

PEDIATRIC ALLERGY & IMMUNOLOGY:

Food Allergy: Community physicians can obtain IgE CAP RAST to foods prior to referral to our clinic for the following problems:

1. Eczema (Atopic dermatitis): milk, casein, soy, egg, wheat, codfish, and peanut (The 6 most common food allergens in atopic dermatitis)
2. Anytime a food allergy is suspected, although sometimes a careful history can rule out allergy to many foods.
3. Urticaria and Anaphylaxis are urgent conditions. RAST tests after treatment and while waiting for an appointment can be done, but this is best done in coordination with us.

Negative RAST test **do not** rule out food allergy in 5-10% of cases. Positive RAST tests do not always indicate clinical disease. Referral to our clinic should be done if the index of suspicion is high but the screening tests are negative or to help determine the clinical significance of positive test results.

Asthma: The guidelines for the diagnosis and management of asthma recommend that allergy testing should be performed in all asthmatic children who are on daily medications (i.e. persistent asthma). Community physicians can perform IgE CAP RAST to inhalant allergens,; however, skin testing is more sensitive for the diagnosis of inhalant allergies.

Recurrent Infections: Immunoglobulin levels, including IgE and IgG subclasses, are a reasonable screen for immunodeficiency. However, if the history of recurrent infections is strong enough, further testing in our clinic is still warranted even if immunoglobulin levels are normal.

Referral to Pediatric Allergy & Immunology: Fax (203) 737 2805, Telephone (203) 785 7689.