

Why go for a blood test for your Asthma?

Allergic asthma, or allergy-induced asthma, is a type of asthma that is triggered or made worse by allergies.

Asthma and allergies often go hand-in-hand. In fact, up to 90 percent of children and 60 percent of adults with asthma suffer from allergies.^{1,2}

On its own, asthma is a chronic lung disease that causes your airways to swell, narrow, and produce extra mucus—making it hard to breathe. Asthma is serious and widespread, affecting approximately 300 million people worldwide.³

For some, asthma is just a minor annoyance. But for others, it can have a major impact on daily activities, from exercising to going to school. And asthma can be especially challenging to manage when symptoms are exacerbated by certain allergens such as pollen, dust mites, or moulds.

How it Works

A blood test for allergies is a powerful diagnostic tool that can test for allergic triggers, such as pollen, mould, house dustmite, food, and animal dander. A blood test is a quick and simple way for your healthcare provider to identify allergic triggers that may exacerbate your asthma. Also called a specific IgE (sIgE) blood test, this test can aid in accurately diagnosing your allergies by measuring the level of specific antibodies in the blood. These antibodies are an indicator of allergic sensitisation and can help your healthcare provider determine if you are allergic and to what.



1. A small sample of blood is drawn.
2. The blood is sent to a laboratory for analysis.
3. The results are returned up to 4-6 weeks later for your healthcare provider to interpret.

The results of your allergy blood test, together with your detailed medical history and/or a physical examination, will help your healthcare provider develop a customised treatment plan that's right for you.

Please go for a blood test as soon as possible.

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1. Allen-Ramney F, Schoenwetter W, Weiss T, et al. Sensitization to Common Allergens in Adults with Asthma. JABFP. 2005;(18)5 434-439. 2. Host A, Halken S. Practical aspects of allergy-testing. Paediatr Respir Rev. 2003; (4) 312-318. 3. World Health Organization. Global surveillance, prevention and control of chronic respiratory diseases: a comprehensive approach, 2007. <http://www.who.int/gard/publications/GARD%20Book%202007.pdf?ua=1>, accessed September 2017.

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To find out more, click on the image below:



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