



## **How to Get the Most out of seeing your AmazingAllergist:**

Dr. Shah, the AmazingAllergist, believes that when allergic individuals and parents take an active role in learning and decision making, they get better faster and have lasting relief.

We have put together a list of questions related to environmental allergies. Please review them before visiting your own AmazingAllergist or health care professionals.

Circle the questions you want to ask and add your own question, take the list with you and ASK.

- 1, Are my symptoms suggestive of possible allergies?
2. What signs do you see on the physical exam that suggest possible allergies?
- 3, What tests would you do to identify my allergy triggers?
- 4, Why skin tests and not the blood tests?
- 5, Why blood tests and not the skin tests?
- 6, Do I need both – Skin tests and blood tests?
- 7, Once identified by the tests, how do I avoid my allergy triggers?
- 8, What can we do for dust mites?
- 9, How about my pets? can I keep them?
- 10, What to do about mold exposure?
- 11, Can we do something to reduce pollen exposure?
- 12, What are my treatment options?



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- 13, Are there any Non Drug options to try?
14. Are there any supplements or over-the-counter drugs that I should or shouldn't take?
15. Are there any injections which could help me? If so, how often and for how long will I need to get them?
16. What steps can I take to allergy-proof my home?
17. How can I be sure this is allergy and not something else?
18. Will I always have allergies? Will it get better or worse over time?
19. Am I a candidate for allergy vaccines / allergy shots / allergy drops?
- 20, Do I have asthma related to my allergies?
- 21, Do I need to change my living or working environment?
- 22, What drugs do I need (both prescription and non-prescription)?
- 23, Are these similar to allergy medications I have you taken in the past?
- 24, Do I need them every day or only when needed?
- 25, What are the possible side effects?
- 26, Can I combine them with other medications I am already on?
- 27, Does it affect the blood pressure? Will allergy medications interact with my other medications?
- 28, Is there any way of limiting the number of medications by using combination products?



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- 29, Are there any less expensive alternatives? Over the counter options?
- 30, Should I get allergy shots? Can that help reduce the need for medications?
- 31, Do I need to start any medications next year, before the season starts? If so, when?
- 32, Will my allergies ever get better?
- 33, Should I consider moving, changing jobs, or relocating to a different climate to help my symptoms?
- 34, What should I do when I travel?
- 35, What else can I do to help improve my symptoms?
- 36, What is the dosage for the drug? How often and when should I take the medicine?
- 37, How does the medication work? How will I know if the medicine is working?
- 38, How long do I need to take the medication? When do I stop them?
- 39, Are there foods, supplements, drinks or activities I should avoid when taking the medicine?
- 40, What are the possible side effects? What should I do if I notice them?
- 41, Are there any long term complications of taking this medication?
- 42, Where can I learn more about what I have and treatment options?
- 43, If I choose not to treat my allergies, what could happen? What are the complications, if not treated?
- 44, Are there any websites or books that you recommend for me and my family?



45, Can I take steps to prevent developing new allergies?

46, Do I have to live like this for the rest of my life or is there any long term solution?

47, How can I help my family and friends recognize their symptoms earlier and get the right treatment?

48, What are the new and future treatment options?

49, Is there any information I need to discuss with my other doctors or health care professionals?

50, What allergy medications I must avoid due to possible side effects or risk of complications?

Add your own questions: