Cat Allergy is a condition where the immune system overreacts to certain proteins that are present in the saliva, urine, and dander of cats. It can cause various symptoms in humans, such as sneezing, itchy eyes, and skin rashes. The condition affects approximately 22 million households in the United States.

Cat Allergy

Jamie, your genetic result is associated with a typical likelihood of developing a cat allergy.

An estimated 80-90% of indoor cats regularly produce allergens that can trigger allergic reactions in some people. This means your genetic risk to develop a cat allergy is very high, in that estimate alone. Please consult with your healthcare provider to confirm these results.

This estimate is based on currently available data and may be updated over time.

Ways to take action

For people with cat allergies, avoiding contact with cats can alleviate symptoms. Here are some strategies to help manage your cat allergy:

- **Reduce the time of exposure**: Keep the area where you spend the most time (such as your bedroom or living room) free of cats.
- **Avoid high-traffic areas**: Limit your cat’s activity to lower-traffic areas to minimize allergen spread.
- **Regular cleaning**: Regularly clean these areas to reduce allergen levels.
- **Use air purifiers**: Air purifiers can help reduce allergens in the air.
- **Use hypoallergenic vacuum filters**: These filters can capture allergens more effectively.

Learn more from the National Institute of Health.

About cat allergy

Allergies are a type of immune system reaction that occurs when the body's immune system misidentifies a harmless substance as harmful. This can lead to an overreaction, causing symptoms such as sneezing, itchy eyes, and skin rashes. People who are allergic to cats are more likely to develop symptoms when in close contact with them. Symptoms can range from mild to severe, and can occur in any part of the body. There is no cure for cat allergy, but there are treatments that can help manage symptoms.

Clothing can help reduce allergen exposure.

- **Wear protective clothing**: Wearing long sleeves, pants, and a hat can help keep allergens away from your skin.
- **Wash your clothes**: Washing your clothes after coming into contact with a cat can help remove allergens.
- **Use fabric softeners**: Fabric softeners can help reduce allergen levels in your clothing.

Keep in mind

The risk of developing allergies is influenced by genetic and environmental factors. Knowing your genetic risk can help you understand your chances of developing cat allergy and take steps to prevent or manage symptoms. It is important to consult with your healthcare provider to discuss your specific case and available treatment options.

Learn more from the National Institute of Health.

How can you get your report?

**Methodologies**

Using advanced technology, we analyze a small amount of DNA from saliva samples to provide you with a personalized report on your risk for developing allergies. This technology is based on a scientific understanding of the relationship between genetics and health outcomes.

**About the result**

People who develop allergies are more likely to have genetic variations that influence their immune system response. These variations can affect how the body reacts to allergens, leading to symptoms. The report provides estimates based on the analysis of available genetic data, but it is important to note that allergies are influenced by multiple factors, including environmental exposures.

**Scientific validity across ethnicities**

For this report, we only accommodate genotyped individuals of European, Mexican/Hispanic, East Asian, South Asian, or Native American ancestry. It is important to note that genetics varies significantly across different ethnicities, and the report is designed to provide estimates for these specific groups.

**How may my privacy be protected?**

Your DNA sample will be stored securely and used only for the purpose of providing you with this report. All genetic information is kept confidential and is only accessible to the relevant team members.

**How do I get updates?**

We will notify you in the event of any new or updated information relevant to your allergy risk. Ensure that you have provided your correct contact information to receive these updates.

**What can you do with my DNA?**

Your DNA sample will be stored securely and used only for the purpose of providing you with this report. All genetic information is kept confidential and is only accessible to the relevant team members.

**How can I update my settings?**

You can change your account settings by logging into your account and navigating to your profile settings.

**Contact us**

If you have any questions or concerns, please contact us at support@allergytest.com.