

FRONT SIDE OF
TRI-FOLD

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5

BACK SIDE

3

6

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ALLERGENEX logo

Do you have allergies?

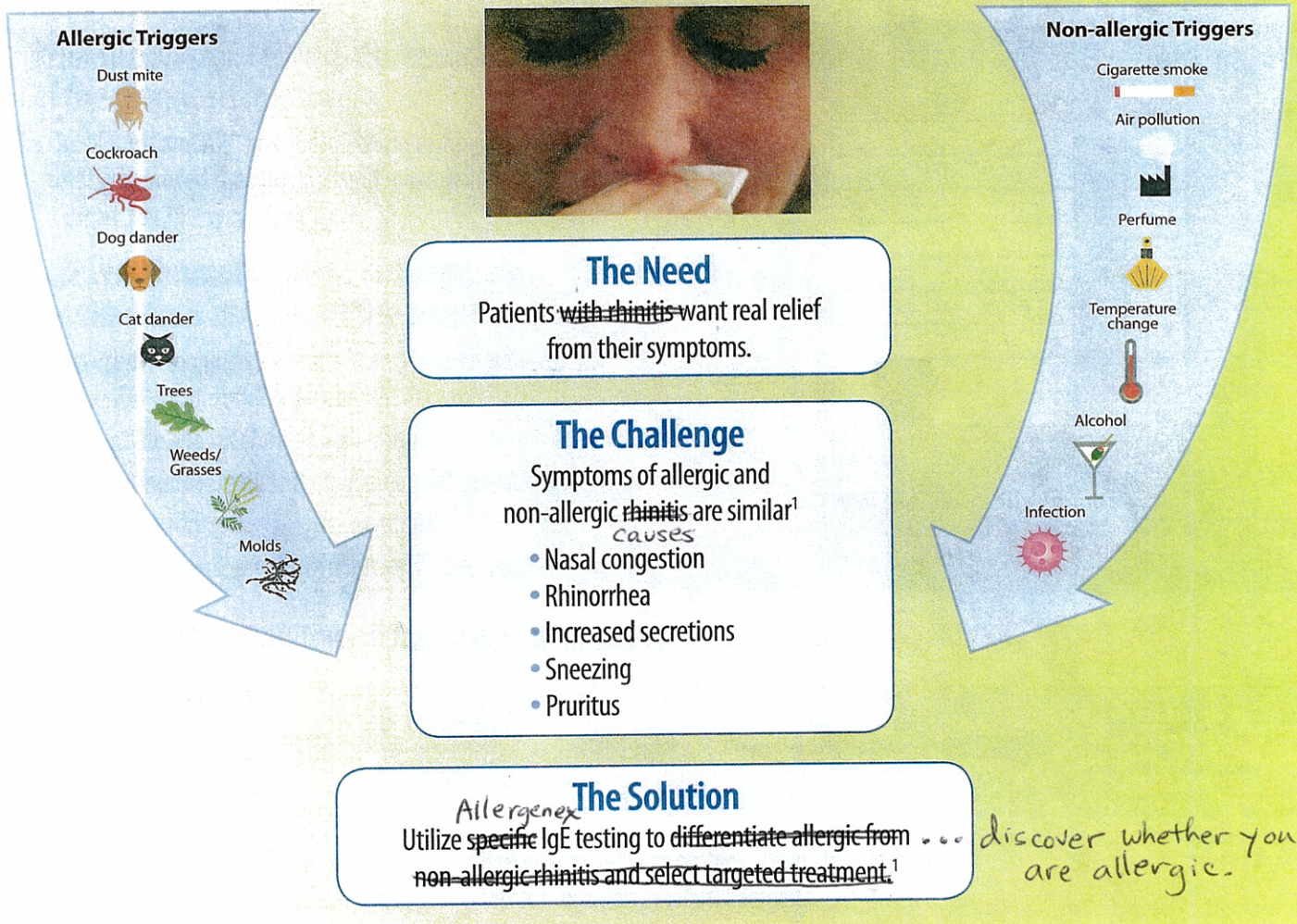
Are allergies contributing to
your asthma?

