

我和孩子是否都過敏了？

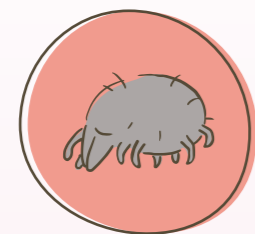
您是否去到一些陌生的地方就會打噴嚏？朋友的貓狗寵物您碰也不敢碰？作為爸爸媽媽的您，會否每天也擔心孩子會否將甚麼食物放進口裡？即使守護在旁，和孩子在街外吃飯或遊玩時，也要看緊他們會否無故出現敏感徵狀，皮膚上出現一粒粒的皮疹，甚至眼睛腫脹要立即求醫？家中是否要勤做清潔功夫，以免小孩子出現呼吸急促和皮膚變乾等徵狀？到底我們和孩子都怎麼了？

其實，「過敏」對都市人而言已經是一個很普遍的名詞。研究顯示，全球過敏個案有上升趨勢，香港也不例外，當中有3分1的小童至少患有其中一種過敏症狀！！⁽¹⁾。因此，家長應該更要小心處理，盡快為孩子或家人找出及避免致敏的根源。否則，當即時性過敏 (IgE) 發生時，嚴重的話，孩子或會引發支氣管全面收縮導致呼吸困難的敏感反應，甚至釀成生命危險！



過敏小知識：

最常困擾孩子的致敏原⁽²⁾



家中塵蟎



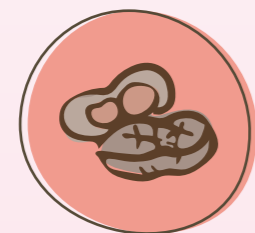
貓狗的皮毛



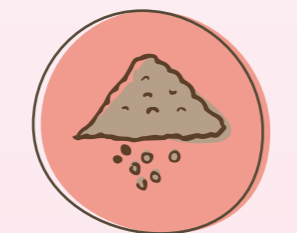
牛奶



蛋白



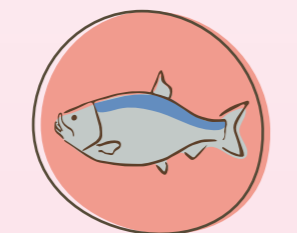
花生



小麥



堅果



魚類



但是否適用於您？

知多一點點： 「IgE 即時性過敏」 (過敏一型)

因為病徵會即時出現，最多人認識和憂慮的過敏症是「即時性過敏」。當我們患上即時性過敏的時候，身體會因免疫球蛋白E (IgE) 的抗體而引發即時反應。當接觸到本來對人體無害的物質後，身體誤認這些物質是外來侵入者，我們的免疫系統會錯誤地釋放出組織胺和發炎物質對抗，造成過敏病徵，如支氣管收縮、氣喘、濕疹、風癩、過敏性鼻炎等，皆屬於過敏一型症狀。

與孩子一起面對 「IgE即時性過敏」

一般人要是不幸患上過敏，都會對他們的起居飲食帶來重大轉變，有些人會選擇服藥來控制病情；有些人懶理不理；有些人則身負著嚴重的過敏病症而活。對於我們年紀尚小的孩子，任何一位家長都應盡早為孩子找出所有致敏原，協助他們避開會對身體過敏的致敏原及治療，方為上策。

IgE+

「IgE+」過敏測試 (兒童版)

檢測技術

Acecgt Diagnostic 使用的即時性過敏測試，採用酵素免疫分析技術，將血液樣本放到特製的平台上，再經過特定的檢測程序及數據分析，從而獲得專屬個人的即時性過敏報告，讓您清楚了解孩子會對哪些致敏原過敏。

檢測項目

Acecgt Diagnostic 的「IgE+」過敏測試分為兒童版及綜合版兩個測試平台。除了小朋友專屬的測試平台外，成年人都可以進一步了解自己的過敏原因，改善生活，同時受用。

