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Women's health depends on a lifetime
of answers—one test at a time.

Women and Allergy

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Answers for life.

Women and Allergy

You may be one of the millions of women who suffer from allergies. Among the most common types are pollen, dust mites, pets, mold, and food—all of which you can have reactions to for the first time as an adult, often causing fatigue, sleep disturbances, and mental fogginess. Accurate diagnosis is critical to improve your health.



What Are Allergies?

In its simplest form, an allergy is an over-reaction of the immune system, the body's natural defense system. In short, the body responds as though it's under attack, releasing antibodies and triggering inflammation, even though the stimulus of the attack (the allergen) is normally harmless.

Allergic responses are classified into three categories:¹

- First is the *acute* allergic reaction, which may occur rarely or in response to a single allergen (such as peanut) and can be quite dangerous.
- The second category is *chronic* allergies, in which someone regularly (perhaps in a seasonal cycle) or always shows symptoms, sometimes in response to a specific allergen (e.g., dust mites or ragweed), or as the result of an overload of allergens (e.g., women with chemical sensitivities).

- In the third category, *subclinical* cases, patients may suffer transient, seemingly disconnected symptoms that can be difficult to recognize as an allergic response.

The allergic response engages the body's *inflammatory cascade*, and that's one reason it has such serious health effects. Allergic reactions are recognized as one of the most important causes of illness and disease.



Global Burden of Allergies

Allergies are a very common problem, affecting at least 2 out of every 10 Americans.²

A steady increase in the prevalence of allergic diseases globally has occurred, with about 30–40% of the world population now being affected by one or more allergic conditions.

In many countries, attempts to tackle these problems on a national basis are widely variable and fragmented, resulting in decreased quality of life, increased morbidity and mortality, and considerable cost to patients with allergic diseases.³

Risk Factors

- Females are slightly more likely to have food allergies than males, with percentages of reported reactions at 4.1 and 3.8% respectively.⁴
- People inherit a tendency to be allergic, although not to any specific allergen. When one parent is allergic, their child has a 50% chance of having allergies. That risk jumps to 75% if both parents have allergies.²

Allergy and Pregnancy

Allergies are very common in pregnancy; about a quarter of all expectant mothers experience them. Not all are long-term allergy sufferers—many women with no known prior allergies experience their symptoms only during pregnancy.⁵

Symptoms

Common symptoms of an allergic reaction to inhaled or skin allergens include:²

- Itchy, watery eyes
- Sneezing
- Itchy, runny nose
- Rashes
- Feeling tired or ill
- Hives (a rash with raised red patches)

Siemens Solutions for Allergy Testing

	ADVIA Centaur® XP/CP Systems	IMMULITE® 1000 Systems	IMMULITE® 2000/2000 XPI Systems*	Dimension Vista® Systems
AlaTOP Allergy Screen		•†	•†	
Allergen-Specific IgE 3gAllergy™			•	
Allergen-Specific IgG			•†	
Allergen-Specific IgG4			•†	
ECP		•†	•†	
IgE				•
Total IgE	•	•	•	

* The IMMULITE 2000/2000 XPI Immunoassay Systems offer testing for over 400 different allergens.

† Not available for sale in the U.S.

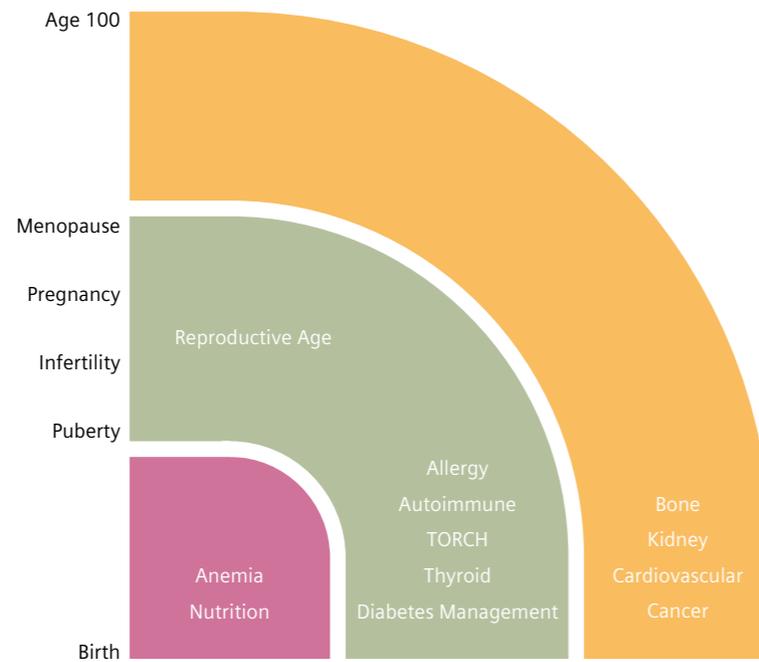
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5. <http://www.whattoexpect.com/pregnancy/pregnancy-health/if-you-get-sick/allergies.aspx>

Caring for Women with Allergies

Fast and accurate diagnosis of allergies is important to start appropriate treatment to alleviate symptoms. Appropriate education for patients and families is fundamental to the management of allergic disease.

As an integrated healthcare company, Siemens' comprehensive solutions include risk assessment and early prevention, diagnosis, therapy, and aftercare. In addition, our solutions in healthcare information technology support the exchange of data for making informed decisions.



Your results. Her lifetime.

Empowering you to advance the health and vitality of women throughout the continuum of life.

