

Basic Information on Common Health Challenges

Allergy Testing

- In Vitro Specific IgE Estimation for detection of Allergies

Allergy causes an immune system reaction that affects numerous organs in the body. Allergic reaction can be caused by **Inhalation** (through Air) or **Food** Allergens. Symptoms of allergic reactions usually occur quickly and in some cases can be severe or life-threatening.

Food

Common Presentation: Burning & Itching in Lips, Tongue & Throat, Diarrhoea, Vomiting, Pain in Abdomen, Erythema or Urticaria.

Food Allergens Tested



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|----------------|-------------|---------------|---------------|
| 1. Egg white | 11. Peanut | 21. Onion | 31. Lamb |
| 2. Egg yolk | 12. Orange | 22. Chickpea | 32. Mustard |
| 3. Cow's milk | 13. Coconut | 23. Mushroom | 33. Coffee |
| 4. Milk powder | 14. Apple | 24. Cucumber | 34. Chocolate |
| 5. Yogurt | 15. Grape | 25. Eggplant | 35. Ginger |
| 6. Wheat flour | 16. Pea | 26. Arhar Dal | 36. Spice mix |
| 7. Gluten | 17. Tomato | 27. Mung | 37. Codfish |
| 8. Oat flour | 18. Potato | 28. Yam | 38. Crab |
| 9. Rice | 19. Spinach | 29. Beef | 39. Prawn |
| 10. Soybean | 20. Garlic | 30. Chicken | 40. Rohu |

Air-Inhalation

Common Presentation: Red watery Eyes, Sneezing, congestion, Runny Nose, Sore Throat, Cough, &/or Buzzing sounds.

Inhalation Allergens Tested



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|---------------------|----------------------|
| 1. Timothy grass | 11. Cat |
| 2. Cultivated rye | 12. Dog |
| 3. Corn | 13. Pigeon feathers |
| 4. Eucalyptus | 14. Chicken feathers |
| 5. False ragweed | 15. Aspergillus spp |
| 6. Carnation flower | 16. Trichophyton spp |
| 7. Sunflower | 17. Cotton |
| 8. Mite mix 1 | 18. Straw dust |
| 9. Der. farinae | 19. Jute |
| 10. Cockroach | 20. Sheep wool |

Pediatric

Common Presentation: Conjunctivitis, rhinitis, itching or gastrointestinal problems as stated in Food & Inhalation panel.

Pediatric Allergens Tested



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|----------------------|----------------------|--------------|
| 1. Grass mix2 | 11. Alternaria alt. | 21. Rice |
| 2. Birch | 12. Egg white | 22. Soyabean |
| 3. Mugwort | 13. Egg yolk | 23. Peanut |
| 4. Dermat. pterous | 14. Milk | 24. Hazelnut |
| 5. Dermat. farinae | 15. Codfish | 25. Carrot |
| 6. Cat | 16. α-Lactalbumin | 26. Potato |
| 7. Dog | 17. β-Lactoglobulin | |
| 8. Horse | 18. Casein | |
| 9. Cladosporium her. | 19. Bovine s.albumin | |
| 10. Aspergillus fum. | 20. Wheat flour | |

Allergy Prevention Suggestions

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| <input checked="" type="checkbox"/> Avoid DUST & Wear Mask if necessary | <input checked="" type="checkbox"/> Keep Pets away from Living area |
| <input checked="" type="checkbox"/> Prefer Mopping with damp cloth | <input checked="" type="checkbox"/> Keep Bathroom dry & Mold-free |
| <input checked="" type="checkbox"/> Reduce curtains & carpets to minimum | <input checked="" type="checkbox"/> Expose woollens, mattresses, pillows, blankets etc to sunlight. |
| <input checked="" type="checkbox"/> Avoid Perfumes, Cosmetics, Pesticides, Insecticides, Paints etc (VOC). | <input checked="" type="checkbox"/> Use Air Purifier, if necessary |