It's important to find out!

Is it allergies or not?

Knowing makes a difference.

causes can
Rhinitis: Different etiologies trigger the same symptoms



The Value of a Positive Allergic Result

- Identify specific allergens to reduce exposure
- Formulate an appropriate therapy plan based on objective evidence indicating an allergic cause
- Decide if and when referral is appropriate

The Value of a Negative Allergic Result

- Rule out allergies and get to the underlying cause
- Formulate an appropriate treatment plan based on objective evidence indicating a non-allergic cause
- Decide if and when referral is appropriate

Reducing exposure to allergic triggers helps reduce symptoms.

Once you learn what you are allergic to, you can take steps to reduce your exposure to the triggers. This can help to reduce or prevent: congestion, sneezing, coughing, wheezing, and other symptoms.

Allergic Asthma

Approximately 60% of adults and 90% of children with asthma have allergic triggers.



Is underlying allergy contributing to your asthma?

Test to know!

Allergic asthma is the most common type of asthma. It is triggered by allergens like dust mites or pet dander.

Along with a physical exam and review of your medical history, the Allergen ~~ex~~ IgE test may help your doctor determine if you have allergic asthma.

"For successful long-term management of asthma, it is essential to identify and reduce exposures to relevant allergens...."¹

-4-

Take Control of your Allergies

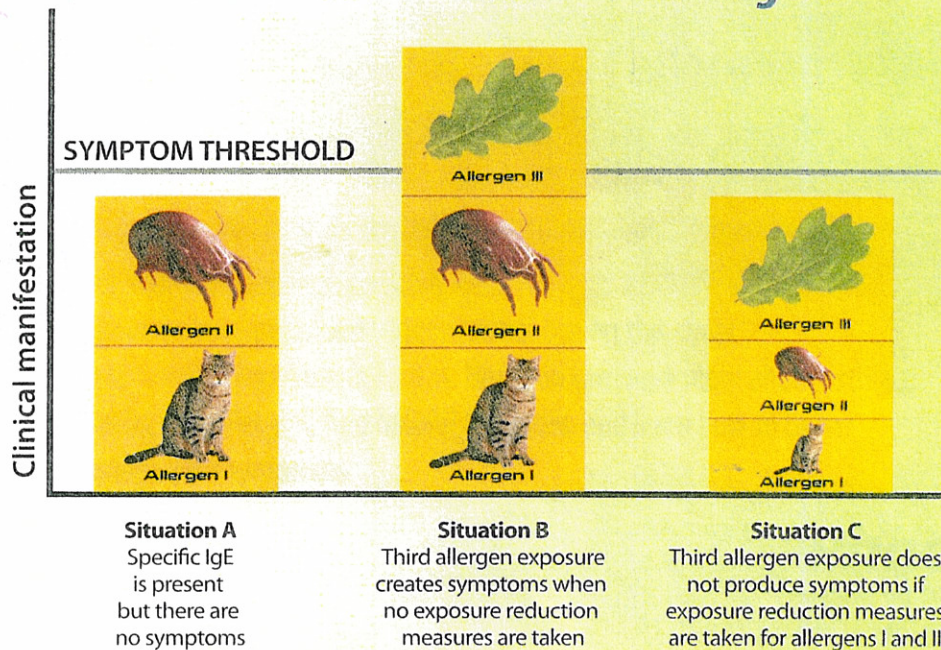
Reducing exposure to allergic triggers helps reduce symptoms

Now that you know your unique IgE profile, you can take steps to reduce your exposure to these triggers—and help reduce or prevent congestion, sneezing, coughing, wheezing, and other symptoms. Follow the trigger control tips provided on the back of this sheet.

Allergies add up

Although some people may be sensitive to only a single allergen, most people with allergies are sensitive to more than one allergen. For such people, symptoms may appear only when they are exposed to two or more allergic triggers at once. The point when symptoms appear is called the allergic symptom threshold. Reducing exposure to your allergic triggers can help reduce your symptoms. In addition, experts believe that medical treatments are more effective if people also decrease their exposure to allergens.

The cumulative effect of allergens





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