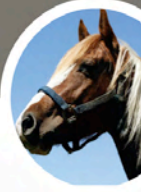


*allergy testing for  
canine  
feline  
equine*

# customized allergy profile for:



**Sample Canine, Feline, Equine**

**Anywhere Vet Clinic**

**Lab 2100165090-D-I**

**April 2013**

*all results herein were obtained utilizing the patented*

**spot**  **t**  
test

**Total Reacting Allergens: (Except Foods and Staph)**

N - Negative (0-99)  
P - Positive (100-5000) 16

**Region** AP Asia Pacific

**Grasses**

Quack Grass	86		N
Bahia	114		P
Orchard	84		N
Fescue	89		N
Ryegrass	140		P
Vernal	85		N
Redtop	80		N
Bluegrass/June Grass	91		N
Yorkshire Fog	106		P
Canary Grass	109		P
Bermuda	88		N
Johnson Grass	86		N

**Weeds**

Dock/Sheep Sorrel	102		P
English Plantain	72		N
Ragweed	123		P
Wall Pellitory	68		N
Dandelion	70		N
Careless Weed	74		N
Oilseed Rape	112		P
Sage	84		N
Lamb's Quarters	83		N
Scale Mix	65		N

**Trees**

Juniper/Cedar	62		N
Acacia	62		N
Maple	64		N
Elm	64		N
Birch	65		N
Pine	62		N
Melaleuca	71		N
Privet	70		N
Cottonwood/Aspen	62		N
Willow	111		P
Beefwood	74		N

**Trees**

Eucalyptus Tree	59		N
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**Fungi**

Aspergillus	70		N
Alternaria	118		P
Helminthosporium	290		P
Cladosporium	69		N
Penicillium	68		N
Rhizopus	86		N
Smut Mix*	102		P
Stemphylium	119		P
Curvularia	84		N
Candida Albicans	84		N
Pullularia	108		P
Fusarium	78		N
Nigrospora	65		N

**Epidermals**

Cat Epi	55		N
Dog Epi	44		N
Horse Epi	59		N
Mixed Feathers	68		N
Mouse Epidermal	100		P

**House Dust**

House Dust Mites	104		P
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**Foods**

Beef	74		N
Venison	72		N
Chicken	88		N
Pork	75		N
Kangaroo	52		N
Eggs	63		N
Milk	78		N
Soybean	109		P
Corn	109		P
Wheat	59		N
Lamb	106		P

**Foods**

Rice	74		N
Turkey	84		N
Sorghum	55		N
Oatmeal	84		N
Barley	80		N
White Potato	84		N
Brewers Yeast	80		N
Kelp	54		N
Tomato	108		P
Fish Mix*	60		N
Carrots	90		N
Peas	81		N
Duck	100		P

**Indoor**

Wool	72		N
Cotton	75		N
Kapok	75		N
Pyrethrum	60		N
Orris Root	80		N
Sisal	56		N
Tobacco Smoke	82		N
Storage Mite Mix*	71		N

**Insects**

Cockroach	75		N
Mosquito	81		N
House Fly	79		N

**Flea**

Flea	63		N
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**Staph**

Staph	46		N
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**Malassezia**

Malassezia	274		P
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(\* ) Fish Mix=Catfish, Cod, Herring, Mackerel, White Fish Smut Mix=Bermuda Grass Smut, Johnson Grass Smut Storage Mite Mix=Storage Mite (Iepido), Storage Mite (tyrophagus)

Dr. \_\_\_\_\_

**Total Reacting Allergens: (Except Foods and Staph)**

N - Negative (0-99)  
P - Positive (100-5000) 29

**Region AP Asia Pacific**

**Grasses**

Quack Grass	90		N
Bahia	84		N
Orchard	85		N
Fescue	85		N
Ryegrass	165		P
Vernal	81		N
Redtop	128		P
Bluegrass/June Grass	80		N
Yorkshire Fog	128		P
Canary Grass	86		N
Bermuda	128		P
Johnson Grass	82		N

**Weeds**

Dock/Sheep Sorrel	143		P
English Plantain	98		N
Ragweed	607		P
Wall Pellitory	99		N
Dandelion	126		P
Careless Weed	82		N
Oilseed Rape	99		N
Sage	270		P
Lamb's Quarters	252		P
Scale Mix	99		N

