

# Any Lab Test Now

## ALLERGY TESTING, BASIC COMBINATION PANEL

### **DESCRIPTION**

In people with allergies the body produces antibodies against common environmental substances and foods that create the typical allergy symptoms we all know or have experienced. The antibodies or mast cells produce histamine which causes the allergic response. Although the reaction is based on a healthy bodily function designed to protect us from toxins in our food and the environment, many allergies are so extreme as to cause asthma and anaphylactic shock, which can lead to death in extreme cases. Allergic rhinitis (an allergic inflammation of the nasal passages), red, itchy eyes and asthma can severely limit and restrict one's lifestyle. Not so long ago people, including many children, were subjected to hundreds of needle pricks containing different possible allergens to determine which ones caused the strongest reactions. Research conducted in the 1970s has found that when the body experiences sensitivity or an allergy to a substance it produces antibodies that are specific to the allergen, called Immunoglobulin E (IgE) and these can be measured in the blood. A simple blood draw can look for the specific antibodies to hundreds of substances using only one needle.

### **WHY DO I NEED THIS TEST?**

Are you worried that you or your child may have food allergies or have they (or you) experienced severe food reactions or behavioral changes after eating? Do you frequently have a stuffy nose, but you don't know what to avoid? Do you suffer from asthma attacks? Up to 50 million Americans, including millions of children, suffer from allergies. Allergies are a major cause of illness in the United States and can cause anaphylactic shock and death in severe cases. The number of people who have severe allergies has risen dramatically in the past 20 years. Each exposure to an allergen, for peanuts can cause a stronger reaction leading ultimately to very serious consequences. Find out with one simple test what you are allergic to and prevent a severe allergic reaction or save money on only the allergy shots you need.

### **AM I REQUIRED TO FAST FOR THIS LAB TEST?**

No. You are not required to fast for this test.

### **WRITTEN BY:**

**EKAN ESSIEN, MD, MPH MEDICAL DIRECTOR**

Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

**FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567**

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