



Allergy Test and Treatment in Kolkata

Allergy Testing

Allergy tests help identify substances causing allergic reactions. Common methods include:

1. Skin Prick Test: Small amounts of suspected allergens are introduced into the skin. Redness or swelling may indicate a reaction.
2. Blood Test (IgE Test): Measures specific allergy-related antibodies in the blood.
3. Patch Test: Identifies delayed allergic reactions caused by contact allergens.

The choice of test depends on your symptoms and suspected allergens, guiding the development of a personalized treatment plan.

When Is Allergy Testing Needed?

1. To determine the cause of symptoms like sneezing, itchy eyes, nasal congestion, or chronic cough.
2. To identify triggers for asthma symptoms.
3. To investigate the cause of severe allergic reactions such as anaphylaxis.

Types of Allergy Tests

1. Skin Tests: Include prick, intradermal, and patch testing.
2. Blood Tests: Measure IgE antibodies linked to allergies.
3. Challenge Tests: Controlled exposure to allergens under medical supervision (usually for food or drug allergies).

Allergy Treatment

Effective allergy treatment depends on your history, test results, and symptom severity. Treatment may include:

1. Avoidance: Identifying and avoiding allergens.
2. Medication: Antihistamines, corticosteroids, decongestants, nasal sprays.
3. Immunotherapy: Gradual exposure through allergy shots or sublingual tablets to reduce sensitivity.
4. Emergency Management: Carrying epinephrine (EpiPen) for severe allergies.
5. Lifestyle Adjustments: Improving air quality at home and managing triggers.