

*Allergy is an interaction of the immune system and the environment of the person. It is increasingly seen in the urban climate with the changing ways of living. There is a better diagnosis and treatment option available today than ever before.*

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**BREATHE FREE LIVE FIT**



**CHEST CARE CLINIC, KHARGHAR**

**Dr. VISHAL GUPTA- CHEST SPECIALIST  
Dr. DEEPIKA UGHADE GUPTA- CHEST SPECIALIST**

**TIMINGS: MON TO SAT , 10:00 AM TO 1:00 PM  
AND 5:00 PM TO TO 9:00 PM.  
SUNDAY CLOSED**

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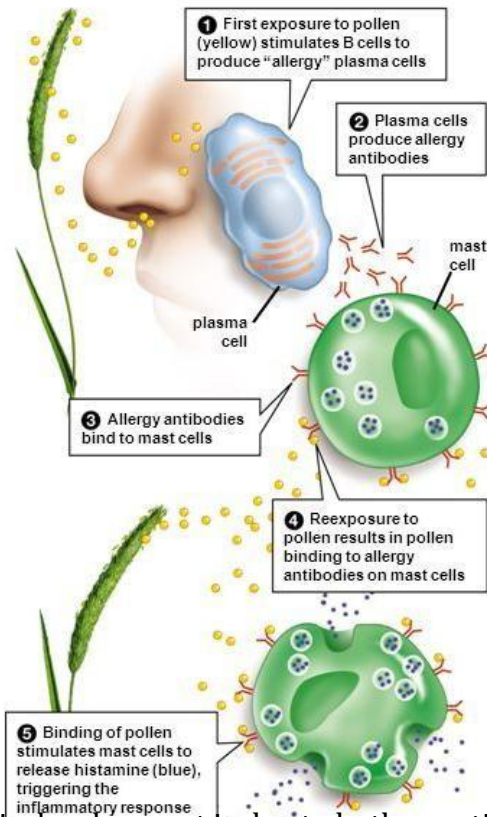
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## What is Allergy?



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AND CARETAKER INFORMATION NOT FOR  
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Allergy means an abnormal reaction of the body to the outside agents these are dust / pollen / fungi (molds)/ drugs/ latex/ foods.



Their development is due to both genetic and environmental factors. The underlying mechanism involves immunoglobulin E antibodies (IgE), part of the body's immune system, binding to an allergen and then to a receptor on mast cells or basophils where it triggers the release of inflammatory chemicals such as histamine. Diagnosis is typically based on a person's medical history. Further testing of the

skin or blood may be useful in certain cases.

## Who is at risk of developing the allergic problems?

You might be more likely to develop an allergy if you:

- **Have a family history of asthma or allergies**, such as hay fever, hives or eczema
- **Are a child**
- **Have asthma** or another allergic condition

Children have more predisposition to develop allergies than adults. Overall, boys have a higher risk of developing allergies than girls, although for some diseases, namely asthma in young adults, females are more likely to be affected. These differences between the sexes tend to decrease in adulthood.

We at Chest Care Clinic Kharghar, specialise with nasal allergies and with those of allergic asthma. We exclusively work with the children > 10years and above as we are adult physicians.

## What are the symptoms of Allergies?

**Hay fever**, also called allergic rhinitis, can cause:

- Sneezing
- Itching of the nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes (conjunctivitis)

**A food allergy** can cause:

- Tingling in the mouth
- Swelling of the lips, tongue, face or throat
- Hives
- Anaphylaxis

**An insect sting allergy** can cause:

- A large area of swelling (edema) at the sting site
- Itching or hives all over the body
- Cough, chest tightness, wheezing or shortness of breath
- Anaphylaxis

**A drug allergy** can cause:

- Hives
- Itchy skin
- Rash
- Facial swelling
- Wheezing
- Anaphylaxis

**Atopic dermatitis**, an allergic skin condition also called eczema, can cause skin to:

- Itch
- Redden
- Scale or peel off

### **Anaphylaxis**

Some types of allergies, including allergies to foods and insect stings, can trigger a severe reaction known as anaphylaxis. A life-threatening medical emergency, anaphylaxis can cause you to go into shock. Signs and symptoms of anaphylaxis include:

- Loss of consciousness
- A drop in blood pressure
- Severe shortness of breath
- Skin rash
- Lightheadedness
- A rapid, weak pulse

- Nausea and vomiting

It needs to be attended immediately. Please inform your doctor urgently about the hives or the rashes, itching in your throat and breathing difficulty.

### **What happens when you have allergic reaction?**

When a person who is allergic to a particular allergen comes into contact with it, an allergic reaction occurs. This begins when the allergen (for example, pollen) enters the body, triggering an antibody response. The antibodies attach themselves to special cells, called mast cells. When the pollen comes into contact with the antibodies, the mast cells respond by releasing certain substances, one of which is called histamine. When the release of histamine is due to an allergen, the resulting swelling and inflammation is extremely irritating and uncomfortable.

### **How to diagnose the allergies?**

When you visit an allergist, the doctor will:

1. Take a medical history. You will be asked about your health, your symptoms and whether members of your family have asthma or allergies such as hay fever, hives or skin rashes like eczema.
2. Ask you about your symptoms. The doctor will want to know when symptoms occur, how often they happen and what seems to bring them on. The allergist will also ask about your work, home and eating habits to see if these can provide clues to help pinpoint your allergy.
3. Do a physical exam.
4. Conduct allergy tests

5. Tests can be done for common allergens such as plant pollens, molds, dust mites, animal dander, insect stings and various foods such as peanuts, eggs, wheat, shellfish and milk. Testing also is available for some medicines, such as penicillin.
  - a. Skin prick test pricks the surface of the skin with a tiny amount of the allergen. The test is done on your back or the inside of your arms with several allergens tested at once. If you're allergic, redness and swelling appear at the site of the prick.
  - b. The intradermal test injects the allergen with a very fine needle under the first few layers of the skin. This type of skin test may be used when the result of a prick test is not clear.



