

Allergy



➤ An Allergy refers to an exaggerated reaction by our immune system in response to exposure to certain foreign substances. It is exaggerated because these foreign substances are usually seen by the body as harmless and no response occurs in non allergic people. In allergic individuals, the body recognizes the foreign substance as harmful and one arm of the immune system generates a response.

Symptoms of Allergy



coughing



Dry Itchy Skin



Runny nose



Watery or itchy eyes with redness



Sneezing



Breathing Problem

What Causes an Allergy

Allergy-producing substances are called “allergens.” Examples of allergens include house dust mites, pollen, moulds, animal proteins, foods and even medications.

To understand the language of allergy, it is important to remember that allergens are substances that are foreign to the body and can cause an allergic reaction in certain people. When an allergic individual comes in contact with an allergen, the immune system mounts a response through the IgE antibody. People prone to allergies develop the above symptoms.



Skin prick test

- Placing a small amount of substances that may be causing your symptoms on the skin, most often on the forearm, upper arm or back.
- The skin is then pricked so the allergen goes under the skin's surface.
- The healthcare provider closely watches the skin for swelling and redness or other signs of a reaction. Results are usually seen within 15 to 20 minutes.



Skin prick test

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