

## 12 REASONS TO SEE AN ALLERGIST

Our board certified allergists can expertly guide you and your family in managing your allergy and asthma related conditions. If you are frustrated with chronic symptoms and want to learn how we can help you, please give us a call today.

1. **Allergy symptoms**—seasonal or year round
2. **Asthma**--chronic or recurrent
3. **Bee allergy** or stinging insect reaction
4. **Drug or vaccine reactions**--testing
5. **Eczema** or rash (atopic dermatitis) unresponsive to usual therapy
  - if personal or family history
  - if patient has history of hay fever (allergic rhinitis), asthma or atopic dermatitis.
6. **Food allergy** or food additive suspected reactions
7. **Hives** (urticaria) or **swelling** (angioedema)--chronic or recurrent acute
8. **Over-the-counter allergy meds** are not much help
9. **Nasal symptoms**--chronic or bothersome
10. **Referral** from your doctor or emergency room
11. **Second opinion**, frustrated and looking for more information
12. **Sinusitis**—chronic or recurrent

### Is this you? Allergies or asthma under poor control when:

- Symptoms interfering with quality of life
- Symptoms at night often disrupting sleep
- School absence (more than 5 days per year)
- Doctor's office visits (more than once a month)
- Steroid bursts (more than once every 3 months)
- ER visits (more than once in 6 months)
- Hospitalizations (more than once in 2 years)

### When is a dermatology referral more appropriate?

- Viral rash – Primary care physician
- Pruritus – no family history of allergy or hives
- No adult rashes to specific areas

### When is a pulmonary referral more appropriate?

- COPD, Acute Respiratory Distress syndrome, Emphysema, Cystic Fibrosis