

### 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.



For more information, including other valuable links,  
please visit our website at

[www.spiriplex.com](http://www.spiriplex.com)

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**Do you have allergies?  
Are allergies contributing  
to your asthma?**

**It's important to find out!**

