

# What do we test for?

Below are the antigens tested in the standard Oasis Allergy panel:

## Grasses

- Bermuda Grass
- Timothy Grass
- Johnson Grass
- Rye Grass
- Orchard Grass
- Kentucky Blue/June Grass
- Bahia Grass
- Meadow Fescue

## Weeds

- Rough Marsh Elder
- Pigweed
- Kochia (Firebush)
- Lamb's Quarter
- Russian Thistle
- Prairie Sage
- Sheep Sorrel
- English Plantain
- Cocklebur
- Sunflower
- Ragweed, Giant
- Ragweed, Short
- Nettle

## Foods

- Soy Bean
- Whole Wheat
- Peanut
- Black Walnut
- Sesame Seed
- Egg White
- Egg Yolk
- Shrimp
- Milk
- Corn
- Tomato
- Banana
- Strawberry

## Molds

- Alternaria Alternata
- Bipolaris, Sorokiniana
- Aspergillus Fumigates
- Rhizopus Stolonifer
- Mucor Racemosus
- Penicillium Notatum
- Fusarium Vasinfectum
- Pullularia Pullulans
- Mold Mix
- Cladosporium Herbarum

## Mites & Other

- American Cockroach
- German Cockroach
- Cat Hair
- Dog Hair & Epithelia
- Feathers
- Cow
- Horse Hair & Dander
- Dust Mite, D. Pteronyssinus
- Dust Mite, D. Farinae

## Trees

- Mulberry
- Box Elder
- Pecan
- Ash Mix
- Cottonwood
- Sycamore
- Mesquite
- Oak Mix
- American Elm
- Mountain Cedar
- Cedar, Red
- Loblolly Pine
- Maple, Red
- Maple, Sugar
- Hackberry
- Acacia
- Bayberry

# How it works...

## Setting up Allergy Testing:

1. Complete the Allergy Scorecard in this pamphlet and give it to your nurse at your appointment.
2. Schedule your test (if not eligible today).
3. Follow clinician's instructions prior to test.

## Getting Tested:

The percutaneous skin test is performed in the clinic and takes about 30 minutes from start to finish. The test may be administered on the patient's arms or back. Below are the steps of the test:

1. The patient is prepped for test.



2. The skin testing antigens are pressed into the skin of the patient via the disposable applicators.



3. After 15 minutes, the clinician reads/records the results of the test.



4. The clinician goes over the results of the test with the patient. It is at this time the clinician discusses and recommends therapy.



5. Clinician orders Oasis Allergy immunotherapy (SubQ or SubL). Therapy arrives within 2 weeks.



# Allergy Scorecard

## Allergy Patient Scorecard

Fill out the "Allergy Scorecard" below to see if you are a candidate for allergy testing/treatment. When you complete the scorecard, give it to your clinic's nurse. They will then verify and set you up for an appointment to be tested.

Patient Name: \_\_\_\_\_

Patient Date of Birth: \_\_\_\_\_

Common Symptoms: Circle the number according to severity (0 = No Issue, 5 = Severe Issue)

Gas or cramping	0	1	2	3	4	5
Asthma	0	1	2	3	4	5
Cough	0	1	2	3	4	5
Eczema	0	1	2	3	4	5
Fatigue	0	1	2	3	4	5
Frequent colds/sore throat	0	1	2	3	4	5
Frequent sinus/ear infection	0	1	2	3	4	5
Headache	0	1	2	3	4	5
Hives	0	1	2	3	4	5
Nasal congestion	0	1	2	3	4	5
Sneezing	0	1	2	3	4	5
Itchy, red, watery eyes	0	1	2	3	4	5
Other Symptoms:	0	1	2	3	4	5
_____	0	1	2	3	4	5
_____	0	1	2	3	4	5

Add the total of the numbers you circled and put the in the "Total" box below:

**Total**

Circle the answer the following questions:

1. Have you had a severe allergic reaction that caused you to have to use an epinephrine auto-injector (EpiPen) or to be hospitalized? Yes No
2. Are you taking a Beta Blocker to treat heart disease? Yes No
3. Do you suffer from uncontrolled asthma? Yes No
4. Have you taken any allergy, antihistamine or cold medicine in the past 48 hours? Yes No

If you scored 15 or higher OR had any 5's on your scorecard, AND you answered NO to all of the questions above, you are most likely eligible to be tested for allergies TODAY.

# Treating Allergies

There are limited options for treating allergies. Below are the primary options for dealing with your allergy issues:

**1. Avoidance** - Once tested, you will know what you are allergic to and therefore, what to avoid. Simply removing the items you are allergic to from your environment can drastically help improve your allergy situation. Currently, this is your only option in dealing with food allergies.

**2. Symptomatic Medication** - Short term relief for allergy symptoms can be achieved with allergy medicine from your local pharmacy. It is expensive and it is not a long term solution but it can provide temporary relief.

**3. SubL or SubQ Immunotherapy** - Sublingual/Subcutaneous immunotherapy is the all natural way of potentially curing your allergies. By progressively giving you the same antigens you are allergic to, immunotherapy helps your immune system develop a resistance to those antigens. In approximately 3-5 years most patients are free of their allergy issues for good and can finally live an allergy free life (See Immunotherapy section inside for more info).



This clinic has partnered with Oasis Allergy Solutions to offer it's patients testing and treatment options for issues. Created by a doctor, for doctors, be assured our FDA approved, all organic antigens and quality testing materials set the industry standard for allergy patient care.

Now, patients can be tested and treated in this office. For most patients, it is no longer necessary to go to the lab or another physician's office to receive quality allergy patient care. From administering our skin test to ordering and providing quality therapy, the clinicians in this office have been trained to ensure safety, convenience, and great outcomes for you as a patient. For more information about Oasis Allergy Solutions, please go to our website at:

[www.oasisallergy.com](http://www.oasisallergy.com)

or send us an email at

[provider@oasisallergy.com](mailto:provider@oasisallergy.com)

Is it **TIME**  
to get  
**TESTED &**  
**TREATED**  
for  
**ALLERGIES?**

Fill out the allergy scorecard inside



GET  
TESTED HERE.  
RESULTS IN 15  
MINUTES