

Website Highlights:

Immunotherapy:

- Immunotherapy: To build resistance/tolerance to allergens.
Decreasing, or eliminating, symptoms
 1. A 3-5 year program for desensitization
 2. Immunotherapy is available for aeroallergens ONLY. Not available for food allergies.
 3. Requirements include: skin test, or blood testing with highly positive results, signing consent to administer and agreeing to protocols (wait 20 minutes after shots, be on time for weekly injections), have up-to-date epipen on you the day of injection.
 4. Take antihistamine prior to each injection
- Allergy types: Environmental, food, and medication, contact allergy (patch testing)
- Diagnostic testing: Skin prick testing, Blood testing (IgE for aeroallergens, food)
 1. Remain off antihistamines for 7 days prior (see preparation sheet mailed for a list of medications) for skin testing
 2. Testing done on the back via a skin prick/scratch. Stay on for 15-20 minutes, results given to patient at the end of visit with a copy for their records.
 3. Blood work takes approximately 1 week for results to come back.
- Therapies:
 1. Aeroallergens: OTC antihistamines, Prescription antihistamines, avoidance measures, allergy shots (immunotherapy)
 2. Food: Avoidance, carry epipen
 3. Medication: Avoidance, carry epipen

XOLAIR (omalizumab):

- Works by blocking the IgE antibody (allergy response antibody) to prevent, decrease, eliminate symptoms.
 - An IgE therapy used in patients with uncontrollable asthma, chronic idiopathic urticaria
 - Must carry epipen on day of injection
1. Diagnostic testing:
 - Blood work for IgE antibody level with a recommendation therapeutic level of 30-700 IU/ml
 - Skin Testing for allergic asthma
 2. Start up xolair given at office visit

WEBSITE FOR PATIENT INFO:

www.xolair.com

OTHER PATIENT INFO WEBSITES:

- **Treatments for severe allergic reactions:**
 - i) www.epipen.com
 - ii) www.auvi-q.com
- **Information from the American Academy of Allergy, Asthma and Immunology**
 - i) www.aaaai.org

RHEUMATOLOGY:

- An autoimmune disease that causes stiffness, swelling, pain, and loss/decreased function of the joints.
- **Diagnostic Testing:**

- ii) Blood Test to determine RA (rheumatoid arthritis) Factor: an antibody specific to rheumatoid arthritis which causes the symptoms of swelling, pain, stiffness.

PATIENT WEBSITE INFO:

- Arthritis Foundation:
www.arthritis.org
- American college of rheumatology
www.rheumatology.org

Resources Used:

www.arthritis.org

www.xolair.com

www.aaaai.org

www.myownknowledge.com 😊

www.currentpatientinfowehave.com 😊