**Trees**

Juniper/Cedar	998		P
Acacia	93		N
Maple	84		N
Elm	80		N
Birch	129		P
Pine	220		P
Melaleuca	98		N
Privet	94		N
Cottonwood/Aspen	84		N
Willow	122		P
Beefwood	129		P

**Trees**

Eucalyptus Tree	90		N
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**Fungi**

Johnson Grass Smut	76		N
Curvularia	144		P
Hormodendrum	84		N
Helminthosporium	172		P
Stemphylium	144		P
Candida Albicans	195		P
Monilia	86		N
Cephalosporium	80		N
Mucor Mix	93		N
Trichoderma	178		P
Rhizopus	146		P
Chaetomium	95		N
Phoma	89		N
Rhodotorula	596		P
Botrytis	97		N
Epicoccum	92		N
Fusarium	99		N
Pullularia	84		N
Aspergillus	1294		P
Nigrospora	2118		P
Alternaria	82		N
Penicillium	1435		P
Saccharomyces	94		N
Cephalothecium	2384		P

**House Dust**

Barn Dust	80		N
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**Foods**

Lucerne	71		N
Barley	93		N
Corn	82		N
Cottonseed	144		P
Linseed	84		N
Sorghum	132		P

**Foods**

Oats	96		N
Pasture (mix)*	71		N
Soybean	154		P
Wheat	70		N
Clover Mix*	79		N
Sunflower	85		N

**Indoor**

Wool	97		N
Cotton	144		P
Pine Shavings	86		N
Redwood Shavings	78		N
Cedar Shavings	78		N

**Insects**

Culicoides	117		P
Mosquito	130		P
Stable Fly	94		N
Deer Fly	95		N
Horse Fly	76		N
Fire Ant	81		N

**Grains**

Corn Pollen	89		N
Oat Pollen	86		N
Wheat Pollen	140		P
Barley Pollen	96		N

(\* ) Clover Mix=Red Clover, White Clover Pasture (mix)=Bermuda, Rye, Timothy

**Total Reacting Allergens: (Except Foods and Staph)**

N - Negative (0-99)  
 P - Positive (100-5000) 17

**Region** AP Asia Pacific

**Grasses**

Quack Grass	80		N
Bahia	115		P
Orchard	84		N
Fescue	91		N
Ryegrass	117		P
Vernal	86		N
Redtop	84		N
Bluegrass/June Grass	72		N
Yorkshire Fog	115		P
Canary Grass	116		P
Bermuda	68		N
Johnson Grass	71		N

**Weeds**

Dock/Sheep Sorrel	107		P
English Plantain	69		N
Ragweed	136		P
Wall Pellitory	72		N
Dandelion	59		N
Careless Weed	69		N
Oilseed Rape	101		P
Sage	81		N
Lamb's Quarters	80		N
Scale Mix	60		N

**Trees**

Juniper/Cedar	55		N
Acacia	59		N
Maple	58		N
Elm	66		N
Birch	64		N
Pine	58		N
Melaleuca	66		N
Privet	68		N
Cottonwood/Aspen	61		N
Willow	88		N
Beefwood	64		N

**Trees**

Eucalyptus Tree	56		N
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**Fungi**

Aspergillus	154		P
Alternaria	103		P
Helminthosporium	96		N
Cladosporium	65		N
Penicillium	145		P
Rhizopus	90		N
Smut Mix*	75		N
Stemphylium	119		P
Curvularia	84		N
Candida Albicans	1407		P
Pullularia	128		P
Fusarium	98		N
Nigrospora	109		P

**Epidermals**

Cat Epi	55		N
Dog Epi	45		N
Horse Epi	58		N
Mixed Feathers	69		N
Mouse Epidermal	75		N

**House Dust**

House Dust Mites	100		P
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**Foods**

Beef	82		N
Venison	70		N
Chicken	86		N
Pork	75		N
Kangaroo	52		N
Eggs	66		N
Fish Mix*	54		N
Soybean	140		P
Corn	82		N
Wheat	54		N
Lamb	88		N

**Foods**

Rice	74		N
Turkey	88		N
Sorghum	54		N
Oatmeal	182		P
Barley	80		N
White Potato	75		N
Brewers Yeast	195		P
Kelp	52		N
Tomato	77		N
Milk	91		N
Flax Seed	69		N
Tuna	59		N
Duck	94		N

**Indoor**

Wool	65		N
Cotton	66		N
Kapok	162		P
Pyrethrum	59		N
Orris Root	66		N
Sisal	65		N
Tobacco Smoke	79		N
Storage Mite Mix*	88		N