### Allergy Blood Tests.

Skin tests are more sensitive than blood tests, but an allergist might use a blood test to diagnose allergies if:

1. You're taking a medicine that could interfere with allergy test results.
2. You have very sensitive skin or a serious skin condition.
3. You had a previous reaction to an allergen that suggested you were very sensitive and should avoid more exposure.
4. After drawing blood, the sample is sent to a lab to look for the antibodies of specific allergens that show if you have allergies. It takes a few days to receive blood test results. No matter what type of allergy test is given, allergists are experts at selecting which allergens should be tested, reviewing the results, and helping you find the right treatment for relief.

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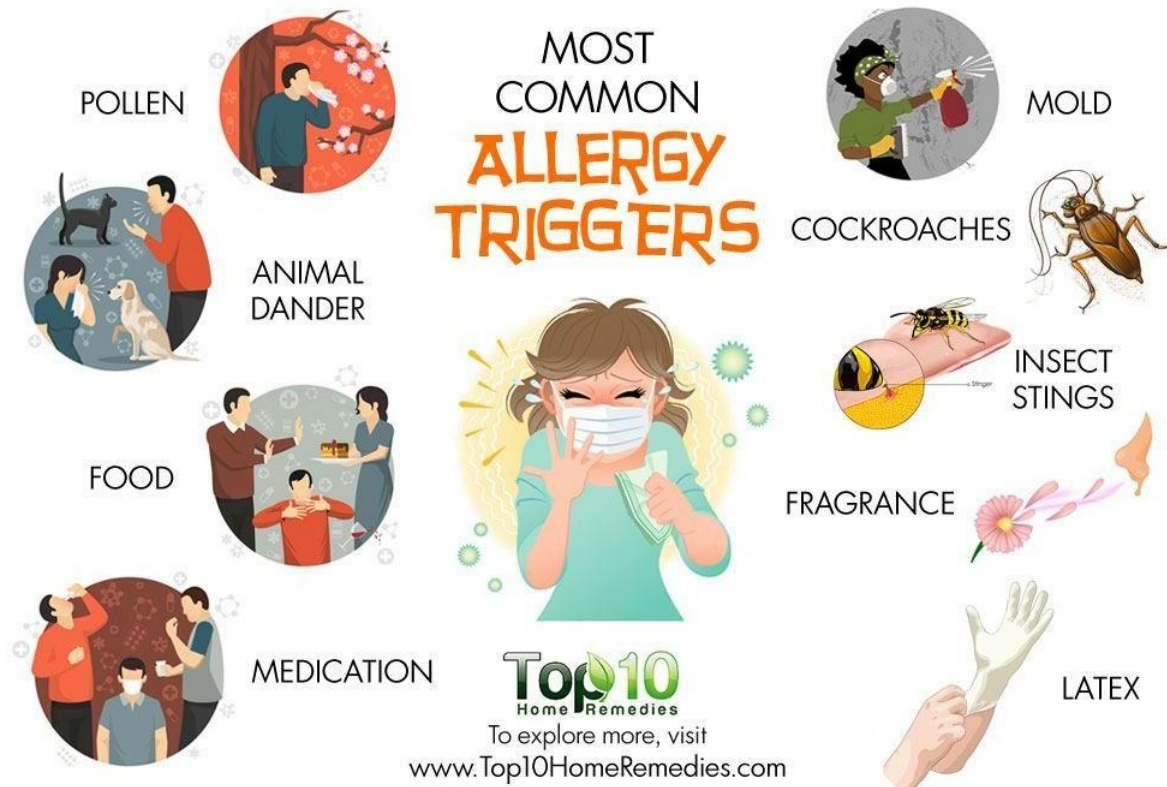
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## What are allergy triggers?

Common allergy triggers include:

- Airborne allergens, such as pollen, animal dander, dust mites and mold.
- Pollution both outdoor and indoor.
- Certain foods, particularly peanuts, tree nuts, wheat, soy, fish, shellfish, eggs and milk.

- Insect stings, such as from a bee or wasp.
- Medications, particularly penicillin or penicillin-based antibiotics.
- Latex or other substances you touch, which can cause allergic skin reactions.



### **What are the treatment options for the allergies ?**

Early exposure (in utero and first year after birth) to potential allergens may be protective. Breast feeding prevents allergy formation in childhood. Treatments for allergies include avoiding known allergens like dust /food/ occupational allergies. The use of medications such as steroids and antihistamines / Monteleukast may be needed. Side effects of antihistamines may be drowsiness which is troublesome. Inhalers may be needed as for asthma.

In severe reactions injectable adrenaline (epinephrine) is recommended.

Allergen Immunotherapy, which gradually exposes people to larger and larger amounts of allergen, is useful for some types of allergies such as hay fever and reactions to insect bites. Its use in food allergies is unclear.

It may be given as the Sublingual immunotherapy drops with allergen content / Sub cutaneous immunotherapy injections with the allergen content.

Treatments are decided with consultations with the doctor and need follow up visits to decide the best course suitable for every individual patient.

We at Chest Care Clinic, Kharghar provide a diverse array of evaluation and treatment counselling for our allergy patients with our doctors Dr. Deepika Ughade and Dr. Vishal Gupta.