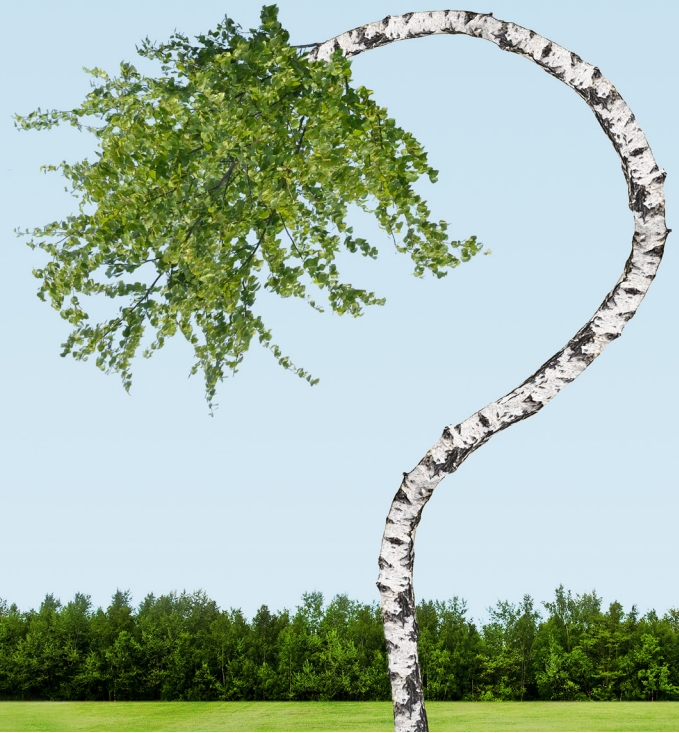


Is it Allergy?  
Soon you'll know more.



# Contents

Birch pollen	4
Ash pollen	6
House dust mite	8
Cat	10
Wall pallitory pollen	12
Mold	14
Dog	16
Timothy pollen	18
Cockroach	20
Mugwort pollen	22
<b>Your test results from the pharmacy</b>	<b>24</b>

## References:

1. EAACI Molecular Allergology User's Guide, 2016 2. „Allergenvermeidung bei Milbenallergien“, ed.: Interessensgemeinschaft Allergenvermeidung, 2011 3. Österreichischer Pollenwarndienst: <https://www.pollenwarndienst.at/de/aktuelle-belastung/pollen-jahr.html> 4. EAACI White Paper on Research, Innovation and Quality Care, 2018 5. „Moderne Diagnostik der Typ-1-Allergie“, Praktische Dermatologie, (24)2018, 155-164 6. Davila I, Dominguez-Ortega J, Navarro-Pulido A, et al. Consensus document on dog and cat allergy. Allergy 2018;73:1206-22. 7. „Schimmelpilz: Versteckte Gefahr oder harmloser Zeitgenosse?“, ed.: Interessensgemeinschaft Allergenvermeidung, 2007

## Imprint:

Thermo Fisher Diagnostics Austria GmbH, Dresdner Straße 89, A-1200 Wien  
Tel. +43 1 270 20 20 0, Fax +43 1 270 20 20 20 – [thermoscientific.com/phadia/de](http://thermoscientific.com/phadia/de)

Concept/Design: Kaner Thompson Agentur für zeitgemässe Kommunikation,  
Freiburg im Breisgau – [kanerthompson.de](http://kanerthompson.de)

© 2019 Thermo Fisher Scientific Inc. All rights reserved. All trademarks are the property of Thermo Fisher Scientific and its subsidiaries unless otherwise specified. 83608.AL.GB2.EN.v.19

## Dear valued customer,

With ImmunoCAP® Rapid Adult, your blood was analyzed for IgE-antibodies against ten allergens. These are frequently responsible for allergic reactions of the nose, eyes and airways.

An allergy is a hypersensitivity reaction of your body against certain substances from the environment, so-called allergens. If you are allergic, your body produces antibodies, specifically the Immunoglobulins E (IgE), which are directed against usually harmless components from pollen, animal dander, food or house dust mites. Typical symptoms of an allergic reaction are atopic dermatitis, asthma or hay fever.