**Insects**

Cockroach	80		N
Mosquito	81		N
House Fly	106		P

**Flea**

Flea	63		N
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**Staph**

Staph	676		P
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**Malassezia**

Malassezia	66		N
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(\* ) Fish Mix=Catfish, Cod, Herring, Mackerel, White Fish Smut Mix=Bermuda Grass Smut, Johnson Grass Smut Storage Mite Mix=Storage Mite (Iepido), Storage Mite (tyrophagus)

<b>AQIS PERMIT NAME</b>	<b>Australian Name</b>	<b>Scientific NAME</b>
Quack Grass	Couch Grass	Agropyron Repens
Bahia Grass	Paspalum	Paspalum Notatum
Orchard Grass	Cat Grass	Dactylis Glomerata
Fescue Meadow	Tall Fescue Grass	Festuca Elatior
Rye Perennial	Perennial Ryegrass	Lolium Perenne
(Sweet) Vernal	Sweet Vernal Grass	Anthoxanthum Odoratum
Redtop Grass	Red top bent Grass	Agrostis Alba
Blue Grass	Kentucky Blue Grass	Poa Pratensis
Yorkshire Fog	Yorkshire Fog	Holcus Lanatus
Canary Grass	Toowoomba Canary Grass	Phalaris Aquatica
Bermuda Grass	Couch Grass	Cynodon Dactylon
Johnson Grass	Sorghum	Sorghum halepense

### **WEEDS**

Dock/Sheep Sorrel	Sheep Sorrel	Rumex Crispus/Rumex Acetosella
English Plantain	English Plantain	Plantago Lanceolata
Ragweed CM	Ragweed	Ambrosia Elatior/A. tririda/A.Psilostachya
Wall Pellitory	Wall Pellitory	Parietaria
Dandelion	Dandelion	Taraxacus Officinale
Careless Weed	Pigweed	Amaranthus Palmeri
Oilseed Rape	Oilseed Rape	Brassica Napus
Chrysanthamum	Chrysanthamum	Chrysanthamum
Lambs Quarters	Fat hen	Chenopodium Album
Scale Mix	Scale Mix	Atriplex Canescens/A. Lentiformis/ A. Confertifolia

### **TREES**

Juniper Western	Western Red Cedar	Juniperus Occidentalis
Acacia	Acacia	Acacia Spp
Box Elder/Maple	Maple	Acer Spp
Elm AM	American Elm	Ulmus Americana/U.pumila
Birch AM	Birch	Betula Tontinalis / B. lenta / B. Nigra
Pine AM	Pine	Pinus Echinata/ P. Ponerosa / P. Strobus
Melaleuca	Melaleuca	Melaleuca
Privet	Privet	Ligustrum Vulgara
Cottonwood Fremont	Poplar	Populas Fremontii
Willow Black	Willow	Salix Nigra
Beefwood	Casuarina	Casuarina Equestifolia
Eucalyptus	Eucalyptus	Eucalyptus Spp

### **FUNGI**

Alternaria Alternata (Tenuis)	Alternaria	
Aspergillus	Aspergillus	
Candida Albicans	Candida Albicans	
Cladosporium Herbarium	Cladosporium	
Curvularia Lunata	Curvularia	
Fusarium Solani	Fusarium	
Helminthosporium Sativum	Helminthosporium	
Nigrospora	Nigrospora	
Penicillium Chrysopenum	Penicillium	
Pullularia (Aureobasidium)		
Pullulans	Pullularia	
Rhizopus Nigricans	Rhizopus	
Stemphylium botryosum	Stemphylium	
Smut Mix (Johnson Grass/Bermuda Grass smut)		Sporisorium Cruentum/Ustilage Cynodontis

**AQIS PERMIT NAME****Australian Name****Scientific NAME****DUST**

House Dust Mite	House Dust Mite	
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**EPIDERMALS**

Cat Epidermals	Cat Epi	
Dog Epidermals	Dog Epi	
Horse Epidermals	Horse Epi	
Mixed Feathers	Mixed Feathers	Chicken, goose, pidgeon, parakeet, duck
Mouse Epidermals	Mouse Epi	

**INDOOR**

Wool	Wool	
Cotton	Cotton	
Kapok	Kapok	
Pyrethrum	Pyrethrum	
Orris Root	Orris Root	
Jute/Sisal	Jute/Sisal	
Tobacco Leaf	Tobacco Smoke	

