

Introduction

- ◆ Allergic Rhinitis (AR) prevalence has increased worldwide.^{1,2,3}
- ◆ AR can be defined by: rhinorrhoea, nasal obstruction, nasal itching and sneezing.⁴
- ◆ AR diagnosis is clinical.
- ◆ Investigation with an allergen-specific immunoglobulin E (IgE) test.
- * Allergen identification allows education, avoidance measures or allergen immunotherapy.^{5,6,7}
- * Skin prick/percutaneous (SPAT) is the main testing method.

Objectives

- ◆ To review demographics, geographic location and dominant allergens of symptomatic AR patients in our region, the West of Ireland.
- ◆ We compared the results with the SASIgET or previous SPAT testing when available



Results

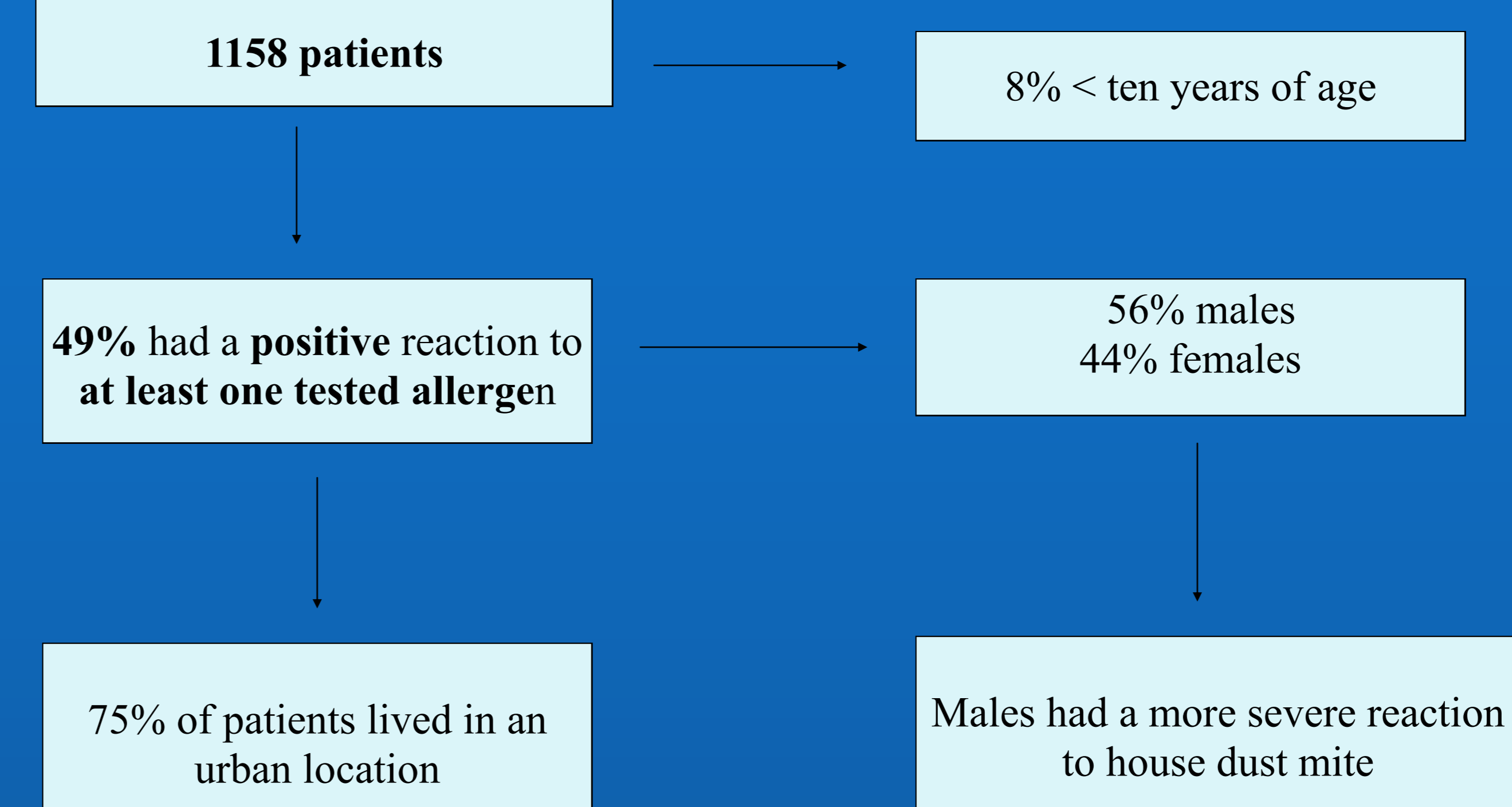


Table 1. Percentages of positive allergens results in our population

Allergen	Positive (%)
House Dust Mite	23
Timothy Grass	22
Dog	17
Cat	15

Methods

Retrospective review

All patients symptomatic rhinitis

Our nurse led allergy clinic



SPAT

Standard 20- aeroallergen kit test

Positive (histamine) control

Negative (saline) control