You just took the first step to get your symptoms under control! Now, you should consult your doctor to discuss further actions. Based on your results, she or he will recommend the best way to manage your condition.

You will find your test results on the last page. A plus sign (+) means that ImmunoCAP Rapid Adult detected measurable amounts of IgE antibodies against this specific allergen.

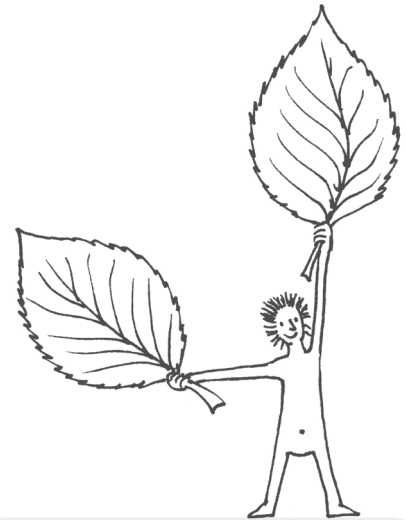
It may help to avoid the allergens you were tested positive for. However, this may be difficult – especially if these allergens are spread by plants or animals.

This brochure provides you with background information to every allergen tested, and tips how to avoid them. We hope you find it helpful.

Yours,

**Thermo Fisher Diagnostics Austria GmbH**

# Birch pollen



## What and where?


The Silver birch is a tree which can reach heights up to 25 m. Its bark is smooth, silvery white and deeply furrowed. The flowering period is temperature dependent. Blooming starts in spring when temperatures reach 15°C. The flowering period ranges from 2–8 weeks, between March and May. The highest concentration of pollen in Central Europe is usually from start until middle of April.<sup>1</sup> The Silver birch is one of the most frequent trees in Europe and a strong pollen producer.

## Allergic reactions

The Silver birch is an important allergen source. Its pollen are a common cause of allergic rhinitis, conjunctivitis, and asthmatic symptoms. Via so-called cross-reactions, birch pollen allergic patients may also experience symptoms when exposed to hazel- or elder pollen, as well as oral symptoms upon eating certain sorts of fruits, vegetables or nuts.<sup>1</sup>

# What can I do?

- Mind the current pollen calendar for the region you live in.  
For example on [pollenwarndienst.at/de/aktuelle-belastung/pollen-jahr.html](https://pollenwarndienst.at/de/aktuelle-belastung/pollen-jahr.html)<sup>3</sup>
- Wash your hair before you go to bed. Take off and keep used clothes outside the bedroom.
- Wear sunglasses outside. It keeps pollen partly away from your eyes. It also protects the irritated eyes, which are more sensitive to light during an allergic reaction.
- It is not ideal to do sports outside during strong pollen seasons. The best time for sports outside is after rain.
- Use a vacuum cleaner with an integrated HEPA filter. This filter keeps the dust sealed in the vac almost completely.
- During pollen season, keep doors and windows shut. Ventilate rooms only for short times or when it is raining.
- Don't dry your laundry outside as pollen can stick to dry textiles.
- When driving your car, keep the windows shut. If possible, install car pollen filters.
- Avoid tobacco smoke – an irritant that may increase the symptoms.<sup>4</sup>
- Travel into regions with less pollen exposure in spring, e.g. by the sea or in the mountains.



Always seek advice  
from your healthcare  
professional first!



# Ash pollen

(olive pollen)

## What and where?


The ash belongs to the olive family and its flowering period is from mid of February until June. The peak is often overlapping with the Birch pollen season (March, April and May). Usually, the flowering range is restricted to three weeks in March and April. Patients allergic to Ash pollen can also react upon exposure to pollen from from olive, common privet, forsythia, jasmine and lilac. These plants are, as members of the family of Oleaceae, all closely related.<sup>1</sup>

## Allergic reactions

The ash is a pollen producing tree and a common cause of hay fever, rhinitis, conjunctivitis, and asthmatic symptoms. Due to its overlapping flowering season with birch, ash pollen is sometimes overlooked as potential cause for allergic symptoms.

