

Allergy and Asthma Diagnosis

Allergies and asthma are two different medical conditions that are actually strongly related to one another. At a glance, the two share a connection in the fact that they both affect the respiratory functions of the body. However, closer study has revealed that the two conditions often occur together.

What Are Allergies?

An allergy is a medical condition which involves an unusually strong reaction in the presence of an allergen such as pollen, dust or dander from pets. To everyone else that is not allergic, that particular allergen has little to no effect. However, when an allergic person inhales or swallows' particles of the substance he is allergic to, he can present with symptoms such as sneezing, coughing, wheezing, itchiness and rashes. In extreme cases, the person can suffer from anaphylaxis which is debilitating and requires immediate medical care.

What Is Asthma?

Asthma is a respiratory condition which affects the bronchial tubes located in the windpipe. During regular behavior, these tubes are used to carry air to and from the lungs. However, during an asthma attack, several problems can occur that prevent the air from travelling freely.

There are several different kinds of asthma and allergic asthma is one of them. For people that suffer from this condition, their asthmatic episodes are triggered by exposure to their allergen. It is the most common form of asthma and according to the American Academy of Allergy, Asthma and Immunology half of all asthmatic Americans have allergy asthma, totaling an estimated 10 million people.

Diagnosing the Condition

Both conditions have a strong tendency to be passed down genetically so if you happen to have a parent that is allergic or suffers from asthma, there is a pretty strong chance that you will also contract these conditions. Chances increase even greater if both parents have it. Hay fever can also be a strong indication so if your parents get hay fever that can also increase your chances of having allergic asthma.

A doctor can diagnose this condition without too much difficulty. A routine diagnosis starts off with some simple questions, mostly pertaining to your family medical history and your exposure to common allergens. That is followed up with a physical exam where the doctor will take a look at your upper respiratory tract, listen to your breathing and check your body for common allergy symptoms such as rashes. In order to confirm the presence of either allergy, asthma or both, a doctor will finalize the diagnosis with various tests such as x-rays or blood tests.

Dealing with the Condition

If a doctor confirms that you indeed have these conditions, he will prescribe medication for you. However, in this case, prevention is the best way to deal with the problem. If you have allergic asthma, you want to minimize your exposure to your allergen as much as possible. In your home, this can be accomplished with a HEPA filter air purifier. It is ideal for home use and its innovative HEPAfast technology will ensure that the indoor air purifier will get rid of all the allergenic particles in the air.