Regional profiles

Each region of the country has a different regional profile to account for different trees, weeds, and grasses. Perennial allergens (molds, dust mites, mouse urine, cockroach, dog and cat dander) are found year-round and are included on any regional profile. Indoor allergens indicated in bold.

- **D = Dust mite**
  - Dermatophagoides farina; Dermatophagoides pteronyssinus

- **E = Epidermal**
  - Cat and Dog Dander; Mouse Urine

- **M = Mold**
  - Alternaria alternata; Aspergillus fumigatus; Cladosporium herbarum; Penicillium chrysogenum

- **I = Insect**
  - Cockroach

- **T = Trees**
  - Alder, Grey; Bayberry/Sweet Gale; Birch, Common Silver; Cedar, Mountain; Cottonwood; Elm, American; Eucalyptus; Eucalyptus Tree; Maple/Box Elder; Maple Leaf; Mesquite Tree; Mimosa/Acacia; Mulberry, White; Olive Tree; Palm, Queen; Pecan, Hickory; Pine, White; Sycamore; Walnut; White Ash; White; Oak

- **W = Weeds**
  - Mugwort; Nettle; Pigweed, Common; Ragweed, Short; Rough Marshelder; Russian Thistle; Sheep Sorrel; Wall Pellitory

- **G = Grasses**
  - Bahia Grass, Bermuda Grass; Johnson Grass; Rye Grass, Perennial; Redtop, Bentgrass; Timothy Grass

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**ImmunoCAP™ Specific IgE blood test results: Interpretation**

When you receive your patient’s ImmunoCAP Specific IgE blood test results from the lab after ordering a regional respiratory profile, use the test results in conjunction with patient history, symptoms of why you tested, and physical exam to help interpret the results and decide on a patient management plan.

**Sample respiratory pathway**

**STEP 1**
Patients presenting with any of the following: nasal congestion, rhinorrhea, sneezing, itchy nose/eyes, coughing, wheezing, chest tightness, shortness of breath.

**STEP 2**
Order an ImmunoCAP Specific IgE blood test respiratory profile as an aid in diagnosis of IgE-mediated diseases.

**STEP 3**
Use the steps shown here to determine next steps based on detected sensitizations. Typical results scenarios are shown on page 2.

<table>
<thead>
<tr>
<th>Interpret Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;0.1 kU/l</td>
</tr>
<tr>
<td>≥0.1 kU/l</td>
</tr>
</tbody>
</table>
  - Categorize results ranked from highest to lowest specific IgE sensitizations
  - Provide allergen avoidance plan to keep patient below symptom threshold
    - Consider reducing exposure to allergens with the highest specific IgE levels first
    - Focus on indoor allergens since these may be easier to control
  - Prescribe appropriate medications, e.g. antihistamines
  - Follow up. If inadequate response, refer to specialist

Establish an allergen avoidance and medication plan with your patient.

Find out more at allergyaidiagnostics.com/testcodes
## Result scenarios: Respiratory profiles