## What can I do?

- Mind the current pollen calendar for the region you live in. For example on [pollenwarndienst.at](http://pollenwarndienst.at)
- Wash your hair in the evening. Take off and keep used clothes outside the bedroom.
- Wear sunglasses outside. It keeps pollen partly away from your eyes. It also protects the irritated eyes, which are more sensitive to light during an allergic reaction.
- It is not ideal to do sports outside during strong pollen seasons. The best time for sports outside is after rain.
- Use a vacuum cleaner with an integrated HEPA filter. This filter keeps the dust sealed in the vac almost completely.
- During pollen season, keep doors and windows shut. Ventilate rooms only for short times or when it is raining.
- Don't dry your laundry outside as pollen can stick to dry textiles.
- When driving your car, keep the windows shut. If possible, install car pollen filters.
- Avoid tobacco smoke – an irritant that may increase the symptoms.<sup>4</sup>
- Travel into regions with less pollen exposure. With an ash pollen allergy you should avoid the mediterranean countries during summer: the burden with olive pollen is high there, especially in May and June. Olive pollen contains very similiar and cross-reactive – allergens compared to ash pollen.<sup>1</sup>



Always seek advice from your healthcare professional first!

# House Dust Mite



## What and where?

House dust mites are microscopic tiny bugs (up to 0.3 mm). They live in soft materials like pillows, mattresses, bedding, upholstered furniture, carpets, soft toys and stuffed animals. They thrive in temperatures of 20 to 25 °C, and they like humidity levels of 70 to 80%.



## Allergic reactions

The house dust mite is one of the most common cause for allergic symptoms all over the world. House dust mites can cause e.g. asthma and rhinitis (itchy and running nose). The symptoms are usually worse when you get up in the morning or at night.





Always seek advice from your healthcare professional first!

## What can I do?

Reduce the allergen burden due to House dust mites in your home:<sup>2</sup>



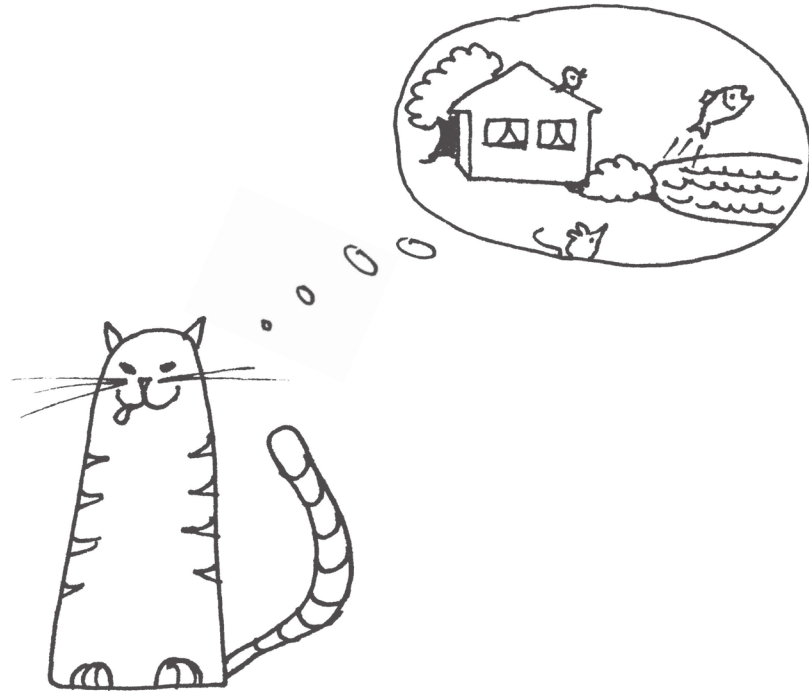
- Vacuum clean your home every day, especially the bedroom. Use a vacuum cleaner with an integrated HEPA filter. This filter keeps the dust sealed in the vac almost completely.
- If possible, replace upholstered with leather furniture. Carpeted floors should be replaced with smooth materials like wood or tiling.
- Keep your rooms as dust-free as possible: No heavy curtains, no open book shelves, carpets etc.
- Don't undress or comb in your bedroom. Dropping dander is the main food source for house dust mites.
- Buy mite- and allergentight covers for mattresses, blanket and cushion (so called „encasings“). Switch from old mattresses to new hypoallergenic mattresses.
- The optimal bedroom temperature is 17° – 18° C.
- Air your home two or three times a day for five minutes.
- Wash new clothes before wearing them the first time.
- Avoid tobacco smoke – an irritant that may increase the symptoms.<sup>4</sup>



