

*Is the rhinitis allergic or non-allergic?  
Knowing makes a difference.*



*Test with ImmunoCAP<sup>®</sup> to differentiate  
the diagnosis and to target treatment*

## The Value of a *Positive* ImmunoCAP® Result

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

# Upper Respiratory Disease Patient Management

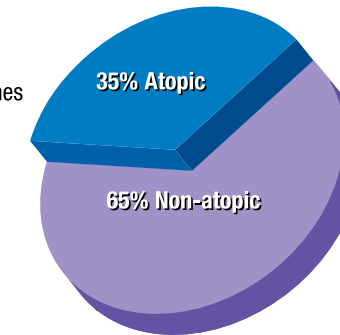
PATIENT PRESENTS WITH SYMPTOMS  
Nasal Congestion, Rhinorrhea, Increased Secretions, Sneezing

HISTORY AND PHYSICAL EXAM

ImmunoCAP Specific IgE Blood Test

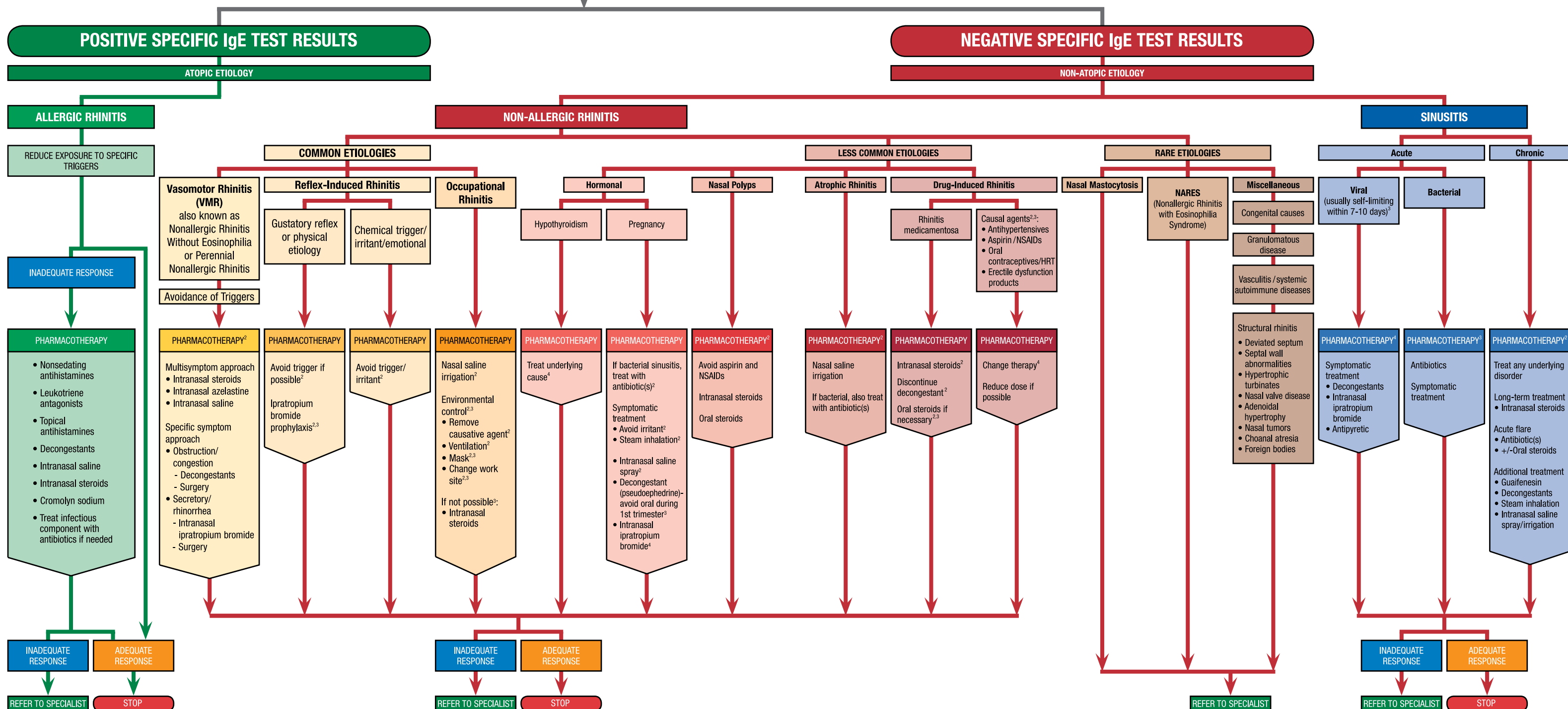
Of all your patients using prescription antihistamines, 65% are not truly allergic<sup>1</sup>

Prescription antihistamines are generally of little benefit in patients with non-allergic rhinitis.<sup>2</sup>



## The Value of a *Negative* ImmunoCAP® Result

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



# The ImmunoCAP® results are in— What do I do now?

## Make a plan

### Positive specific IgE test results

- Use appropriate medications to target allergic etiologies
- Rank positive results in order from high to low IgE measurements
- Consider reducing exposure to allergens with the highest IgE levels first
- Focus on indoor triggers, since these may be easier to control
- With multiple positive results, reduce exposure to the trigger with the highest IgE levels. Do this for 4 weeks, and if symptoms improve, continue therapy. If not, instruct patient to avoid the next most likely contributor to symptoms while continuing to avoid first allergen

### Negative specific IgE test results

- Explore other possible symptom causes
- Use appropriate medications to address non-allergic etiologies

## Educate the patient

### Positive specific IgE test results

- Review test results
- Stress the need to reduce exposure to the relevant allergens based on the patient's documented sensitizations
- Encourage compliance with targeted medications to achieve symptom relief

### Negative specific IgE test results

- Review test results
- Point out to the patient that test results confirm antihistamines won't work for his or her symptoms
- Encourage compliance with targeted medications to achieve symptom relief

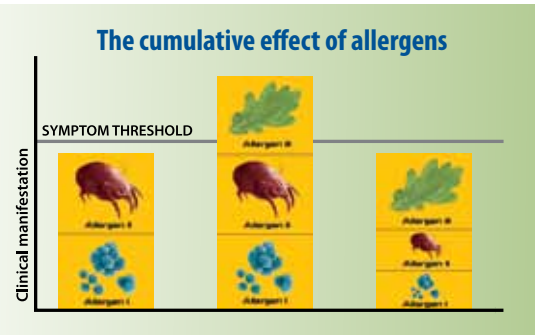
## Schedule a follow-up appointment or consider an appropriate referral

### References

1. Szeinbach SL, Boye M, Muntendam P, O'Connor R. Diagnostic assessment and resource utilization in patients prescribed non-sedating antihistamines. Paper presented at: American College of Osteopathic Family Physicians; March 2001; Philadelphia, PA. 2. Settupane RA, Lieberman P. *Ann Allergy Asthma Immunol.* 2001; 86:494-508. 3. Dykewicz MS, Fineman S, eds. *Ann Allergy Asthma Immunol.* 1998;81:478-518. 4. Roland P, McCluggage CM, Schneider GW. *Evaluation and Management of Allergic Rhinitis: A Guide for Family Physicians.* Austin, TX: Texas Academy of Family Physicians; 2001.

**You can't know until you test!**  
[www.isitallergy.com](http://www.isitallergy.com)

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