

A Short Note on Allergy Blood Test

Han Xu *

Department of Dermatology and Allergy, Division of Immunodermatology and Allergy Research, Hannover Medical School, 30625 Hannover, Germany

DESCRIPTION

Allergies can cause mild to life-threatening symptoms. When an allergic reaction is triggered, efforts must be made to identify the causative route and find ways to stop or alleviate the symptoms. In some cases, allergens can be avoided. Skilled clinicians can often diagnose skin conditions without the need for testing. However, in some cases, cotton swabs, scratches, nail cuts, biopsy, and blood samples will be sent to the laboratory for allergy and imaging tests. Studies can also be used to monitor the effects of systemic treatment. Allergies are a common and chronic condition which involves the body's immune system. The immune system usually works to fight off viruses, bacteria, and other infectious pathogens. When an allergy occurs, the immune system treats harmless substances such as dust and pollen as a threat.

Immunoglobulin E (IgE) is a class of antibodies (immune proteins) associated with allergic reactions. It is usually found in very small amounts in the blood. This test measures the amount of allergen-specific IgE in the blood to detect allergies to certain substances. IgE is an antibody that functions as part of the body's immune system and is a defense against "invaders." The first time a person with an allergic predisposition is exposed to potential allergens such as food, grass, or pet dander, he or she becomes sensitive. To combat this perceived threat, the immune system produces antibodies called immunoglobulin E (IgE).

Substances that cause allergic reactions are termed as allergens. In addition to dust and pollen, other common allergens include pet dander, foods such as nuts and crustaceans, and certain medications such as penicillin. Symptoms of allergies range from

sneezing, stuffy nose to life-threatening complications called anaphylactic shock. An allergic blood test measures the amount of IgE antibodies in the blood. Low levels of IgE antibodies are normal. High levels of IgE mean that you are allergic.

Allergy blood test is used to reveal allergies. One type of test, called the total IgE test, measures the total number of IgE antibodies in the blood. Another type of allergic blood test, called a specific IgE test, measures the level of IgE antibodies in response to individual allergens. Doctors use a small needle to take a blood sample from a vein in the arm. After inserting the needle, a small amount of blood is taken in a test tube or vial. In general, patients may experience slight stinging when the needle is stretched or contracted. Generally the total process usually takes less than 5 minutes.

If your total IgE level is higher than normal, it may mean that you have some allergies. However, it does not reveal the type of allergy. Specific IgE tests can help identify the allergy in question. If the results suggest an allergy, your doctor may refer to an allergy specialist or recommend a treatment plan. Treatment plans depend on the type and severity of allergies. People at risk of anaphylactic shock, a severe allergic reaction that can be fatal, should take special precautions to avoid allergenic substances. You may need to have emergency adrenaline therapy with you at all times. If you have any questions, please be sure to consult doctor about test results and allergy treatment plans. The IgE skin test is another way to detect allergies by measuring IgE levels and looking for reactions directly on the skin. Doctors can order an IgE skin test instead of or in addition to an IgE allergic blood test.

Correspondence to: Han Xu, Department of Dermatology and Allergy, Division of Immunodermatology and Allergy Research, Hannover Medical School, 30625 Hannover, Germany, E-mail: xuhan65@gmail.com

Received date: November 05, 2021; **Accepted date:** November 19, 2021; **Published date:** November 26, 2021

Citation: Xu H (2021) A Short Note on Allergy Blood Test. J Dermatit. 6:e141.

Copyright: © 2021 Xu H. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.
