

My

— ALLERGY —

Journal

A DAILY RECORD OF MY
SYMPTOMS

MORNING & EVENING

MY ALLERGY JOURNAL

What Is My Allergy Journal

An allergy can be tough to discern. It can take years for someone to realize they have an allergy and even longer to pinpoint the symptom-causing allergen.

What makes allergens even more challenging is that symptoms can be wide-ranging. For example, a dust mite allergy may cause a sore throat, hives, or rhinitis. Some people may experience all three of these symptoms while others will experience a different symptom altogether.

My Allergy Journal is a resource that helps you better understand your allergy symptoms. It is applicable to both environmental and food allergies and assists allergy sufferers in 5 situations:

- **Those who suspect they have an allergy**
- **Those who have been diagnosed with an allergy**
- **Those who are active in allergy immunotherapy (allergy shots)**
- **Those experimenting with an elimination diet**
- **Those wanting to self-assess the effectiveness of allergy medication**

Why Use It

My Allergy Journal can be used for personal use. I recommend sharing the information with your allergist. You, along with your doctor can use the journal to identify patterns in your symptoms. It will assist your allergist to narrow down the cause of your allergy symptoms.

As an allergy immunotherapy patient, I overcame most of my allergy symptoms and virtually eliminated my dust mite allergy. Unfortunately, a few of my symptoms remained.

Using a journal, I realized that many of my symptoms were worse in the evening, after spending time outdoors. Moreover, these symptoms were seasonal.

The journal helped to document my symptoms and my allergist responded by adjusting my allergy immunotherapy to focus on the remaining allergens.

MY ALLERGY JOURNAL

How To Use The Journal

My Allergy Journal is simple to use and takes only a few minutes of your day. The journal uses a template that lists common allergy symptoms. There are two sections for each day (morning and evening).

Place a mark near your symptom along with a brief explanation. It is important to record both morning and evening symptoms as certain allergens are more common at a particular time of day.

Indoor allergy symptoms are often present in the morning and improve throughout the day. Indoor allergens include dust mites, pets, and molds.

Outdoor allergy symptoms often occur during the day and carry over into the evening. They include trees, grasses, weeds, molds/yeasts, as well as outdoor wildlife.

Food allergy symptoms can occur throughout the day and symptoms can be present both morning and evening.

Date	Morning		Evening		Comments/Explanation
Sept. 10 2018	Eyes		Eyes		
	Nose		Nose		Woke up with a sore throat and itchy skin on arms and legs
	Ears		Ears		
	Throat	X	Throat		
	Skin	X	Skin		
	Breathing		Breathing		
	Fatigue		Fatigue		Felt fine in the evening, no allergy symptoms
	Headache		Headache		
	Other		Other		

Commit to using the journal for a minimum of 2 weeks. Some individuals may want to use the journal year-round to track progress with allergy immunotherapy and medication.

The longer the time frame, the easier it will be to identify patterns in your symptoms.

If you plan to visit an allergist, consider using the Allergy Journal in the weeks prior to your appointment. Take the journal with you to your appointment and share it with your doctor. He/she will be impressed with your preparation and appreciate the supplemental information.

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Date	Morning		Evening		Comments/Explanation
	Eyes		Eyes		
	Nose		Nose		
	Ears		Ears		
	Throat		Throat		
	Skin		Skin		
	Breathing		Breathing		
	Fatigue		Fatigue		
	Headache		Headache		
	Other		Other		
Date	Morning		Evening		Comments/Explanation
	Eyes		Eyes		
	Nose		Nose		
	Ears		Ears		
	Throat		Throat		
	Skin		Skin		
	Breathing		Breathing		
	Fatigue		Fatigue		
	Headache		Headache		
	Other		Other		
Date	Morning		Evening		Comments/Explanation
	Eyes		Eyes		
	Nose		Nose		
	Ears		Ears		
	Throat		Throat		
	Skin		Skin		
	Breathing		Breathing		
	Fatigue		Fatigue		
	Headache		Headache		
	Other		Other		
Date	Morning		Evening		Comments/Explanation
	Eyes		Eyes		
	Nose		Nose		
	Ears		Ears		
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	Skin		Skin		
	Breathing		Breathing		
	Fatigue		Fatigue		
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	Breathing		Breathing		
	Fatigue		Fatigue		
	Headache		Headache		
	Other		Other		
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	Nose		Nose		
	Ears		Ears		
	Throat		Throat		
	Skin		Skin		
	Breathing		Breathing		
	Fatigue		Fatigue		
	Headache		Headache		
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	Skin		Skin		
	Breathing		Breathing		
	Fatigue		Fatigue		
	Headache		Headache		
	Other		Other		
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Understanding Your Journal

After a few weeks of writing in your journal, return to the beginning and read your notes. A self-assessment is fairly easy and can provide insight for why you are experiencing allergy symptoms.

Ask yourself these questions:

- Are my symptoms consistent?
- Does a certain time of day stand out (morning vs evening)?
- Do I notice a pattern with symptoms or time of day?
- Do the symptoms occur year-round or are they seasonal?
- Do my symptoms appear after eating a specific food (pizza night)?

Your journal can be organized by the month and kept in a file or shared with your allergist.