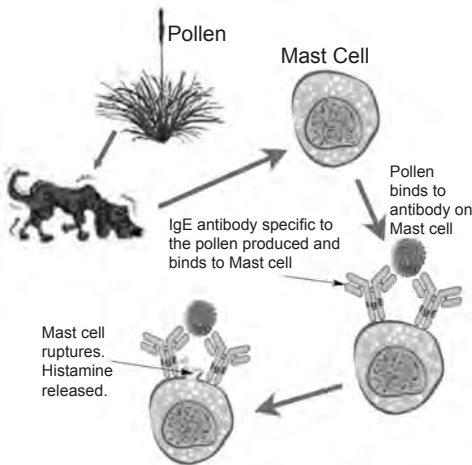
**INSECTS**

Cockroach	Cockroach	
Mosquito	Mosquito	
Fea	Fea	
House Fly	House Fly	

Staph	Staph	
Malassezia	Malassezia	

# Allergy:

## What you should know.



### The Inflammatory Response

## Allergy Testing:

**A**llergy can be defined as a heightened immune reaction to common environmental substances. In an allergic individual, a normally harmless substance is mistakenly identified as a threat to the body. This harmless substance, or allergen, can be anything, but most are in the form of pollen grains, dust, molds, insects or foods. The immune system of an allergic person or pet will actually try to “fight off” the allergen by mounting an immune response. It is this immune response that causes the itchy skin, weepy eyes and hair loss that are such classic signs of allergy in animals.

The exact mechanism that causes allergy to develop is unknown. What is known, however, is that atopy, or the genetic predisposition to develop allergies, is an inherited trait. Please note that it is the ability to develop allergies that is heritable. The items to which an animal will be allergic are not inherited. What an individual is allergic to depends to a large extent upon the items to which they have been exposed.

### The Allergy Reaction:

An allergic reaction involves two components of the immune system. One component is the production of Immunoglobulin E (IgE), an antibody that is made in response to an allergen. The first exposure to the item triggers the body’s immune system to produce massive amounts of allergen-specific IgE. The second component of the allergic reaction is the mast cell. These are special tissue cells found throughout the body that contain specific chemicals that mediate the allergic reaction. IgE will bind to these mast cells. Upon subsequent exposures, the allergen interacts with the IgE bound to the surface of the mast cells and causes the mast cell to release the chemical mediators that regulate the allergic reaction. Histamine is one of the most potent chemical mediators released from the mast cell.

It is important here to note the difference between an allergen and an irritant. An allergen evokes an immune response involving IgE antibodies. An irritant causes allergy-like symptoms to occur, yet does not necessarily cause the immune system to develop specific allergen antibodies. Irritants are usually synthetic chemicals such as perfumes and pollution. All allergens are irritants, but all irritants are not necessarily allergens.

**O**nly your veterinarian can diagnose your pet as having allergies. You have two options when testing for allergies, and a discussion with your veterinarian will reveal the most suitable test method for your pet.

1. The older method of testing for allergies is skin testing. This is an *in vivo* test as the reaction occurs in the animal. Your pet will receive a local anesthetic and have a portion of its fur shaved off. Small amounts of allergen will then be injected underneath your pet’s skin (see Figure 1: Skin Testing). If your pet is allergic to the substance injected, a red “wheal and flare” reaction will occur on the skin.



## Allergy Treatment:



2. Blood testing utilizes the most current techniques in medical testing technology. This is an *in vitro* test because it is performed in a laboratory. A small amount of blood is drawn from your pet. The laboratory then measures the amount of allergy-specific antibody, IgE, in your pet's blood.

Blood testing is the preferred testing method by many veterinarians as it involves less trauma to your pet than skin testing and the information it provides is much more accurate and precise. You may also continue to support your pet with steroids and antihistamines, unlike skin testing where a four to six week medication withdrawal is required. Another advantage to blood testing is the virtually unlimited number of allergens that can be tested for with a single blood draw, and the ability to determine food allergies which is not available through skin testing.

**T**here are three main options for allergy treatment:

1. Medications: Antihistamines, over-the-counter or prescription, and steroids are the most commonly used drugs to control allergy symptoms. These drugs should not be used for long-term management of symptoms as they have many potentially serious side effects.



