



Wellness Screenings

Results should be reviewed by your personal physician.

Allergy Testing Information

ABOUT THESE LABORATORY EXPLANATIONS:

Test Results and Reference Ranges: The reference ranges on your Laboratory report reflect the age and sex information you provided. Blood test results are known to fluctuate from day to day. This results from changes in the individual and from laboratory variation. As a result of this, a test may be outside the reference range (abnormal) at one time and not another. If you are concerned about those results outside normal reference ranges, please contact your physician. Interpretation by your physician is vital in the assessment of all laboratory data based on individual variation. If there were no test results outside the reference range, all your test results were considered “Normal” for your age and sex.

AN IMPORTANT NOTE...

It is important that you realize that it is not possible to diagnose or define any disease or problem with one blood test alone. The program was designed as a screening only; we make every effort to supply you with appropriate but general health information and rely on your good judgement and conscientious attention to follow-up with a physician as recommended for any abnormal results. As always, if you are not feeling well you should consult with your family doctor. Laboratory screening cannot detect every health problem, and is not a substitute for a checkup by your family physician. The test(s) you ordered may not contain all of the items listed here.

Please keep a copy of these tests with any other information pertaining to your health. You may be able to use this report for a baseline for comparing future laboratory tests.

Allergies are actually allergic reactions that occur in our body as a result of something foreign that is ingested or contacts our skin, inhaled or injected such as medication or venom from a bee sting. The body’s physiological reaction to these allergens can range from skin rashes and sneezing to labored breathing and sometimes death. It is not known for certain why some people have allergies and some do not. It is known that the tendency to develop allergies is much greater in persons with a strong family history of allergic disorders. Allergies can develop at any age. Additionally, allergies can be triggered or worsened by factors that would normally not cause an allergic reaction. For example, emotional stress, weather changes, and air pollution may induce allergic reactions. Allergic responses are directly linked to our body’s immune system. Specific antibodies are produced within the body to protect us from foreign invaders such as viruses or allergens. The immunoglobulin E (IgE) antibody is

produced by our body when we come into contact with allergens. The primary method of preventing allergic reactions is to avoid coming into contact with the substance to which you are allergic. Allergies may also be controlled by medications and/or immunotherapy or “allergy shots.” To determine what substances a person is allergic to, an allergy test must be taken. This is a reliable test which detects and quantifies the amount of specific IgE occurring in blood serum when it is exposed to an allergen (weeds, grass, animal dander, dust, etc.). The IgE count determines the severity of the allergic reaction. The higher the IgE count, the greater the allergic reaction. Your results are analyzed by Sonora Quest Laboratories and reported on a 0–6 scale, with 0 representing non-allergic, 1 very low level and 2–6 positive with increasing sensitivity. As is the case with any method of allergy testing, a direct correlation cannot be assumed between evidence of allergen-specific IgE antibody and clinical disease.

The ImmunoCAP test demonstrates patient sensitivity to specific allergens – reporting in number of kilounits per liter (KU/L).

Specific IgE (KU/L)	LEVEL	CLASS	MANAGEMENT OPTIONS
<0.10	ABSENT/ UNDETECTABLE	0	CONSIDER CAUSES OTHER THAN ALLERGIC DISEASE
0.10 - 0.34	VERY LOW LEVEL	0/1	CONSIDER TREATMENT OPTIONS! – AVOID ALLERGENS (IF POSSIBLE) – TRIAL OF PHARMACOTHERAPY IF NOT CONTROLLED, CONSIDER REFERRAL TO AN ALLERGY SPECIALIST FOR POSSIBLE IMMUNOTHERAPY ²
0.35 - 0.70	LOW LEVEL	1	
0.71 - 3.50	MODERATE LEVEL	2	
3.51 - 17.5	HIGH LEVEL	3	
17.6 - 50	VERY HIGH LEVEL	4	
51 - 100	VERY HIGH LEVEL	5	
>100	VERY HIGH LEVEL	6	



References: 1. American Academy of Allergy, Asthma, and Immunology. Overview of allergic disease. The Allergy Report. 2000;1:41. 2. Selner JC, Sullivan TJ. Current issues relating to in vitro testing for allergen-specific IgE: a workshop report. Ann Allergy. 1999;82:411.

Primary Inhalant and Food Allergy Panels

TEST NAME	TEST CODE	CPT* CODE	SPECIFIC IgE COMPONENTS
ARIZONA DESERT PANEL	800843	86003X23, 82785	Acacia (t19), Alternaria alternata (mold) (m6), Aspergillus fumigatus (mold) (m3), Bermuda Grass (g3), Cat Dander (e1), Cladosporium herbarum (mold) (m2), Cockroach (i6), Common Pigweed (w14), Common Ragweed (w1), Cottonwood (t14), Dermatophagoides farinae (dust mite) (d2), Dermatophagoides pteronyssinus (dust mite) (d1), Dog Dander (e5), Elm (t8), Johnson Grass (g10), Juniper Tree (t6), Mouse Urine Protein (e72), Mugwort (w6), Oak (t7), Olive Tree (t9), Penicillium Notatum (m1), Perennial Rye Grass (g5), Russian Thistle (w11), IgE Serum
ARIZONA MOUNTAIN PANEL	800845	86003X25, 82785	Alder (t2), Alternaria alternata (mold) (m6), Aspergillus fumigatus (mold) (m3), Bermuda Grass (g3), Cat Dander (e1), Cladosporium herbarum (mold) (m2), Cockroach (i6), Cottonwood (t14), Common Pigweed (w14), Common Ragweed (w1), Dermatophagoides farinae (dust mite) (d2), Dermatophagoides pteronyssinus (dust mite) (d1), Dog Dander (e5), Elm (t8), Juniper Tree (t6), Maple (Box Elder) (t1), Mouse Urine Protein (e72), Mugwort (w6), Mulberry (t10), Oak (t7), Olive Tree (t9), Penicillium Notatum (m1), Russian Thistle (w11), Sheep Sorrel (w18), Timothy Grass (g6), IgE Serum
FOOD, COMPREHENSIVE PANEL	205275	86003X20	Apple (f49), Beef (f27), Carrot (f31), Codsh (f3), Corn (f8), Crab (f23), Egg White (f1), Milk (f2), Oats (f7), Orange (f33), Peanut (f13), Pork (f26), Potato (f35), Shrimp (f24), Soybean (f14), Strawberry (f44), Tomato (f25), Tuna (f40), Wheat (f4), Yeast (f45)

For More Information visit:

- 1) US Food and Drug Administration Home Page:
www.fda.gov
- 2) The American Academy of Allergy, Asthma & Immunology Home Page:
www.aaaai.org

- 3) National Institute of Allergy & Infections Diseases:
www.niaid.nih.gov/publications/allergies.htm
- 4) The National Allergy Bureau:
www.aaaai.org/nab/defaults.stm