



Did you know that up to 80 % of people with allergy are allergic to more than one thing?

## Allergy Screening Tests

Phadiatop Screen

## Allergy Confirmatory Tests

### Eczema/Food Panel

D. farinae, Animal Dander, Egg white, Milk, Fish(cod), Wheat, Rice, Sesame seed, Peanut, Soya bean, Shrimp, Coconut, Chicken, Mango, Banana, Lemon, Mushroom (champignon), Papaya, Tomato, Spinach, Cabbage, Papr, Lentil, Pea, White Bean, Carob

### Respiratory Panel

D. farinae, Animal Dander, Egg white, Milk, Peanut, Shrimp, Grass Mix, Cockroach, Mold mix, Tree pollen, Weed mix

### Comprehensive Allergy Panel (Eczema/Food Panel & Respiratory Panel)

D. farinae, Animal Dander, Egg white, Milk, Fish(cod), Wheat, Rice, Sesame seed, Peanut, Soya bean, Shrimp, Coconut, Chicken, Mango, Banana, Lemon, Mushroom (champignon), Papaya, Tomato, Spinch, Cabage, Papr, Lentil, Pea, White Bean, Carob, Grass Mix, Cockroach, Mold mix, Tree pollen, Weed mix



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Are you  
or your child  
allergic?



Test for relief from allergy



## Symptoms of allergy

- Blocked or runny nose
- Itchy, red eyes
- Sneezing
- Wheezing
- Dry, itchy skin
- Coughing
- Breathing difficulties
- Diarrhoea
- Stomach pain
- Ear infection

## Is it allergy?

Beyond itching, sneezes and sniffles, allergies can have many symptoms you wouldn't expect, such as stomach pain, diarrhoea or ear infections. How do you know for sure if you or your child is allergic or not?

And if so – to what exactly? A blood test, together with your doctor's expertise, will help you to quickly answer all those questions.

## And how does it matter?

When you know that allergy is causing your symptoms, you and your doctor can make an individual action plan and take simple steps to reduce exposure to the identified triggers (for example, exclude specific foods from the diet) which will:

- decrease the symptoms
- decrease the risk of a severe allergic reaction
- decrease the need for medication

If an allergy is ruled out, further examinations can focus on other causes and you can stop worrying about the possibility of severe allergic reactions. Also, you can minimize the risk of giving yourself or your child medication he or she doesn't need.

## Test to know

Making a conclusive allergy diagnosis can be difficult, since most people with allergies are allergic to more than one thing – many of them may be unknown to the person! Allergens (e.g. pollen, furry animals, house dust mites) add up to cause symptoms, and what may seem as the obvious one may just be the "tip of the iceberg." For some people, symptoms may appear only when exposed to two or more allergens at the same time. Minimizing the total exposure to allergens may thus be enough to reduce symptoms. Therefore, it is important to identify all allergens that contribute to the symptoms, in order to provide the optimal care. This is possible thanks to modern and easy-to-perform blood tests!

## ImmunoCAP® blood test – is the solution

A blood test, such as ImmunoCAP®, is quick and simple and can help your doctor determine if you or your child has allergies and to what exactly.

ImmunoCAP® has several benefits:

- 🔥 Quick and easy
- 🔥 Requires only one blood sample
- 🔥 Can be used at any age
- 🔥 You can keep taking your medications
- 🔥 Carries no risk of severe allergic reaction

**This blood test can guide your doctor in providing optimal care to help you feel better!**

**If your response is positive to any of the questions below, you should consider yourself for allergy testing.**

## Do you think you have allergies?

- Yes  No

## When do the symptoms occur?

- In the spring/summer  In the winter  
 In the autumn  Year round

## Which of the following symptoms do you or your child experience?

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Blocked or runny nose | <input type="checkbox"/> Dry, itchy skin        | <input type="checkbox"/> Stomach pain   |
| <input type="checkbox"/> Itchy, red eyes       | <input type="checkbox"/> Coughing               | <input type="checkbox"/> Ear infections |
| <input type="checkbox"/> Sneezing              | <input type="checkbox"/> Breathing difficulties | <input type="checkbox"/> Other          |
| <input type="checkbox"/> Wheezing              | <input type="checkbox"/> Diarrhoea              |   |

## Do you miss any work, school or normal daily activities as a result of your symptoms?

- Yes  No

## Do you or your child's symptoms disturb you or your child's sleep?

- Yes  No

## Are you experiencing any of these symptoms today?

- Yes  No

## If yes, what do you think the allergic triggers might be?

- |   |                                |                                  |
|---|--------------------------------|----------------------------------|
| <input type="checkbox"/> Pets (cat or dog)            | <input type="checkbox"/> Mould | <input type="checkbox"/> Peanut  |
| <input type="checkbox"/> Pollen (tree, weed or grass) | <input type="checkbox"/> Egg   | <input type="checkbox"/> Soybean |
| <input type="checkbox"/> House dust mite              | <input type="checkbox"/> Milk  | <input type="checkbox"/> Wheat   |
| <input type="checkbox"/> Cockroach                    | <input type="checkbox"/> Fish  | <input type="checkbox"/> Other   |