

## ALLERGY

**ALLERGY** is a disorder of the immune system that may arise as a result of environmental allergens. Some examples of common allergens are: dust and pollen. Still, a person may be allergic to anything including perfumes! Some people also become allergic to food and some of these allergies become quite serious (allergies to peanuts, seafood and shellfish are some examples of serious food allergies). A person may be allergic to one or several allergens simultaneously. Allergies may affect several organs and cause symptoms such as swelling of the nasal mucosa, redness and itching of the eyes, sneezing, coughing, rashes, abdominal pain, vomiting, diarrhea.

In our laboratory we offer two allergy panels. One is directed towards detecting food allergies and the second one is targeted towards determining allergy pre-disposition to a variety of allergens including food, environmental and microscopic allergens.

Useful Websites for Additional Information:

1. National Institutes of Health's National Institute of Allergy and Infectious Diseases (NIAID): <http://www3.niaid.nih.gov/>
2. Hitachi Chemical Diagnostics, Inc: [www.hcdiagnostics.com](http://www.hcdiagnostics.com)
3. The food allergy and anaphylaxis network: <http://www.foodallergy.org/>
4. For more information on specific lab tests visit Lab tests online at: <http://www.labtestsonline.org/understanding/index.html>

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## FOOD ALLERGY

1. ALMOND (ΑΜΥΓΔΑΛΛΑ)
2. BANANA (ΜΠΑΝΑΝΑ)
3. BEAN, WHITE (ΦΑΣΟΛΙΑ)
4. BEEF (ΒΟΔΙΝΟ)
5. LAMB (ΑΡΝΙ)
6. CARROT (ΚΑΡΡΟΤΑ)
7. CASEIN (ΤΥΡΙΝΗ)
8. CHICKEN (ΚΟΤΟΠΟΥΛΟ)
9. DRIED FRUIT MIX (ΞΗΡΑΜΕΝΑ ΦΡΟΥΤΑ)
10. OLIVE, BLACK (ΕΛΙΑ, ΜΑΥΡΗ)
11. CODFISH (ΨΑΡΙ)
12. CORN (ΣΙΤΑΡΟΠΟΥΛΑ)
13. EGG WHITE (ΑΣΠΡΑΔΙ ΑΥΓΟΥ)
14. EGG YOLK (ΚΡΟΚΟΣ ΑΥΓΟΥ)
15. GARLIC (ΣΚΟΡΔΟ)
16. MILK (ΓΑΛΛΑ)
17. RABBIT (FOOD) (ΚΟΥΝΕΛΙ)
18. CEREAL MIX I (ΔΗΜΗΤΡΙΑΚΑ)
19. ONION MIX (ΚΡΕΜΜΥΔΙΑ)
20. ORANGE (ΠΟΡΤΟΚΑΛΙ)
21. PEA (ΜΠΙΖΕΛΙ)
22. PEANUT (ΦΥΣΤΙΚΙ)
23. TOMATO (ΤΟΜΑΤΑ)
24. PORK (ΧΟΙΡΙΝΟ)
25. POTATO (ΠΑΤΑΤΑ)
26. PEACH (ΡΟΔΑΚΙΝΟ)
27. RYE (ΣΙΚΑΛΗΣ)
28. SHELFISH MIX (ΟΣΤΡΑΚΟΕΙΔΗ)
29. SOYBEAN (ΣΟΓΙΑ)
30. BARLEY (ΚΡΙΘΑΡΙ)
31. CELERY (ΣΕΛΙΝΟ)
32. TUNA (ΤΟΝΟΣ)
33. TURKEY (ΓΑΛΟΠΟΥΛΑ)
34. WALNUT (ΚΑΡΥΔΙ)
35. WHEAT (ΣΙΤΑΡΙ)
36. YEAST, BAKERS (ΜΑΓΙΑ, ΠΡΟΖΥΜΙ)

## MIXED ALLERGY

1. BEECH (ΟΞΙΑ)
2. 3 TREE MIX (ΔΕΝΤΡΑ)
3. OLIVE/ASH/PRIVET MIX (ΕΛΙΑ/ΜΕΛΙΑ/ΛΙΓΟΥΣΤΡΟ)
4. OAK, WHITE (ΒΕΛΑΝΙΔΙΑ, ΑΣΠΡΗ)
5. BERMUDA (ΕΙΔΟΣ ΓΡΑΣΙΔΙΟΥ)
6. 4 GRASS MIX (4 ΕΙΔΗ ΓΡΑΣΙΔΙΟΥ)
7. RYE (ΣΙΚΑΛΗΣ)
8. CHENOPOD MIX II (ΒΡΟΜΟΧΟΡΤΟ)
9. ENGLISH PLANTAIN (ΑΓΓΛΙΚΗ ΜΠΑΝΑΝΙΑ)
10. RAGWEED MIX I (ΑΓΡΙΟΧΟΡΤΑ)
11. MUGWORT (ΕΙΔΟΣ ΖΙΖΑΝΙΟΥ)
12. PELLITORY (ΠΕΡΔΙΚΟΧΟΡΤΟ)
13. CAT (ΤΡΙΧΑ ΓΑΤΑΣ)
14. DOG (ΤΡΙΧΑ ΣΚΥΛΟΥ)
15. COW (ΤΡΙΧΑ ΑΓΕΛΛΑΔΑΣ)
16. HORSE (ΤΡΙΧΑ ΑΛΟΓΟΥ)
17. MITE (FARINAE) (ΑΚΑΡΕΑ)
18. MITE (PTERONYSSINUS) (ΑΚΑΡΕΑ)
19. ALTERNARIA (ΜΥΚΗΤΕΣ ΚΥΡΙΩΣ ΤΩΝ ΦΥΤΩΝ)
20. ASPERGILLUS (ΜΥΚΗΤΕΣ ΚΥΡΙΩΣ ΕΝΤΟΣ ΤΟΥ ΣΠΙΤΙΟΥ)
21. CANDIDA (ΜΥΚΗΤΕΣ)
22. CLADOSPORIUM (ΜΥΚΗΤΕΣ)
23. PENICILLIUM (ΜΥΚΗΤΕΣ)
24. EGG WHITE (ΑΣΠΡΑΔΙ ΑΥΓΟΥ)
25. EGG YOLK (ΚΡΟΚΟΣ ΑΥΓΟΥ)
26. MILK (ΓΑΛΛΑ)
27. WALNUT (ΚΑΡΥΔΙ)
28. PEANUT (ΦΥΣΤΙΚΙ)
29. ALMOND (ΑΜΥΓΔΑΛΛΟ)
30. TOMATO (ΤΟΜΑΤΑ)
31. WHEAT (ΣΙΤΑΡΙ)
32. CORN (ΚΑΛΑΜΠΟΚΙ)
33. SOYBEAN (ΣΟΓΙΑ)
34. CEREAL MIX II (ΔΗΜΗΤΡΙΑΚΑ)
35. ORANGE (ΠΟΡΤΟΚΑΛΙ)
36. CODFISH (ΨΑΡΙ)