

# Allergy Testing

For all St Luke IMC Patients

## Why we are performing it in the clinic

Whether or not you know you have an allergy to an environmental or food item, you can develop new allergies at any point in time. Allergies can go undetected for years and ultimately cause **chronic inflammation**. This chronic inflammation can result in **chronic pain** making neuropathy worse. Inflammation **provokes diabetes** and other metabolic disorders. Recent studies are showing that **inflammation in the body may explain depression in the brain**.

An allergy occurs when the body's immune system sees a substance as harmful and overreacts to it. With some allergic reactions there are no symptoms, but the Inflammation is present anyway. The substances that cause allergic reactions, or inflammation are called allergens. You can inhale allergens, ingest them, absorb them through your skin or receive them through injections.

## What does the testing consist of?

Upon your scheduled appointment, we will perform testing of **50 environmental allergens and 50 food allergens**. This will be performed on your back. Your skin will not be punctured, and only a slight scratch into the surface of the skin, with introduction of the allergen, will occur. Within 15 minutes we will be able to measure your body's reaction and identify any allergies that you currently have. The entire test takes less than 30 minutes. We will discuss your results at the end of the session and make the appropriate recommendation. Insurance will cover the cost.

We will be able to have the treatment serum made up for your specific allergen and begin treatment. This consists of a series of Subcutaneous injections that will allow your body to accommodate the allergen and decrease the inflammation. Again, insurance covers the cost of testing and treatment. This is a small price of your time to eliminate any hidden inflammation in your body and prevent chronic inflammation.

**Please schedule your allergy testing appointment  
As soon as possible with Diana (256) 489-0767**