# Cat

## What and where?

Cats are amongst the most popular pets in Europe. Cat allergens are present in dander and saliva. Due to grooming, these allergens are transferred to the cats' fur. The allergen concentration in households with cats is very high. However, they are also found in relatively high doses in households without pets: on carpets, mattresses and on clothes, as well as in public transport, schools and workplaces.<sup>1</sup> Allergic symptoms can also be triggered without having direct contact to the furry fellas. By the way, cat allergic individuals may react also to other furry animals, like dogs or horses.<sup>5</sup>



## Allergic reactions


Sensitization to cats is one of the main reasons for allergic airway diseases. The main symptoms are rhinitis, conjunctivitis (running nose or eyes) and asthma.

## What can I do?

- Keep your cat outside of your home as much as possible. Do not let your cat into your bedroom.
- Vacuum-clean carpets, mattresses or upholstered furniture regularly.
- Wash your bed linen and clothes as often as reasonable, to minimize the concentration of cat allergens.
- After petting your cat, wash your hands.
- Brush your cat as often as possible, ideally outside. Wipe your cat with a wet wipe.
- Be aware that your symptoms may get worse at farms, zoos, circuses etc.
- Avoid tobacco smoke – an irritant that may increase the symptoms.<sup>4</sup>

### In severe cases:

- Consider finding a new home for your pet, even if it is hard.
- Cat allergic individuals potentially react to other animals as well (like horses, dogs, cows or rodents). Therefore, consider further testing for other furry animals as well.



Always seek advice from your healthcare professional first!

# Wall pellitory pollen


## What and where?

Wall pellitory is a rangy, branching and bushy plant with brittle red stems. It grows to 30–100 cm, and its leaves (3–12 cm) are characteristically of an oval shape. The weed is mostly found on stone packings, stones, bank slopes and hedges. In many countries, wall pellitory is flowering perennially. However, there are distinct peaks in the pollen burden during spring and November. Wall pellitory is most commonly encountered in the mediterranean area and at the western coasts of Europe, but also up to the northers parts of England.

## Allergic reactions

Wall pellitory is a strongly pollen producing weed and a common cause of hay fever among sensitized persons. It is also connected with asthmatic and conjunctival symptoms.





Always seek advice  
from your healthcare  
professional first!

## What can I do?

- Wall pellitory is widespread in the mediterranean countries. Avoid spending your holidays there.
- Mind the current pollen calendar for the region you live in. For example on [pollenwarndienst.at](http://pollenwarndienst.at)<sup>3</sup>
- Wash your hair before you go to bed. Take off and keep used clothes outside the bedroom.
- Wear sunglasses outside. It keeps pollen partly away from your eyes. It also protects the irritated eyes, which are more sensitive to light during an allergic reaction.
- It is not ideal to do sports outside during strong pollen seasons. The best time for sports outside is after rain.
- Use a vacuum cleaner with an integrated HEPA filter. This filter keeps the dust sealed in the vac almost completely.
- During pollen season, keep doors and windows shut. Ventilate rooms only for short times or when it is raining.
- Don't dry your laundry outside as pollen can stick to dry textiles.
- When driving your car, keep the windows shut. If possible, install car pollen filters.
- Avoid tobacco smoke – an irritant that may increase the symptoms.<sup>4</sup>



Always seek advice from your healthcare professional first!

# Mold

## What and where?

*Alternaria alternata* is a mold species which is found on various plants, in soil, on foods, textiles and often also in condensed water on windows. Mold usually appears outside during warm and humid weather conditions.

