic threshold, pollen may simply be the straw breaking the camel’s back.

Along with the role of multiple allergens in making patients symptomatic, some patients may not realize that they could also be reacting to a non-allergic trigger.

So, what can we do to dispel these misunderstandings and make allergy season a little more bearable for patients? Specific IgE blood testing may be the best option available to help patients who are suffering this spring. With the help of a simple allergy blood test, you’ll be able to:

- Discover underlying allergies contributing to symptoms
- Develop an action plan to avoid specific allergen exposure
- Better differentiate between allergic and non-allergic rhinitis symptoms

To find allergy profile test codes, download the attached ordering guide.

