

What is an allergist and immunologist?

An allergist and immunologist physician is a physician who specializes in the diagnosis and treatment of allergic diseases and asthma. They complete four years of medical school, complete a general residency in internal medicine or pediatrics, and must pass an exam to become Board Certified. Following this residency, these doctors spend two additional years of training, which is called a Fellowship, learning about the prevention, diagnosis, and treatment of immune system problems such as asthma and other allergic conditions.

Upon completion of an Allergy/Immunology Fellowship, the doctor can practice allergy and immunology and can become a certified allergist after passing another exam sponsored by the American Board of Allergy and Immunology.

Allergists and immunologists are specialists who can treat:

- Asthma
- Allergic Rhinitis
- Anaphylaxis
- Atopic dermatitis or eczema
- Food allergies
- Hives or urticaria
- Immune deficiencies
- Sinus problems

Patient population:

Allergists typically treat both adults and children with asthma and allergies.

Advantages of being treated by an allergist/immunologist:

An allergist can assist in getting better control of a patient's asthma. Other advantages include:

- Better quality of care compared to a primary care physician.
- Improved quality of life and patient satisfaction related to asthma.
- Access to specific testing such as skin testing and treatment with allergy shots or immunotherapy.
- Patients treated by allergists are less likely to be admitted to the hospital, need an Emergency Department visit and treatment, require oral steroids, or overuse their rescue inhaler.