

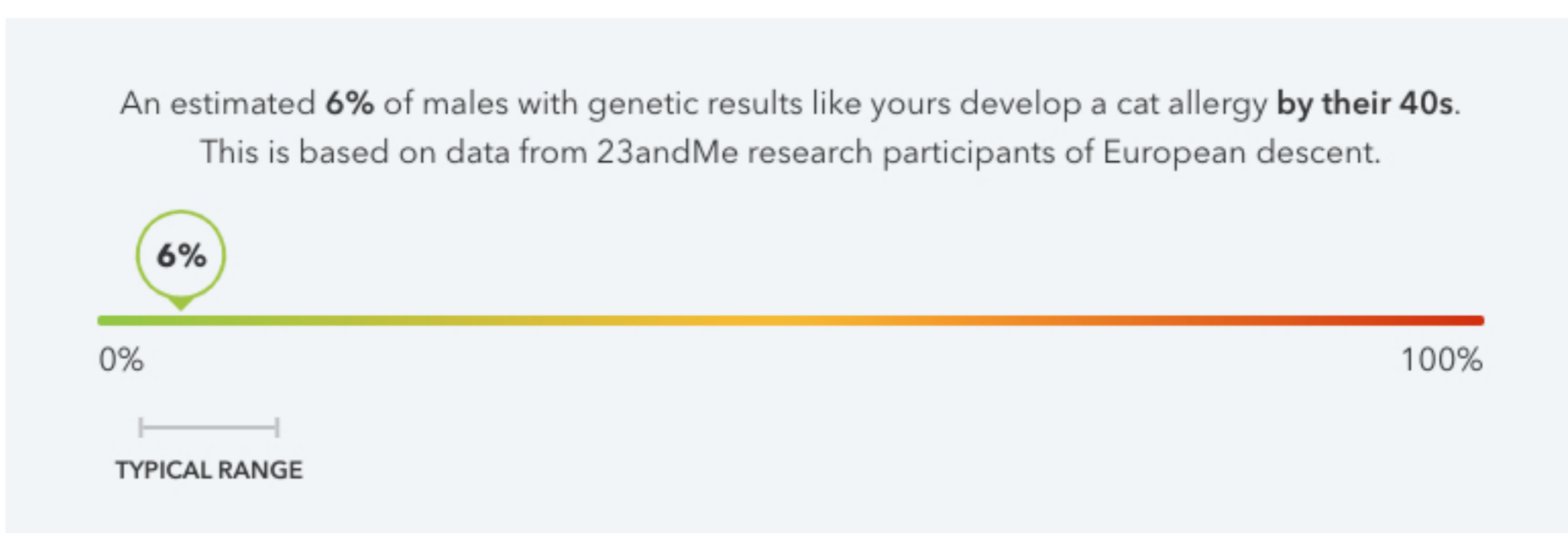
Cat Allergy

POWERED BY 23ANDME RESEARCH

Cat allergy is a condition where the immune system overreacts to certain proteins that cats produce. For people with cat allergies, contact with cats may trigger sneezing, runny nose, watery eyes, and itchy skin. Some people may experience signs of asthma, such as difficulty breathing or wheezing.



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



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

Ways to take action

For people with a cat allergy, avoiding contact with cats is the best way to prevent allergic reactions. But if contact is unavoidable, here are some ways to reduce exposure to allergens and lower the chances of experiencing symptoms.

- Keep cats off of furniture and away from sleeping areas.
- Frequently clean places where allergens can collect, like carpets and furniture. Using a vacuum with a HEPA filter may help.
- Wash hands and change clothes after coming into contact with a cat.
- Use an air purifier with a HEPA filter.



