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ALLERGY TESTING & TREATMENT INFORMATION SHEET

You have been tested for a variety of airborne substances to determine those to which you are sensitive. Our testing panel includes tree, weed and grass pollens, animal dander, molds, and dust mites.

Animal dander, mold, and mites are year round allergens. These allergens (especially molds) are ever present but become worse indoors during the winter, when the air is dry. Dry winter air allows the particulate matter of these allergens to become more airborne. While molds can be present in the dry winter, they are also prevalent in damp environments.

Pollens are seasonal allergens that follow a pattern typically, although they can be present year round. Mold also can show seasonal flares.

If you decide to begin allergy immunotherapy, your treatment will be specifically formulated for you, based on your allergy testing results. You will begin treatment (desensitization) with a very weak dose of your allergenic extracts. The dose will then be gradually strengthened to challenge your immune system, which will ultimately produce symptom-relieving effects. The goal of allergy treatment is to help 80% of our patients 80% of the time.

If you fail to see improvement during your first six months of treatment, the doctor will examine other causes of you symptoms. You would be scheduled to see the doctor periodically throughout your treatment for continued reevaluation of your symptoms and personalization of your treatment. We have included information on our allergy treatment options in this packet.

Some interesting allergy facts:

- 1) People inherit the tendency to have allergies, not specific allergies.
- 2) Anyone can develop allergies at any age.
- 3) Allergic responses may occur in any one or in several body systems.
- 4) You must have previous exposure to develop an allergy to a specific allergen.
- 5) A high degree of sensitivity to a specific allergen does not necessarily equate with the severity of your symptoms.
- 6) Food sensitivities also coexist in a large percentage of people with inhalant allergies. To cut your risk of food related symptoms, increase your fiber intake, drink at least 64 oz. of water every day, and avoid repetitious eating of the same foods, and exercise regularly. Twenty to thirty minutes of exercise will not only benefit your heart and lungs but your sinuses as well.