



WHAT IS AN ALLERGIST AND IMMUNOLOGIST?

An Allergist and Immunologist is a physician who specializes in the diagnosis and treatment of allergic diseases and asthma. They complete 4 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**
- **Hives or urticaria**
- **Allergic Rhinitis**
- **Immune deficiencies**
- **Food allergies**
- **Sinus problems**
- **Anaphylaxis**
- **Atopic dermatitis or eczema**

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.**