2. Hyposensitization: Sometimes called Immunotherapy or allergy shots, small amounts of the offending allergens are introduced to the allergic individual over a period of time. This allows the immune system to build up "blocking antibodies" to the allergens. Over time, this blocking antibody will serve to stop any allergic reactions before they start. This is the preferred therapy for long-term management of allergies in both pets and humans.

Since the allergens are naturally occurring and they cause the body to maintain its own "recovery", this form of treatment can also be thought of as a naturopathic approach. It provides long-term defense against allergens with absolutely no side effects or long term debilitation.

3. Environmental Control and Avoidance: The less an allergic individual is exposed to an allergen, the fewer symptoms they will experience. Avoidance is the best and easiest method to controlling allergy symptoms. Unfortunately this is not practical in the case of outdoor allergens.



# House Dust Mites:



Figure 1: House Dust Mite (magnified).

# Pollen:

**H**ouse Dust Mites are found in every home, no matter how clean. It is important to know that house dust mites are normal, they play an important role in the ecosystem of our homes. For the most part, we aren't even aware of their presence. Like most things, the trouble comes when there are too many mites.

House dust mites cannot be seen with the unaided eye, being about half the size of the period at the end of this sentence. What they lack in size, they more than make up for in number. Right now, millions of mites are living in your mattress alone. Up to 2,000 mites are in a teaspoon of house dust along with 250,000 fecal pellets. Females can lay anywhere from 60-100 eggs at a time.

House dust mites will proliferate anywhere there is heat and moisture, thus our homes are the perfect environment for the mite. House dust mites prefer to live in mattresses, carpeting, drapes, overstuffed furniture, stuffed toys and blankets, and other fabrics.

Experts agree that the single most important thing you can do to reduce dust mites in your home is to adjust the humidity. House dust mites are essentially a little drop of water, therefore keeping the moisture in the air below 70% will dry the mites out and severely limit their colonizing ability.

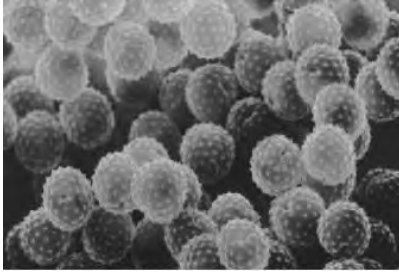
The second most important step you can take to reduce dust mite populations is to control dust levels in your home. Vacuuming thoroughly at least once a week is much better than vacuuming lightly every day. Make sure your vacuum has a filter size small enough to trap the mite and not simply blow it back into the air, and never reuse filters. Before you vacuum, dust all of your furniture and let the dust settle to the floor for at least 20 minutes. Be sure to vacuum upholstered furniture thoroughly as well as draperies and other home furnishings. Also, try to remove as much clutter as possible, these items are simply one more surface on which to accumulate dust.

A hot water (140°F) wash followed by a thorough tumble in the dryer will remove mites from pet beds, blankets and stuffed toys. These items should be washed at least once a week.

Finally, be sure to remove your allergic pet from the room before you begin cleaning.

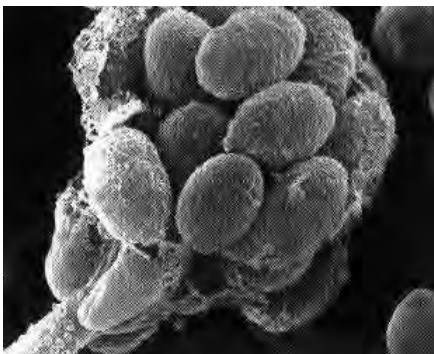
**P**ollen grains are tiny, microscopic particles that contain the reproductive information for a particular plant. Each spring, summer and fall, grasses, weeds and trees produce and release these grains in tremendous quantities. The pollen grains are then dispersed by either insects, in the case of flowering plants, or wind. It is these wind-borne grains that trigger allergic reactions.

A common misconception among the public is that people and animals are allergic to blooming flowers. This is rarely the case. Large, showy



*Figure 5: Pollen Grains.*

## Molds:



*Figure 2: Mold Culture*

flowers are pollinated by insects, their pollen is large and sticky so that it can cling to the insect's body and legs. Because of the pollen size, these grains readily settle out of the air. This type of pollen simply doesn't float in the air long enough to cause an allergic reaction.

On the other hand, grass, weed and tree pollen is light and airy, designed to float for miles on wind currents. It is this type of pollen that makes allergic individuals suffer.