<table>
<thead>
<tr>
<th>Specific IgE&lt;sup&gt;1&lt;/sup&gt; <strong>normal</strong></th>
<th>Specific IgE&lt;sup&gt;1&lt;/sup&gt; <strong>elevated</strong></th>
<th>Specific IgE&lt;sup&gt;1&lt;/sup&gt; <strong>elevated</strong></th>
<th>Specific IgE&lt;sup&gt;1&lt;/sup&gt; <strong>normal</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Total IgE&lt;sup&gt;2&lt;/sup&gt; <strong>normal</strong></td>
<td></td>
<td>Total IgE&lt;sup&gt;2&lt;/sup&gt; <strong>elevated</strong></td>
<td>Total IgE&lt;sup&gt;3&lt;/sup&gt; <strong>normal</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Birch, Common Silver</strong> &lt;0.10</td>
<td><strong>Alternaria alternata</strong> &lt;0.10</td>
<td><strong>Cedar, Mountain</strong> 0.12</td>
<td><strong>Alder, Grey</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Cedar, Mountain</strong> &lt;0.10</td>
<td><strong>Aspergillus fumigatus</strong> &lt;0.10</td>
<td><strong>Cottonwood</strong> 0.20</td>
<td><strong>Birch, Common Silver</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Elm, American</strong> &lt;0.10</td>
<td><strong>Bermuda Grass</strong> &lt;0.10</td>
<td><strong>Elm, American</strong> &lt;0.10</td>
<td><strong>Cedar, Mountain</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Maple/Box Elder</strong> &lt;0.10</td>
<td><strong>Birch</strong> &lt;0.10</td>
<td><strong>Mimosa/Acacia</strong> &lt;0.10</td>
<td><strong>Cottonwood</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Oak, White</strong> &lt;0.10</td>
<td><strong>Cat Dander</strong> 4.01</td>
<td><strong>Oak, White</strong> &lt;0.10</td>
<td><strong>Elm, American</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Pecan, Hickory</strong> &lt;0.10</td>
<td><strong>Cladosporium herbarum</strong> &lt;0.10</td>
<td><strong>Olive Tree</strong> &lt;0.10</td>
<td><strong>Maple/Box Elder</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Nettle</strong> &lt;0.10</td>
<td><strong>Cockroach</strong> &lt;0.10</td>
<td><strong>Mugwort</strong> 40.34</td>
<td><strong>Oak, White</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Pigweed, Common</strong> &lt;0.10</td>
<td><strong>Common Ragweed (Short)</strong> 20.13</td>
<td><strong>Pigweed, Common</strong> &lt;0.10</td>
<td><strong>Mugwort</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Ragweed, Short</strong> &lt;0.10</td>
<td><strong>Dermatophagoides farinae</strong> &lt;0.10</td>
<td><strong>Ragweed, Short</strong> &lt;0.10</td>
<td><strong>Pigweed, Common</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Sheep Sorrel</strong> &lt;0.10</td>
<td><strong>Dermatophagoides pteronyssinus</strong> &lt;0.10</td>
<td><strong>Sheep Sorrel</strong> &lt;0.10</td>
<td><strong>Bermuda Grass</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Bahai Grass</strong> &lt;0.10</td>
<td><strong>Dog Dander</strong> &lt;0.10</td>
<td><strong>Thistle, Russian</strong> &gt;100</td>
<td><strong>Cedar, Mountain</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Bermuda Grass</strong> &lt;0.10</td>
<td><strong>Elm</strong> &lt;0.10</td>
<td><strong>Bermuda Grass</strong> &lt;0.10</td>
<td><strong>Cottonwood</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Alternaria alternata</strong> &lt;0.10</td>
<td><strong>Maple</strong> &lt;0.10</td>
<td><strong>Johnson Grass</strong> &lt;0.10</td>
<td><strong>Elm, American</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Aspergillus fumigatus</strong> &lt;0.10</td>
<td><strong>Mountain Cedar</strong> &lt;0.10</td>
<td><strong>Rye Grass, Perennial</strong> &lt;0.10</td>
<td><strong>Alternaria alternata</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Cladosporium herbarum</strong> &lt;0.10</td>
<td><strong>Mouse Urine Proteins</strong> &lt;0.10</td>
<td><strong>Alternaria alternata</strong> &lt;0.10</td>
<td><strong>Aspergillus fumigatus</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Penicillium chrysogenum</strong> &lt;0.10</td>
<td><strong>Mulberry</strong> &lt;0.10</td>
<td><strong>Aspergillus fumigatus</strong> &lt;0.10</td>
<td><strong>Cladosporium herbarum</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Cat Dander</strong> &lt;0.10</td>
<td><strong>Oak</strong> 9.27</td>
<td><strong>Cladosporium herbarum</strong> 25.25</td>
<td><strong>Penicillium chrysogenum</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Cockroach, German</strong> &lt;0.10</td>
<td><strong>Pecan/Hickory</strong> &lt;0.10</td>
<td><strong>Cat Dander</strong> &lt;0.10</td>
<td><strong>Cat Dander</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>D farinae</strong> &lt;0.10</td>
<td><strong>Penicillium notatum</strong> &lt;0.10</td>
<td><strong>Cockroach, German</strong> &lt;0.10</td>
<td><strong>Cockroach, German</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>D pteronyssinus</strong> &lt;0.10</td>
<td><strong>Rough Marsh Elder</strong> &lt;0.10</td>
<td><strong>D farinae</strong> &lt;0.10</td>
<td><strong>D farinae</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Dog Dander</strong> &lt;0.10</td>
<td><strong>Rough Pigweed</strong> &lt;0.10</td>
<td><strong>D pteronyssinus</strong> &lt;0.10</td>
<td><strong>D pteronyssinus</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Mouse Urine</strong> &lt;0.10</td>
<td><strong>Timothy Grass</strong> &lt;0.10</td>
<td><strong>Dog Dander</strong> 11.25</td>
<td><strong>Dog Dander</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Total IgE/Immunoglobulin E 10</strong></td>
<td><strong>Wheat</strong> &lt;0.10</td>
<td><strong>Mouse Urine</strong> &lt;0.10</td>
<td><strong>Mouse Urine</strong> &lt;0.10</td>
</tr>
<tr>
<td><strong>Patient management as if non-allergic</strong></td>
<td><strong>Total IgE/Immunoglobulin E 20</strong></td>
<td><strong>Patient management as if allergic</strong></td>
<td><strong>Total IgE/Immunoglobulin E 210</strong></td>
</tr>
<tr>
<td><strong>Patient management as if allergic</strong></td>
<td>~30% present this way; This is why it is not recommended to screen only with total IgE.</td>
<td><strong>Further patient follow up</strong></td>
<td>Reconsider profile, geography, other exposures like furry/feathered animals, medications, or comorbid conditions.</td>
</tr>
</tbody>
</table>

*Data on file

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**ImmunoCAP Specific IgE blood test results are quantitative. Results above 0.1 kU/l are indicative of an allergen-specific IgE sensitization.**

Total IgE reference ranges are dependent on age. You must use your lab’s reference range for Total IgE located on the results.

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### Allergy Aid Diagnostics

**References**

1. Phadia™ ImmunoCAP™ Specific IgE 0-100 Directions for Use for the Phadia 250 Laboratory System. Published 2019-10-24.
3. Phadia™ ImmunoCAP™ Total IgE Directions for Use. Published 2019-10-25.

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