



## WHAT IS THE «ALLERGY LOAD»?

When we use the term “allergy load”, we are referring to the total amount of allergy within each individual. This “load” is determined by several factors such as environment, season, diet, etc. When someone has too much allergen present, they will have an increase in symptoms. The goal is to lower that load so symptoms will be controlled.

To further illustrate this point, imagine a bucket. When exposure to allergens occurs, the bucket begins to fill. If too much exposure occurs, the bucket overflows causing symptoms. In addition, stress, fatigue, poor nutrition, illness and other factors will add to the overflow. If all offending allergens were removed from the environment, the symptoms would disappear. Since this is impossible, the next approach would be to remove as much of the allergens as possible. Information on procedures and products that will assist with this environmental control is provided in your allergy packet.

### **TREATMENT**

Allergy injections (immunotherapy) will be initiated. This will cause the body to “block” the reactions that take place within and thus reduce the amount of symptoms that occur. Each week these injections are increased to achieve a “maintenance” dose. It is important that a regular schedule for injections be established. In addition, environmental factors will be discussed and recommended control measures given.

To best accomplish the goal of allergic management, these steps should be followed:

1. Adhere to regular injection schedule.
2. Implement recommended environmental control measures.
3. Get plenty of rest.
4. Eat a balanced diet and follow dietary recommendations.



5. Control stress.
6. Follow directions given by physician and allergy staff.

Allergy management is a partnership between the physician and the patient. Should you have any questions or concerns, please discuss them with the allergy staff of your physician.