There is no easy way to avoid wind-dispersed pollen. Ragweed pollen has been collected up to 400 miles out at sea and two miles high in the air. Pollen grains are also produced in enormous quantities with up to one million grains released from a single ragweed plant per day! See Figure 5: Pollen Grains.

During the peak pollen hours of 5:00 am and 10:00 am, try to limit your pet's time out of doors. Also, clean your pet's paws after they've been outside, this is especially important for paw lickers. Bathe your pet regularly, at least once a week, to remove pollen from your pet's fur. Avoid line-drying clothes and "airing out" rugs as pollen grains will get trapped in these items.

**R**ecently published articles suggest that mold spores might be more allergenic than once thought. Mold spores are found wherever there is moisture and oxygen and a source of a few other chemicals. The most common areas to find molds in your home are bathrooms, damp cellars and basements, closets, attics, crawl spaces, house plants, and places where fresh foods are stored. Often the first sign of mold growth is a musty odor.

The most important step in controlling mold growth is to lower the humidity to between 40 and 50 percent. This can be accomplished simply by turning on the air conditioner. Not only will the air conditioner lower the humidity in your home, but if you use an appropriate filter, it will also remove many mold spores from the air.

You may also decide to invest in a dehumidifier. When choosing a dehumidifier be sure to get the appropriate size for your needs. You will need to keep the dehumidifier 100% clean or else mold spores will multiply in the collection chamber and could make your mold problem even worse.

Areas of mold growth can be cleaned with a 10% bleach solution. Use one part bleach per nine parts water. To clean large areas of mold growth, scrub once with the bleach solution, wait two hours and then scrub again with the bleach solution. You may also wish to treat the wood and foundation of your home. Bordeaux mixture can be purchased from your local nursery. Mix a 5 pound bag with 15-20 gallons of water and spray on areas you wish to treat. This should be performed at least 3 to 4 times a year.

Another chemical that may be used is Ziram. Mix 3 ounces of the

## Insects and Critters:

## Environmental Tobacco Smoke:

concentrate to 1 gallon of water. This solution can then be sprayed onto areas of concern. The Ziram solution can also be used indoors for walls and floors, however, if areas of visible mold growth are larger than a dime, it is best to remove the wallpaper or flooring.

Be sure to take the appropriate precautions when using these chemicals. Always use in well-ventilated areas as these chemicals are toxic! Be sure to read all warnings on the label before you use them.

**F**leas are a common problem with even the cleanest dogs and cats. Not only does the fleabite cause intense itching due to the allergens present in flea saliva, but inhaling certain parts of insects and/or their fecal material may also be causing your pets to itch.

The most common insect allergies are to fleas, cockroaches, mosquitoes, houseflies and ants. Studies show that humans and animals are allergic to the insect's hard outer shell, digestive enzymes and fecal pellets.

Elimination of insects may be impossible, but you can reduce insect populations in your home. Insects prefer heat and humidity, do not let water stand for long periods of time, and keep sinks, tubs and faucets in good working order. Be sure to seal all cracks and gaps in foundations and make sure that window and door screens are in working order. Remove trash from the home daily and keep your garbage collection bin away from your home. Clean up all crumbs and spills quickly. Keep food and garbage in tightly closed containers. Consulting a professional exterminating company may be helpful.

A word of caution when choosing an insecticide: Pyrethrum is a common ingredient in many insecticides. This is derived from flowers of the Compositaceae family, similar to ragweed, and is a common household allergen. You will need to avoid pyrethrum-based products if you or your pet is allergic to this chemical.

**E**nvironmental Tobacco Smoke (ETS), commonly known as secondhand smoke, is a very potent allergen and irritant and is a topic of much debate. ETS is a combination of the smoke emitted from the burning end of a cigarette, pipe or cigar and the smoke that is exhaled by the smoker. The United States EPA has classified ETS as a Group A (the most harmful) carcinogen. Studies show that smokers and non-smokers alike have developed specific antibodies against chemicals contained in ETS that trigger the allergic reaction. Even if your home is smoke free, ETS from public areas can cling to your hair and clothes and remain potent enough to cause your pet misery when you return home.

You can limit the effects of ETS by taking these steps. Maintain



a smoke free home by quitting smoking if you currently smoke and asking guests not to smoke in your home. Until you are able to quit smoking, do not smoke around your pet or in your home or car. When returning from a smoke-filled environment, you may wish to use fabric fresheners that will take the smoke odor out of fabrics. Use air filters on air conditioners and heaters and replace and/or clean them frequently. You may wish to use natural room fresheners or invest in an air purifier or ionizer.

