



What is an allergen?

Allergens are things that cause an allergic reaction in some people, but are harmless to others. Allergens can enter the body by being breathed in, swallowed, touched or injected.

What is allergic asthma?

About 25 million people in the U.S. have asthma, and allergic asthma is the most common type, affecting around 60 percent of people with asthma. Both allergic and non-allergic asthma have the same symptoms, such as shortness of breath and wheezing.

Having allergic asthma means allergens trigger asthma symptoms. Allergens cause an allergic reaction because the immune system—which helps protect the body from illness—thinks they are harmful. The immune system responds by producing a chemical called immunoglobulin E (or IgE). Too much exposure to allergens can trigger swelling of the airways in the lungs. This can make it harder to breathe and can trigger an asthma attack.

How do I know if my child has allergic asthma?

Only a doctor can confirm if your child has allergic asthma. This is usually done using a skin or blood test. These tests will help determine if seasonal allergies or year-round allergies trigger your child's asthma.

People with allergies may need to take allergy medicines to help control their asthma.