## Allergic reactions

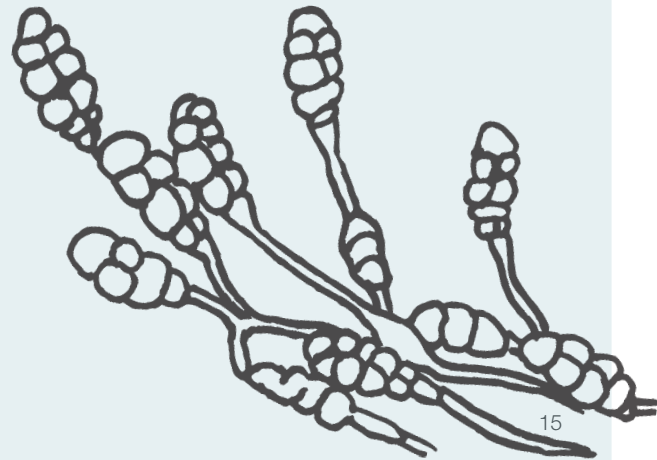
*Alternaria alternata* is one of the most important allergenic molds. It can cause rhinitis, conjunctivitis, as well as asthma.<sup>7</sup>

## What can I do?

**Avoid conditions in which molds can develop.  
Be cautious when you remove molds to not  
disperse its spores in the air.**

- Vacuum-clean carpets, mattresses or upholstered furniture regularly.
- Use an air dryer at home to lower air humidity to be beneath 50% constantly
- Have regular service of your heating, ventilation and your air conditioner.
- Use a 5 % ammonia solution when remove mold.
- Replace carpeted floors with firm and smooth materials like wood or tiling. Get rid of wall papers.

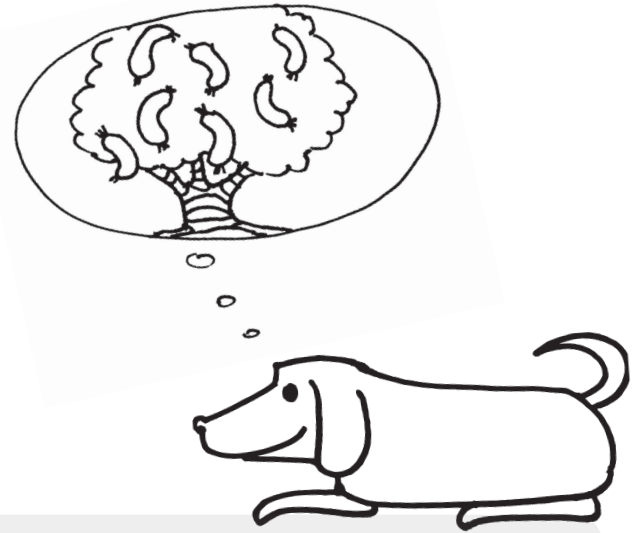
- Eliminate water damages immediately.
- Avoid mowing your lawn in late summer, when a high concentration of mold spores is present in the withered vegetation.



# Dog

## What and where?

The majority of dog allergens is found in dander. Dog dander is very small and light, and therefore is present in the air after being dispersed for hours. Dog allergens are always present in households with dogs. However, they are also found in relatively high doses in households without pets: on carpets, mattresses and on clothes, as well as in public transport, schools and workplaces.<sup>1</sup> Thus, allergic symptoms can also be triggered without having direct contact to dogs. Dog allergic individuals may react also to other furry animals, like cats or horses.<sup>1</sup>



## Allergic reactions

Sensitization to dog allergens is one of the main reasons for allergic airway diseases. The main symptoms are rhinitis, conjunctivitis (running nose or eyes) and asthma.




