

What causes allergies?

Animals

Animal danders are receiving clinical attention as major allergen sources.

Dusts

A mixture of different allergenic compounds such as animal and human dander, molds, mites and bacteria contribute to house dust.

Foods

The most common food allergens include cow's milk, egg, fish, shellfish, nuts, corn, cereal grains, citrus fruit, peanut and soybean.

Grasses

In cooler climates, the peak pollination period extends from May to June; in warmer climates, from March to November.

Insects

Although fairly uncommon, insect bites or stings can be life threatening.

Mites

Mites live in house dust and thrive in high humidity. Upholstered furniture, mattresses and carpeting are natural habitats for mites.

Molds

Molds can live year round indoors and outdoors, but some seasonal variation and peak periods occur.

Occupational

High levels of allergen exposure in the workplace can cause allergies to latex, flour, baker's yeast, livestock, chemical inhalants, heavy metals, detergents and many other occupational allergens.

Trees

Many trees produce large amounts of pollen that may cause hay fever and asthma. Cypress, juniper and cedar can be particularly troublesome.

Weeds

Weed pollens are among the most common causes of hay fever.

Siemens Healthcare Diagnostics, the leading clinical diagnostics company, is committed to providing clinicians with the vital information they need for the accurate diagnosis, treatment and monitoring of patients. Our comprehensive portfolio of performance-driven systems, unmatched menu offering and IT solutions, in conjunction with highly responsive service, is designed to streamline workflow, enhance operational efficiency and support improved patient care.

IMMULITE, 3gAllergy and all associated marks are trademarks of Siemens Healthcare Diagnostics Inc. All other trademarks and brands are the property of their respective owners.

Product availability may vary from country to country and is subject to varying regulatory requirements. Please contact your local representative for availability.

Global Division

Siemens Healthcare Diagnostics Inc.
1717 Deerfield Road
Deerfield, IL 60015-0778
USA
www.siemens.com/diagnostics

Siemens Global Headquarters

Siemens AG
Wittelsbacherplatz 2
80333 Muenchen
Germany

Global Siemens Healthcare Headquarters

Siemens AG
Healthcare Sector
Henkestrasse 127
91052 Erlangen
Germany
Telephone: +49 9131 84 - 0
www.siemens.com/healthcare

www.siemens.com/diagnostics



Ask your doctor about a simple blood test for allergy.

3gAllergy™

Answers for life.

SIEMENS

One in Six...

At least one in every six people suffers from some form of allergy.¹



This pamphlet is provided by Siemens Healthcare Diagnostics, the manufacturer of 3gAllergy, and by your physician. If you have any questions about allergies, please talk to your doctor.

If you have any of the symptoms listed below, ask your doctor about Siemens' 3gAllergy, a simple blood test to help diagnose your specific allergies quickly.

Allergy Symptoms

- Sneezing
- Watery/itchy eyes
- Persistent cough
- Wheezing
- Asthma
- Headaches
- Skin rashes
- Diarrhea and vomiting
- Cramps
- Fatigue
- Recurring ear infections

What is an allergy?

An allergy is an abnormal reaction to a normally harmless substance found in the environment. Depending on the allergy, reactions occur seasonally or throughout the year.

If you are allergic, you produce too much IgE antibody in response to a foreign substance. When IgE antibodies react with an allergen (substance to which you are allergic), your body releases chemicals that cause specific allergic symptoms.

Who gets allergies?

Anyone! Allergies are not limited to specific age groups, geographic locations or gender. The tendency to have allergies is inherited. But you do not have to be born with an allergy to be allergic. You can suddenly become allergic to something that has never been a problem before.

How do you know if you have an allergy?

Allergy tests give you the answer. In the past, testing involved a series of skin pricks, which were uncomfortable and time consuming. Today, Siemens' 3gAllergy performs a full range of allergy tests on a small sample of blood.

Advantages to blood testing

- Patient convenience and comfort
- A minimal number of office visits required for diagnosis
- No need for patient to discontinue allergy medications prior to testing

The 3gAllergy blood test, plus a detailed history, allows your doctor to decide

- If your symptoms are due to allergies
- Which allergens may be causing your symptoms
- What treatment steps are most appropriate.

How are allergies treated?

Your doctor will develop a specific treatment program using 3gAllergy test results, your medical history, physical exam findings and any other tests that prove useful. Once your allergies are identified, your doctor may select one of the following treatments:

Eliminate the causes of allergy in your personal environment.

Sometimes the best cure for an allergy is simply to remove the cause. Depending on your allergy, you may need to

- Control house dust with filters
- Avoid allergy-causing foods
- Limit outdoor activities during heavy pollen periods
- Minimize exposure to certain animals.

Use prescribed medication.

Effective prescription drugs can reduce your allergy symptoms with few side effects. Always consult your doctor before taking any medication.

Receive immunotherapy.

Immunotherapy can reduce sensitivity to pollens, dust, mold spores, animal danders, and insects. This treatment enables a patient to build tolerance to a variety of allergens through regular allergen injections by a physician.

Source

1. [American Academy of Allergy, Asthma and Immunology \(AAAAI\)](#). The Allergy Report: Science Based Findings on the Diagnosis & Treatment of Allergic Disorders, 1996-2001