

# 14 Steps If You Think You Have Allergies

- Determine your symptoms
- Write them down in detail
- Call a friend and see if they can recommend an allergist
- If not, call your doctor and see if they can recommend an allergist
- Once you get a name, see if they are on your insurance plan
- Call recommended allergist and find out if they offer allergy testing and spirometer testing
- Ask what kind of allergy testing it is, for environment or food or both
- If they offer testing, schedule an initial appointment and another for testing
- After test is complete, have doctor go over results with you and get a copy for yourself to take home
- Allergist should provide a general allergy management plan
- Depend on outcome, allergy meds, a nebulizer, a preventive inhaler, an emergency inhaler, sinus spray, eye drops, and a peak flow meter may be recommended
- If further testing is needed, that allergist might not offer, like for food, you might want to consult with a naturopath
- Ask a friend to recommend a naturopath and see if your insurance covers it, many plans don't
- If you find a Naturopath, ask if they test for food allergies, if they do, schedule appointment!

Once you get an action plan, it helps to keep a day to day record, to track issues.

