

Is it really spring allergies, or is it non-allergic triggers?

Understanding what's actually causing your runny nose, itchy eyes, and sneezing can save you time, money, and the trouble of finding relief.



There's positive in knowing the negative.



17 million Americans react to non-allergic triggers...



...but ~50% of patients presenting with symptoms don't have allergic rhinitis.^{1,2}

An elevated allergy blood test helps identify which allergens may cause allergy symptoms...



...But did you know that a negative allergy blood test may also help you discover if something non-allergic is causing allergy-like symptoms...

Through the power of the negative.

What is the power of the negative? By ruling out allergies as the cause of itchy eyes, runny nose, and sneezing, you gain valuable information, bringing you closer to discovering the true culprit causing your irritating symptoms.^{1,3}

Don't guess, get tested and:



Save time and money

- **\$1.8 billion** is spent annually in the U.S. for physicians' visits and medications.¹
- Buying the wrong medicine or visiting the wrong provider may waste your money and time.



Avoid ineffective treatments

- Non-allergic rhinitis often mimics seasonal allergy symptoms, such as congestion, watery eyes, and runny nose.¹
- In one study of patients taking antihistamines chronically for rhinitis symptoms, **65% actually tested negative** for allergies, meaning those antihistamines wouldn't work.⁴



Recognize non-allergic triggers

If you have ruled out allergies with a negative allergy blood test, then you can work with your healthcare provider to identify and manage potential non-allergic triggers, such as:^{1,3}

- | | | |
|----------------------------|-----------------------|---------------------|
| 1. Certain drugs | 4. Cigarette smoke | 7. Hormonal changes |
| 2. Pollution | 5. Colds or viruses | 8. Weather changes |
| 3. Spicy foods and alcohol | 6. Chemical irritants | |

Talk to your healthcare provider to find out what's really causing your symptoms with an allergy blood test.

Specific IgE blood tests may help you and your provider get to a definitive diagnosis and change your symptom management.

Schedule an appointment with your healthcare provider today and get tested.



1. Wheeler, Patricia W., and Wheeler, Stephen F. "Vasomotor Rhinitis." American Family Physician, 2005; 72(6): 1057-1062. <https://www.aafp.org/pubs/afp/issues/2005/0915/p1057.html>
 2. Settignano, Russell A., and Philip Lieberman. "Update on nonallergic rhinitis." Annals of allergy, asthma & immunology 86.5 (2001): 494-508. <https://www.sciencedirect.com/science/article/abs/pii/S1081120610628967>
 3. Quillen, D. A., & Feller, D. B. (2006). Diagnosing rhinitis: allergic vs. nonallergic. American family physician, 73(9), 1583-1590. https://scholar.google.com/scholar_url?url=https://www.aafp.org/afp/2006/0501/p1583&hl=en&sa=T&oi=gsb-ggp&ct=res&cd=0&d=1737862176914658129&ei=Zl2PY-n4MIW7ywTlwry4Bg&scisig=AAGBfm1V14O6f3Oae1BP2Ykq9nrjJBkLZA
 4. Szeinbach, S. L., Brock, P., Muntendam, P., & O'Connor, R. D. (2004). Identification of allergic disease among users of antihistamines. Journal of Managed Care Pharmacy, 10(3), 234-238. <https://www.jmcp.org/doi/abs/10.18553/jmcp.2004.10.3.234>