**T**here are two reasons why people give up trying to achieve a low allergen home. Either they are:

1. Doing too little, or
2. Doing too much.

Make sure you have read this guide thoroughly before beginning any clean-up. Use the questionnaire that follows to determine when and how your allergy clean-up can be most effective. The checklist at the end of the guide can help you decide what you can reasonably accomplish and what you will be able to maintain. Many clean-up steps are easy and require little more than a bit of your time and energy. Other suggestions may not be possible, either physically or financially. Only you can decide how little or how much energy, time and money you will invest in this endeavor.

**Notes:**

# ALLERGY- ALLERGY GLOSSARY GLOSSARY

## **Allergen:**

A substance that triggers an allergic reaction. These are usually in the form of pollen grains, dust, molds, insects or foods.

## **Allergy:**

A heightened immune system reaction to common, normally harmless, environmental substances. This reaction involves the production of massive quantities of IgE and the involvement of chemical mediators being released from tissue mast cells. Also referred to as hypersensitivity.

## **Antihistamine:**

Commonly used drug therapy for allergies. This class of drug blocks the action of histamine.

## **Atopy:**

The genetic predisposition to develop allergies. This is an inherited condition.

## **ELISA:**

Enzyme Linked Immunosorbant Assay. This was the second in vitro test developed to measure the amount of allergen specific IgE. This is the most frequently performed in vitro test.

## **Histamine:**

A potent chemical mediator of the allergic reaction. Histamine is stored inside the mast cell and released when IgE and an allergen are bound to the surface of the mast cell.

## **Hyposensitization:**

The process of introducing increasing concentrations of allergens to produce blocking antibodies for specific allergens. Also called Immunotherapy or allergy shots.

## **Immunoglobulin E:**

The "allergy" antibody. Normally found in low quantities in the body, it is found in much larger quantities in an atopic individual. IgE is made in response to a specific allergen and is the class of antibody directly responsible for the allergy reaction.

## **Immunoglobulins:**

Special proteins in the body that are produced by the immune system in response to a stimulant. There are four different

classes of Immunoglobulin: IgA, IgD, IgE, IgG and IgM.

## **In vitro:**

Latin for "in glass". This test is performed in the laboratory. An in vitro allergy test measures the presence and/or amount of allergen-specific IgE in serum.

## **In vivo:**

Latin for "in life". This test is performed in a living organism. An in vivo allergy test identifies a potential allergen by mimicking the allergy reaction.

## **Intolerance:**

Most often associated with food and very often mistaken for food allergy. An intolerance may produce allergy-like symptoms but does not involve the immune system, IgE or mast cell release of histamine.

## **Irritant:**

A substance that causes allergy-like symptoms but does not induce an immune system response involving IgE or the mast cell release of histamine. Most irritants are synthetic chemicals. Also called a sensitivity or contact irritant dermatitis.

## **Mast Cells:**

Found throughout the body, but in much larger concentrations where allergy symptoms occur, these cells contain the chemicals responsible for mediating the allergy reaction. IgE and an allergen will bind to the surface of these cells and cause the chemicals inside to be released into the surrounding tissues.

## **Naturopathic:**

An approach to health and healing that utilizes natural therapeutics.

## **RAST:**

Radioallergosorbant test. The first in vitro test used to measure the amount of allergen specific IgE. A very labor-intensive and cumbersome assay, this technique is rarely used today to test for allergies as the cost is prohibitive.

## **Skin testing:**

A process of testing for specific allergen antibodies. It involves the injection of small amounts of allergen and the development of a positive reaction.

## **Steroids:**

A potent anti-inflammatory drug. Temporarily alleviates allergy symptoms. These drugs should not be used for long-term allergy management due to the potentially serious side effects

## **Threshold**

The point at which the exposure to antigen produces sufficient antibody with the expression of allergy symptoms.

