



About Allergies

The human body's immune system reacts to harmful substances by releasing antibodies, which are special proteins made in the immune system to fight off viruses and infections that could be harmful to us. An allergic reaction results when the body's immune system reacts to a relatively harmless substance (allergens) as if they were harmful to the body. The immune system responds to these allergens by making antibodies to fight them off.

When the body comes into contact with an allergen, the antibody released is called Immunoglobulin E (IgE). This antibody causes other blood cells to release more chemicals, including histamine, which together cause the symptoms of an allergic reaction. Although there are many thousands of allergens, the most common allergens include:

- House and dust mites
- Grass and tree pollens
- Pet dander or hair
- Fungal or mold spores
- Certain foods including milk, egg, wheat, soy, seafood, fruit and nuts
- Wasp and bee stings

What is an allergic reaction?

An allergy is the result of the interaction between your immune system and an external stimulus, also called an allergen. These include dust mites, pet dander, pollen, foods, insects and drugs. Symptoms can involve several organ systems with the most common being nose (congestion, runny nose, sneezing), eyes (itchy, watery, red and swollen), lungs (asthma) and skin (hives, rash, eczema).

What conditions do you treat?

At Allergy & Asthma Clinics of Ohio, our Board Certified Allergists treat patients with allergies (environmental, foods, drugs, insect), asthma, sinus problems, hives, eczema and other allergic skin conditions.

How are allergies and asthma treated?

Allergies and asthma can be managed with a combination of treatment options including environmental control for allergens as well as medications (including antihistamines, nasal steroids, and steroid inhalers just to name a few). For patients who still suffer with allergy symptoms despite environmental control and medication, immunotherapy, most commonly referred to as allergy shots, are the definitive treatment. Patient education is also stressed in our practice.

Can allergies and asthma be inherited?

Yes. It is estimated that a child with one parent who suffers with allergies or asthma is 35-50% more likely to also have allergies or asthma. That percentage rises to over 50% when both parents have diagnosed allergies or asthma.

Will my child outgrow asthma?

The chances of a child outgrowing asthma are greatly improved if the asthma is not allergen induced, if the child does not have eczema and if there is no history of asthma in the parents.

If you have questions about Allergies, feel free to contact our office. One of our staff would be happy to answer your questions about Allergies and different treatment options offered at Allergy & Asthma Clinics of Ohio.