IgE+ 檢測步驟

只需簡單的程序：



1 收集少量血液樣本



2 處理樣本



3 掃描——以高精度掃描器掃描食物類及環境類的致敏原反應



4 數據分析——對每一項致敏原的結果作出分析



5 核對報告結果並由醫生講解報告

為您現在的過敏狀況作檢測

過敏症狀是會隨著時間而轉變，我們稱之為「過敏進程」(Allergy March)。患者在不同的年齡會出現不同的症狀，有些症狀會持續數年之久，有些症狀則會隨著成長而自然減輕。您小時候經常要避開的過敏原，現在或許已經不再受到它們威脅，所以我們建議您盡快作出詳細的檢測，更清楚自己的身體狀況。

別讓過敏成為計時炸彈

過敏是一種會不斷演進的疾病，而其誘發因子和症狀也會隨著時間而改變。一般而言，幼兒或孩童會比一般成人更常接觸到不同的過敏原，也對這些過敏原更為敏感。所以，我們可透過定期為自己和孩子檢測和重新評估潛在的過敏原，制定出合適方案及避免接觸過敏原，這樣才能讓孩子遠離過敏之苦，健康快樂地成長。至於已成年的您，是否也想知道現在是否還是對某些已經戒吃多年的喜愛食物有過敏反應呢？

憑藉 Acecgt 集團在測試範疇的多年經驗，讓我們一起與您的家庭共抗過敏症狀，今天就安排您和小朋友一起行動吧！

備註：

- 此測試可作參考，並不適用於診斷或/及治療之用。
- (1) 建議2歲以上才進行過敏測試。
- (2) 如受測者曾服用類固醇 (Steroid) 或/及免疫調節劑 (Immunosuppressant)，或有機會影響測試結果。
- (3) 詳情請向醫生查詢。
- (4) 此測試可作參考，並不適用於診斷或/及治療之用。

參考：

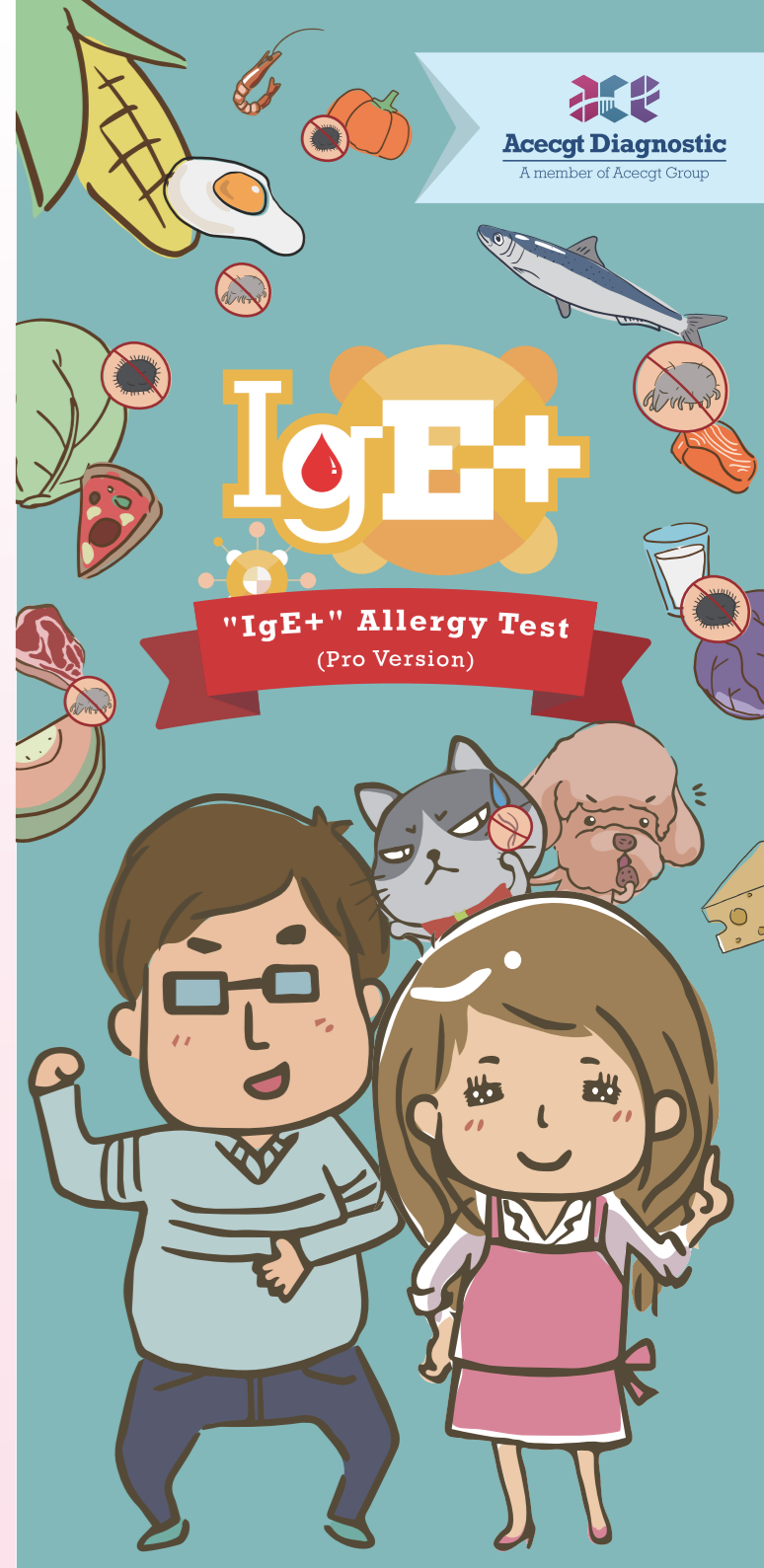
- (1) Gary WK Wong & TF Leung (2015). How Common Are Allergies in Hong Kong. Allergy in Hong Kong: The Hong Kong Medical Diary, 2015; 20(5):5-6
- (2) Høst, A et al. (2003). Allergy testing in children: why, who, when and how?. Allergy, 58(7), 559-569.

