



Find an allergist. Find *relief*.



Allergy and Asthma Treatment Checklist: Six Ways to Better Health

Allergies and asthma are nothing to sneeze at—they are serious diseases that must be properly diagnosed and appropriately treated. Yet millions of adults and children suffering from allergies and asthma may be unaware, self-medicated, or misdiagnosed by a nonallergist.

Follow this checklist to find out whether you're getting the best possible allergy or asthma care.



1. Dispel the "Any Doctor" Myth.

Many patients assume that any general physician can diagnose and treat allergies and asthma. With such a wide range of allergic conditions—from asthma, chronic sinusitis, and eczema to reactions to food, insect stings, and medicines—testing and diagnoses require special skills. A nonallergist may not have the training to accurately interpret your tests, and that can result in the overprescription of medications, exclusion diets that won't work, or a fatal outcome. According to the Centers for Disease Control and Prevention, **9 people** die each day due to the mismanagement of asthma.



2. Recognize the Symptoms.

Allergy and asthma symptoms can range from mild to severe. Asthma symptoms include coughing, wheezing, shortness of breath, and chest tightness. Allergy symptoms occur when the immune system overreacts to an allergen, such as dust mites, molds, or food. If the allergen is inhaled, the reaction tends to affect the eyes, nose, and lungs. If the allergen is ingested in food or medicine, it may even cause severe, life-threatening symptoms.



3. See a Board-Certified Allergist.

See an allergist if your allergies or asthma:

- Significantly affect your lifestyle
- Complicate your everyday living
- Cause concern for your health

Board-certified allergists are trained to effectively diagnose and manage allergies and asthma. Allergists fully evaluate patients, taking a complete medical history, conducting a physical exam, and then giving allergy and breathing tests as appropriate. After proper diagnosis, allergists show patients how to handle and treat allergy triggers. **Allergists enable patients to lead normal, healthy lives.**



4. Get the Recommended Care.

Board-certified allergists have the special training, skills, and experience needed to treat allergies and asthma, but few people know to seek their care. Surveys show that just **7 percent** of the public knows to see an allergist to treat their asthma.

The U.S. government recognizes the importance of a specialist's care for the diagnosis and treatment of allergies and asthma. The National Heart, Lung, and Blood Institute recommends that patients see an asthma specialist such as an allergist if they have experienced daily asthma symptoms, a life-threatening asthma attack, or symptoms that are unusual, hard to diagnose, or resistant to treatment.



5. Reduce Your Health Care Costs.

You could spend less on health care if you get the best allergy and asthma care. People who see a board-certified allergist experience fewer hospitalizations, do not miss as much work or school, are more productive, and feel more satisfied with their quality of life. In addition, allergists are specialists in giving allergy shots (immunotherapy). Allergy shots can cut your health care costs by as much as **41 percent**, and may cure your symptoms, prevent asthma, and stop other allergies from developing.



6. Feel Better.

The best reason to visit an allergist specialist is simple: You're likely to feel better.

Allergists are trained in allergy diagnosis and treatment and keep up with the latest techniques and methods. Allergists successfully treat **90 percent** of patients with seasonal allergies and **70 percent to 80 percent** of sufferers who have allergies throughout the year. In a recent survey, most allergy sufferers said they got better results from allergists than from other physicians or over-the-counter medications.

If you suffer from allergy and asthma, find the better way to better health today by visiting AllergyAndAsthmaRelief.org. You can find a board-certified allergist in your community and access online tools to help you understand your symptoms, stay active, and feel your best.