## What can I do?

- Do not let your dog into your bedroom. Keep him in a separate place.
- Vacuum-clean carpets, mattresses or upholstered furniture regularly.
- Wash your bed linen and clothes as often as reasonable, to minimize the concentration of dog allergens.
- After petting your dog, wash your hands.
- Wash your dog as often as possible.
- Be aware that your symptoms may get worse at farms, zoos, circuses etc.
- Avoid tobacco smoke – an irritant that may increase the symptoms.<sup>4</sup>

### **In severe cases:**

- Consider finding a new home for your pet, even if it is hard.
- Dog allergic individuals may react to other animals as well (like horses, cats, cows or rodents). Therefore, consider further testing for other furry animals as well.



Always seek advice  
from your healthcare  
professional first!

# Timothy pollen

## What and where?

Timothy is one of the most common grasses worldwide, and a common food plant in agriculture. Timothy grass is flowering in summer. It is regularly encountered on fields, meadows and on the roadside. Its pollen can be carried distances of kilometers on windy days. People who are allergic to timothy grass often exhibit reactions towards other related grasses or some foods as well.<sup>1</sup>




## Allergic reactions

Allergy to timothy pollen is widespread, and the most important cause for hay fever resulting in rhinitis and conjunctivitis, but it also plays a role in asthma.<sup>1</sup>

## What can I do?

- Avoid to stay in fields or in high grass during sunny and dry weather.
- Mind the current pollen calendar for the region you live in. For example on [pollenwarndienst.at](http://pollenwarndienst.at)<sup>3</sup>
- Wash your hair in the evening before you go to bed. Take off and keep used clothes outside the bedroom.
- Wear sunglasses outside. It keeps pollen partly away from your eyes. It also protects the irritated eyes, which are more sensitive to light during an allergic reaction.
- It is not ideal to do sports outside during strong pollen seasons. The best time for sports outside is after rain.
- Use a vacuum cleaner with an integrated HEPA filter. This filter keeps the dust sealed in the vac almost completely.
- During pollen season, keep doors and windows shut. Ventilate rooms only for short times or when it is raining.
- If you own a garden, keep your lawn short. Have someone without allergy to mow the lawn.
- Don't dry your laundry outside as pollen can stick to dry textiles.
- When driving your car, keep the windows shut. If possible, install car pollen filters.
- Avoid tobacco smoke – an irritant that may increase the symptoms.<sup>4</sup>



Always seek advice from your healthcare professional first!

# Cockroach

## What and where?

The spread of cockroaches over the world is varying and dependant of geographic region, climate and culture. Countless species are widespread, and they constantly councquer new areas. The most frequent species in industrialised countries are the German and the American Cockroach. They prosper in humid and warm environments and thus are seldomly met in dry and/or mountainous areas.

## Allergic reactions

Cockroaches are a common cause of asthma and other allergic illnesses for patients worldwide.

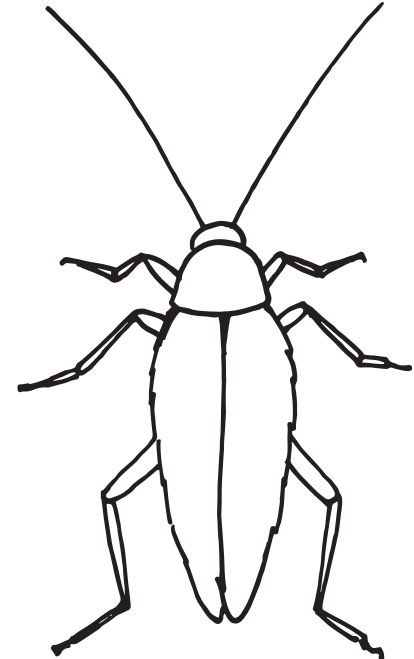


Always seek advice  
from your healthcare  
professional first!

## What can I do?

Get rid of cockroaches and eliminate places and conditions which they like:

- Extirpate cockroaches with an insecticide.
- Seal cracks in floors and walls.
- Get rid of potential food sources.
- Reduce the air humidity.
- Scrub your floors with cleaning agents to get rid of allergens.
- Bed linen, curtains and cloth can be contaminated and thus should be washed.



