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 😊