如有查詢，請和我們聯絡：

Acecgt Diagnostic Limited
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Tel: (852) 3979 3200
www.acecgtidiagnostic.com



Acecgt Diagnostic Limited 是一間領先並專門發展分子診斷 (DNA測試和RNA測試) 的診斷實驗室。我們相信測試是成功健康醫療體系的基石，能為醫護人員及其病人提供關鍵的資訊，用以作出最合適的醫療決定。



My child and I, are we suffering from allergy?

Have you ever been to places that suddenly made you sneeze? Are you worried about petting your friends' cats and dogs through fear of allergies? As a parent, are you worried about the food your children put into their mouths? Despite keeping your children under close scrutiny whenever going out with them (either to play or for dinner), do you still need to frequently check for allergy symptoms? Did you notice rashes on their skin or swollen eyes that needed immediate medical attention? Do you need to frequently clean the house to avoid your child suffering from rapid shallow breathing and dry skin? What's happened to us and our kids?

"Allergy" is a very common term for people who live in the city. Research shows that there is an overall increase of allergy cases all over the world, and that, of course, includes Hong Kong. In our city, around one-third of children have had at least one allergy symptom.⁽¹⁾ It is a staggering number and parents should treat it seriously, preferably identifying the allergen for your child and your family as soon as possible. Or else, when the IgE allergy strikes, your child may suffer from tracheal contraction, restricting breathing, and could prove a huge risk to their life.