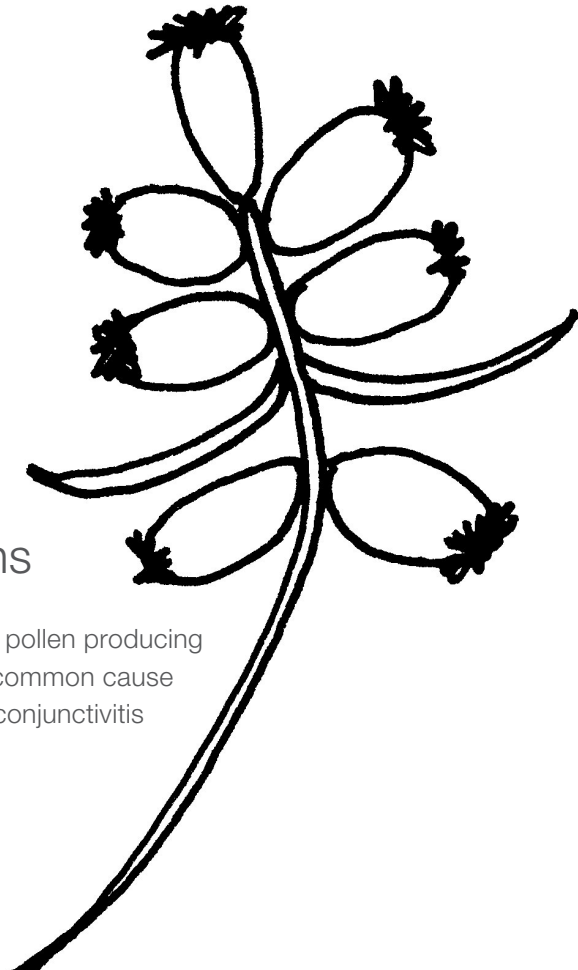
# Mugwort pollen

## What and where?

Mugwort is an aggressive, coarse shrub. It can reach a height up to one meter. During summer and early fall it produces small yellow-greenish to red/brown flower bud racemes. These racemes produce very tiny, unremarkable blossoms. You come across mugwort most likely on roadsides, close to house remains and other disturbances of the environment.

## Allergic reactions


Mugwort is a pollen producing weed and a common cause of hay fever, conjunctivitis and asthma.<sup>1</sup>



## What can I do?

- Mind the current pollen calendar for the region you live in. For example on [pollenwarndienst.at](http://pollenwarndienst.at)<sup>3</sup>
- Wash your hair before you go to bed. Take off and keep used clothes outside the bedroom.
- Wear sunglasses outside. It keeps pollen partly away from your eyes. It also protects the irritated eyes, which are more sensitive to light during an allergic reaction.
- It is not ideal to do sports outside during strong pollen seasons. The best time for sports outside is after rain.
- Use a vacuum cleaner with an integrated HEPA filter. This filter keeps the dust sealed in the vac almost completely.

- During pollen season, keep doors and windows shut. Ventilate rooms only for short times or when it is raining.
- Don't dry your laundry outside as pollen can stick to dry textiles.
- When driving your car, keep the windows shut. If possible, install car pollen filters.
- Avoid tobacco smoke – an irritant that may increase the symptoms.<sup>4</sup>



Always seek advice from your healthcare professional first!

# Your allergy test results (to be filled by the pharmacist)

ImmunoCAP<sup>TM</sup>  
RAPID



t3 Birch

+  -



t9 Olive (Ash)

+  -



d1 House dust mite

+  -



e1 Cat

+  -



w21 Wall pellitory

+  -



m6 Mould

+  -



e5 Dog

+  -



g6 Timothy

+  -



i6 Cockroach

+  -



w6 Mugwort

+  -

Your First name/Surname

Date/Pharmacy seal

## Additional helpful links about allergy and prevention:

Actual pollen pollution, forecast and more: [pollenwarndienst.at](http://pollenwarndienst.at)

Information about allergies and allergen avoidance: [allergenvermeidung.org](http://allergenvermeidung.org)

More information about allergies: [AllergyInsider.com](http://AllergyInsider.com)

**ThermoFisher**  
SCIENTIFIC