How to Assess & Manage a Child with Multiple Positive Environmental & Food Allergy Tests

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Interpretation of Test Results (ST or sIgE)
- Medical history
- Test type & performance
- Total IgE level
- Degree of positivity (test score)
- Patient's age
- Type (organ) of allergy manifestation
- Severity of allergy manifestation
- Type of allergen tested
- Form of test material
- Knowledge about cross-reactivity
- Degree of exposure to the allergen
- Duration of avoidance of the allergen

Role of component-resolved diagnostic testing
- CRD may be a helpful adjunct to current diagnostic testing, but not instead of ST or standard sIgE, and certainly not a substitute for food challenge.
- Its sensitivity & specificity varied for various allergens.
- Limited to a few major allergens of certain foods (peanut, milk, egg, shrimp, kiwi, others).
- May not be available or not approved or not paid by insurance.

Food Challenge Test (The definite confirmation of a causal relationship)
- Test material should be similar to what was actually eaten.
- Open challenge in young children; Single-blind in older children & adults; Double-blind in certain cases or research.
- May not be needed (or even contraindicated) in certain cases.