Results read at 20 minutes

“wheal and flare” reaction to a specific allergen

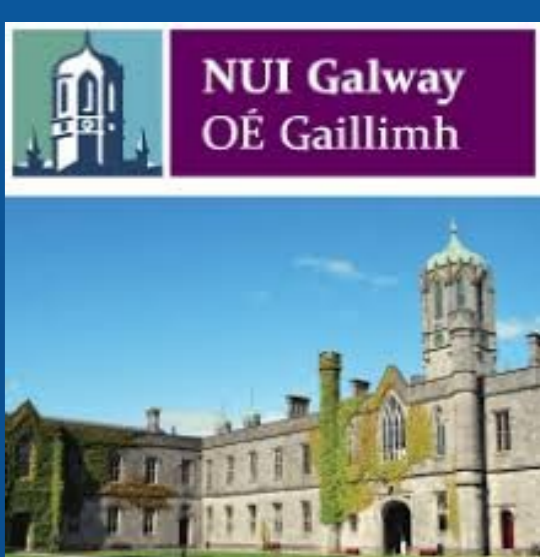
Measured in mm >3mm positive

- ◆ Age group 10-20 years was the most tested one
- ◆ Average of 80 patients tested per year
- ◆ 3/4 patients were living in County Galway
- ◆ House dust mite was the commonest allergen across all locations
- ◆ West Meath had a high prevalence of barley sensitisation

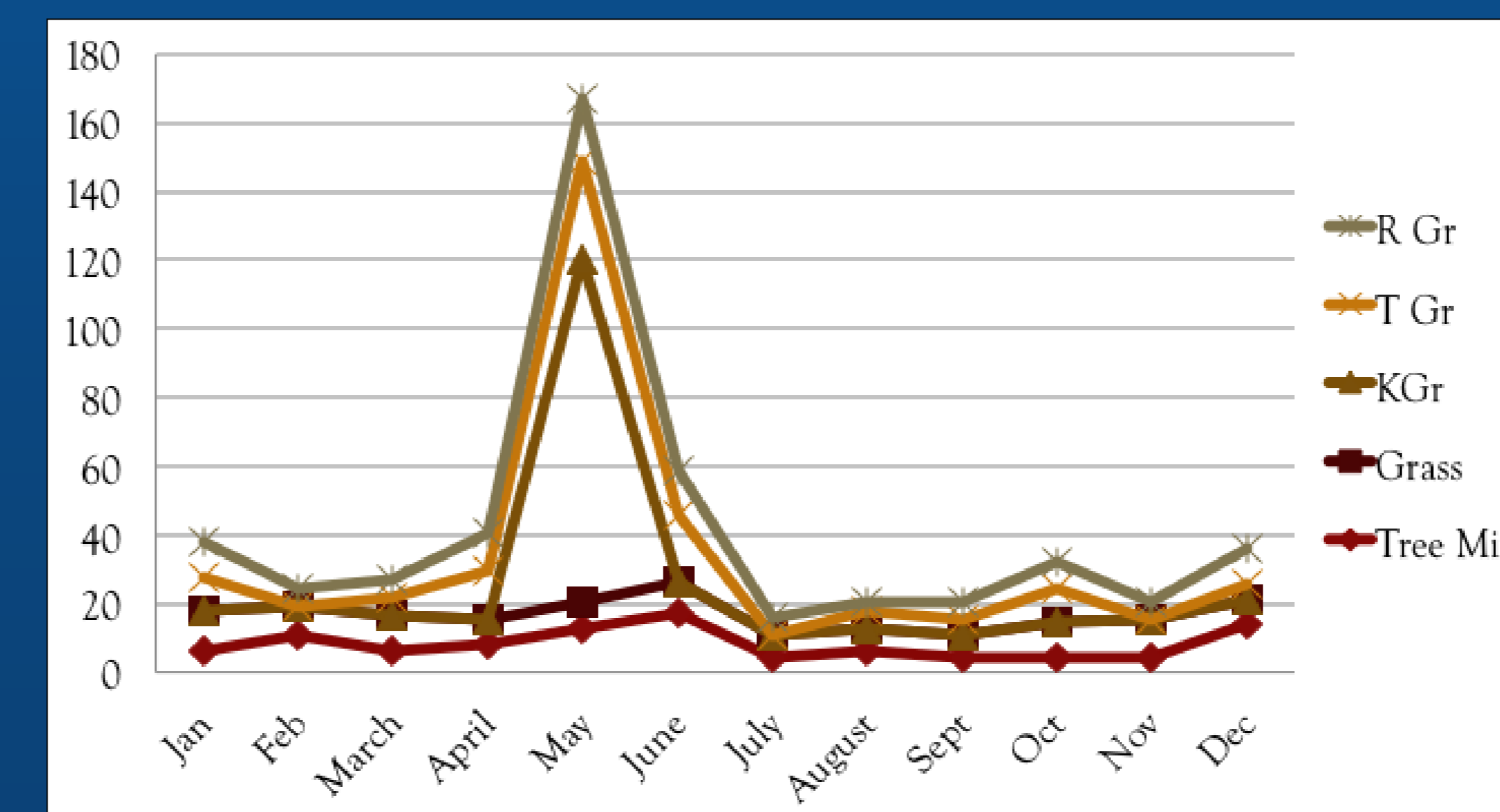
18 patients had repeated SPAT

241 patients had SASIgET prior

100% results correlation



Graph 1. The number of allergic patients to specific grass allergens in respect to their birth month



Conclusions

- ◆ 49% of symptomatic allergic rhinitic population had evidence of sensitisation to at least one aeroallergen.
- ◆ House dust mite and timothy grass are the primary allergens in the West of Ireland.
- ◆ Being born during the pollen season shows a 7-8 times increased predisposition to grass pollens sensitivity.
- ◆ We discourage retesting patients with a known allergic test result.