# Allergy Questionnaire Part I

## Residence:

Location:	<input type="checkbox"/> City	<input type="checkbox"/> Suburb	<input type="checkbox"/> Rural	<input type="checkbox"/> Farm
Residence type:	<input type="checkbox"/> Single dwelling	<input type="checkbox"/> Multi-dwelling		
Age of dwelling:	_____			
Home located near:	<input type="checkbox"/> Residential	<input type="checkbox"/> Open fields	<input type="checkbox"/> Factory	<input type="checkbox"/> Water

## Air Handling:

Heating System:	<input type="checkbox"/> Central	<input type="checkbox"/> Radiator	<input type="checkbox"/> Fireplace	
Furnace filters:	<input type="checkbox"/> No	<input type="checkbox"/> Yes	Type:_____	
Air Conditioning:	<input type="checkbox"/> Central	<input type="checkbox"/> Window		
A/C filters:	<input type="checkbox"/> No	<input type="checkbox"/> Yes	Type:_____	

## Pet Areas:

Bedding:	<input type="checkbox"/> Pet bed	<input type="checkbox"/> Floor	<input type="checkbox"/> Other:_____	
Area Flooring:	<input type="checkbox"/> Carpet	<input type="checkbox"/> Tile/linoleum		

## Miscellaneous:

Do you have other pets in the home? \_\_\_\_ List them:

Are there smokers in the home?

The answers to these questions should help you concentrate your allergy clean-up efforts.

# Allergy Questionnaire Part II

Use this sheet to record your pet's allergy triggers:

Parks/Fields	
Mowed Grass	
House Dust	
Weather Changes	
Windy Days	
Humid Days	
Hot Days	
Cold Days	
Air Conditioning	
Forced Air/Heat	
Tobacco Smoke	
Fumes/Aerosols/Sprays	
Cosmetics/Perfumes	
Other Pets	
Tension/Excitement	
Milk/Dairy Products	
Certain Foods	
Other(s):	

Specify others: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Guide to Allergy Proofing Your Home

## Annual

Date	Item	Detail
	Smoking	Make your home a non-smoking environment.
	Home Foundation	Check for gaps, cracks and leaks. Seal with a waterproofer.
	Carpet	Replace with wood, tile or linoleum. Have carpets professionally cleaned to sanitize and remove allergens.
	Extermination	Have your home serviced by professional exterminators.
	Air Ducts	Have air ducts professionally cleaned at least once a year.
	Mold Inspection	Inspect the interior and exterior of your home for visible mold growth. If necessary, consult with professional mold removal service.

## Semi Annual

Date	Item	Detail
	Windows and Doors	Check for and seal all gaps and leaks. Ensure screens are properly installed. Keep windows closed on windy or humid days.
	Insulation	Check for wear, replace if necessary.
	Plumbing	Maintain all faucets, pipes and bathtubs in proper working condition. Inspect for any leaks and seal them immediately.
	Home Exterior	Treat foundation with fungicidal spray.
	Bedding	Clean mattress thoroughly. If possible, encase with allergy cover.
	Laundry Room	Inspect washer and dryer connections for leaks and to ensure that dryer is venting to the outside.

## Monthly

Date	Item	Detail
	Air Filters	Inspect air conditioning and heating filters for cleanliness and to ensure proper installation. Also, check filters on air purifier units.
	Landscape	Prune tree and shrub branches away from the home to prevent mold growth.
	Hyposensitization	Be sure to give your pet his or her monthly allergy treatment.



## Weekly

Date	Item	Detail
	Dust Control	Dust thoroughly using a static cloth or dust spray. Allow dust to settle for 20 minutes before vacuuming. Try to store items that gather dust in sealed boxes or display items in glass cases to minimize surface area on which dust accumulates.
	Vacuum	Thoroughly vacuum. Make sure you are using a vacuum with a filter size of 5 microns or smaller to trap dust mites, mold spores and pollen. Change filter frequently and never re-use filters.
	Dehumidifier Maintenance	Clean out filter and collection chamber with 10% bleach solution.
	Laundry	Wash all bedding and stuffed toys in hot water. If available, run exhaust fan while laundering. Place washed items in hot dryer to dry, never line-dry outside. Store washed materials immediately to avoid dust contamination.
	Landscape	Avoid mowing lawns during the peak pollen production times of the early morning and evening.
	Garbage	Have garbage removed weekly. Wash out all garbage collection containers and spray with insecticide.
	Bathroom & Kitchen	Clean any visible mold with 10% bleach solution.
	Pet	Bathe your pet to remove dust and pollens.

## Daily

Date	Item	Detail
	Bathroom & Kitchen	Run exhaust fans while showering and cooking to reduce humidity. Remove all garbage and trash daily.
	Dehumidifier Maintenance	Remove water from collection chamber.
	Pet	Wash your pet's paws when returning from outside to remove dust and pollens.

