



# allergist



## Find an Allergist, Find Relief. Don't Suffer, See the Allergy and Asthma Expert

If you are one of the 40 million to 50 million Americans who suffer from some allergies or asthma, you should be able to feel good, be active all day and sleep well. No one should accept anything less.

Allergies and asthma are serious diseases. Misdiagnosis and mistreatment can be dangerous, even deadly. Don't take the risk. Here's why a board-certified allergist is the best expert for you.

**Allergists are allergy and asthma specialists, medical doctors with additional qualifications that include:**

- Three-year residency training in internal medicine or pediatrics
- Additional two or three years in asthma, allergy, and immunology.

**This specialized training allows allergists to expertly:**

- Perform allergy testing
- Identify the source of your suffering

- Accurately diagnose your condition
- Treat more than just your symptoms
- Develop a personalized plan that eliminates your symptoms
- Provide you with the most cost-effective care that produces the best results

**Allergists also are specialists in administering allergy shots, or immunotherapy, which can actually stop the progression of your allergies, cure you of your symptoms and prevent asthma and the development of other allergies.**

**Potential risks of non-specialist care includes:**

- Misinterpretation of test results
- Over-diagnosis
- Mismanagement
- Over-prescription of medications and treatments
- Costly and unnecessary allergen avoidance



**The estimated economic cost of asthma is \$20.7 billion annually with:**

- Direct medical costs of \$15.6 billion for physician visits, hospitalization, emergency services and medications
- Indirect costs of \$5.1 billion for decreased worker productivity and days lost from work

**Research shows that asthma patients under the care of an allergist have better outcomes at less cost because of the following:**

- Fewer emergency care visits
- Fewer hospitalizations
- Reduced lengths of hospital stays
- Fewer days missed from work or school
- Increased productivity in their work and personal lives
- Greater satisfaction with their care and an improved quality of life

Studies also show that patients with allergies who receive allergy shots can significantly reduce their health care costs.

National government guidelines recognize the importance of specialist care for asthma and recommend patients see an allergist.

Patient surveys find that most allergy sufferers say allergists are more effective at relieving their symptoms. Of the sufferers, 54 percent thought their allergist recommended a treatment plan that was more effective than any other non-allergist or over-the-counter medication.

**Find an allergist, Find relief. Use the Find an Allergist locator and other tools at [www.AllergyAndAsthmaRelief.org](http://www.AllergyAndAsthmaRelief.org)**