A little allergy knowledge

The most common allergens to Children⁽²⁾



Home dust mites



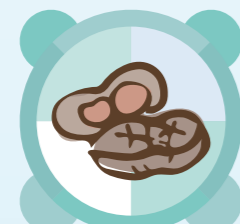
Cat and dog fur



Milk



Protein



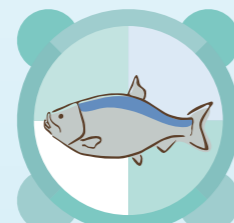
Peanuts



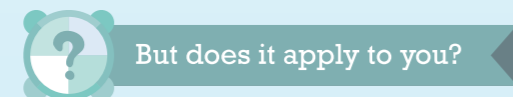
Wheat



Nuts



Fish

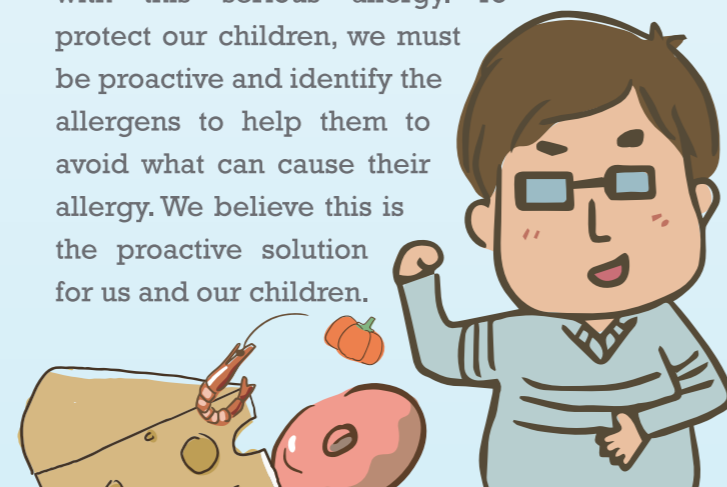


Understanding more: (IgE Immediate Onset allergy) (Type 1)

Since its symptoms will appear immediately, a lot of people know about IgE allergies. When we suffer from IgE allergies, the IgE antibodies triggers an immediate response from the body. When we make contact with these harmless substances, our body falsely identifies them as intruders, and our immune system will release histamine and inflammatory substances to "fight" against them. This manifests in the symptoms of allergy, such as tracheal contraction, asthma, eczema, rashes, allergic rhinitis, etc. This is how IgE allergies occur.

Facing IgE with your child

For most people, allergy brings huge changes in their life. Some might choose to take medication to control its effects, some will choose to ignore it, but no matter what they have to live with this serious allergy. To protect our children, we must be proactive and identify the allergens to help them to avoid what can cause their allergy. We believe this is the proactive solution for us and our children.



Test technology

In order to perform the test, Acecgt Diagnostic uses Enzyme immunoassay method by running a blood sample through a special series of tests and data analysis to acquire a personalized report, letting you know exactly what are the potential allergens would affect you or your children.

Test items

There are two versions of the IgE allergy tests: the Kid Pro and Pro version. While it's important to identify the potential allergies of children, adults should also understand what allergy risks they face and that is why we have the Pro version of the test. Understand more about yourself to improve your life.



Steps to perform the IgE+ Test

Only takes a series of simple procedures:



Find out how about your allergic status!

The allergic symptoms change over time in our body, we call this the "Allergy March". The symptoms of individuals will change over age. Some symptoms may decrease during the growth of each individual. The allergens one needs to avoid during young age, may not be harmful anymore after time. Therefore, we suggest you take action as soon as possible, in order to have a full picture of your own body condition.



Don't let allergy be your time bomb

Allergy changes over time in your body. The sources that trigger allergic reactions can change over time. Generally speaking, infants or children would be exposed to a wider variety of allergens than adults, and they are more allergic to these allergens. With current techniques we can perform tests and re-evaluate the effects of allergens on us over time, in order to customize an appropriate plan and know how to avoid the allergens. With this knowledge in hand, we can effectively protect our children away from allergy, to let them grow up happily and healthily. Not only this, but as an adult, don't you want to know if you can finally eat those mouth-watering dishes you were once allergic to?

With our extensive lab testing experience in Acecgt group, let us fight against allergy symptoms together with your family. Let's get started today!

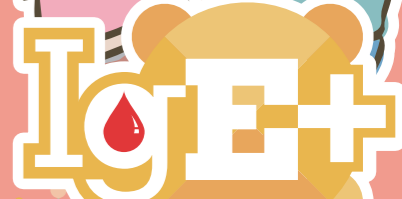
Remarks:
 (1) It is recommended to take the test over 2 years old.
 (2) The results may be altered if ones has taken steroid and Immunosuppressant before taking the test.
 (3) Please consult your doctor for details.
 (4) The results of the test is for reference only, and not be capable of using as diagnostic or treatment.

References:
 (1) Gary WIK Wong & TF Leung (2015). How Common Are Allergies in Hong Kong. Allergy in Hong Kong: The Hong Kong Medical Diary, 2015; 20(5):5-6
 (2) Höst, A et al. (2003). Allergy testing in children: why, who, when and how?. Allergy, 58(7), 559-569.

For enquiry, please contact us:
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Acecgt Diagnostic Limited is a leading clinical diagnostic laboratory specializing in molecular diagnosis (DNA test and RNA test). We strongly believe testings are the foundation of a successful health care system in providing critical information for both health care providers and patients to make the right medical decisions.



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