

- o Reliever all patients need to have short acting beta 2 inhaler to take as needed for acute symptoms.
- Asthma action plan

Skin

Urticaria, Hive, Atopic eczema, Contact dermatitis and Acne

Investigation

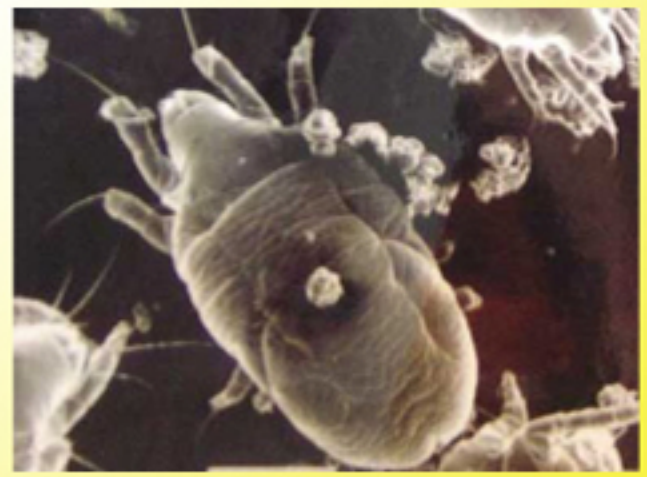
- Allergy Skin test
Common allergen for example dust mite, grass pollen, cockroach



- Lung Function Test



Allergy, Asthma & Skin Center



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Allergy Asthma & Skin

The center provides an allergy asthma & skin specialty clinic to give modern diagnostic testing and management for allergic rhinitis, asthma, sinusitis, drug allergy, food allergy, insect allergy, skin allergy by certified specialists.



Allergic Rhinitis

one of the most common chronic conditions, affecting 10% to 30% of adults and up to 40% of children frequent sneezing, congestion and an itchy or runny nose.

Allergic rhinitis can associate with:

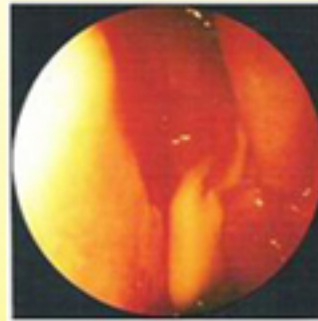
1. Asthma 20-30%
2. Chronic sinusitis 40-50%
3. Otitis media 30%

Treatment

1. Allergen Control
2. Pharmacotherapy
 - 2.1 antihistamine
 - 2.2 nasal steroid
3. Immunotherapy in selected case

Sinusitis

The patients usually have facial pain or pressure, nasal blockage with discolors nasal discharge cough or fever in some case. It is usually lasts from 5 days to 3 weeks.



Asthma

People with asthma have recurrent episodes of airflow limitation, often from inflamed airways that become narrowed, making it more difficult to move air in and out of their lungs. This can cause wheezing, cough, chest tightness and shortness of breath. These symptoms are on and off for months and years.

Common asthma triggers include:

- Allergen: common allergens include house dust mites, animal dander (dead skin flakes), molds, pollen, cockroach droppings or foods

- Tobacco smoke, Viral and bacterial infections such as the common cold and sinusitis.
- Strenuous exercise or exposure to cold, dry air.
- Acid reflux
- Some medications can cause or worsen asthma. These include aspirin or other non-steroidal anti-inflammatory drugs (NSAID) such as ibuprofen; and beta-blockers (used to treat heart disease, high blood pressure, migraine headaches or glaucoma).
- Even eating certain foods can trigger wheezing in some people. If any foods seem to trigger an asthma attack, avoid eating them and talk to your allergist.
- Emotional anxiety

Treatment and Management

Asthma has different causes in different people, and therefore individualized therapy is wise. Personalized plans for treatment may include:

- Environmental control measures to avoid your asthma triggers
- Medication
 - Long term control to suppress asthmatic inflammation and prevent asthma symptoms