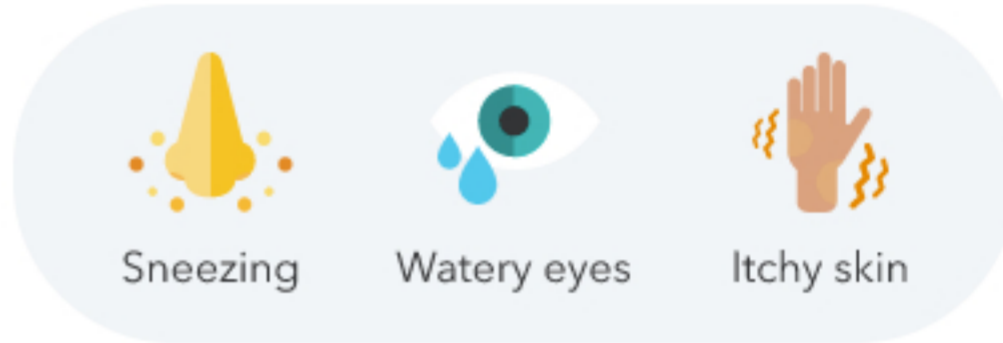
[Learn more from the National Institutes of Health](#)

About cat allergy

What is cat allergy?

Allergies occur when the immune system mistakes a normally harmless substance, called an allergen, for a harmful one. When the immune system detects an allergen, it triggers an immune reaction in an attempt to protect the body. In the case of cat allergy, the immune system reacts to certain proteins found in cats' saliva, skin cells (also called "dander"), or urine. Those with cat allergies often experience sneezing, runny nose, watery eyes, and itchy skin. Some may experience signs of asthma, such as difficulty breathing or wheezing. For people with cat allergies, lifestyle modifications and other treatments, including medications, can help ease symptoms.

Common symptoms



Clothes make the purr-fect allergen magnet

It is estimated that around 12% of people in the U.S. are allergic to cats. Unfortunately, preventing reactions may not be as simple as only avoiding direct contact. Pet allergens can travel through the air and stick to clothing and other surfaces, easily spreading from place to place. Around 50% of U.S. households own a cat or a dog, yet studies have shown that detectable levels of pet allergens can be found in almost all homes, even ones that don't own pets. High levels of pet allergens have also been found in public places like schools, offices, and public transportation vehicles. To prevent reactions, experts recommend washing hands and clothes frequently.



Keep in mind

This report **does not diagnose** cat allergy. **Consult with a healthcare professional** if you are concerned about your likelihood of developing a cat allergy, have a personal or family history of a cat allergy, or before making any major lifestyle changes.



If you have already been diagnosed with a cat allergy by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing a cat allergy also depends on **other factors**, including lifestyle and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing a cat allergy.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

How we got your result

Methods

This report is based on a statistical model that takes into account your genetic results at more than 11,500 genetic markers, along with the ethnicity and sex you reported in your account settings, to estimate the likelihood of developing a cat allergy. We used data from 23andMe research participants to calculate this estimate. Results and estimates may be updated over time as the model or scientific understanding about this condition improves.

About the result

People whose result is associated with odds of developing a cat allergy that are at least 1.5 times higher than average are considered to have an increased likelihood. Between 9% and 25% of individuals receive an "increased likelihood" result, depending on ethnicity. These results are based on many genetic markers, and random test error at one or more of these markers can lead to a small margin of error in your estimated likelihood of developing a cat allergy. For people whose estimates are near the boundary between typical and increased likelihood, this margin of error may introduce some uncertainty about whether their estimated likelihood is considered "typical" or "increased". Your genetic result is associated with a typical likelihood. Based on the available genetic markers used to calculate your result, there is a less than 1% chance your genetic likelihood estimate could fall on the other side of the boundary and be in the range that is considered increased.

Scientific validity across ethnicities

We verified that the model meets our scientific standards for individuals of European, Hispanic/Latino, East/Southeast Asian, South Asian, Sub-Saharan African/African American, and Northern African/Central & Western Asian descent.

How we may use ethnicity and sex to customize this result

- If you indicated in your account settings that you are of European, Hispanic/Latino, East/Southeast Asian, South Asian, Sub-Saharan African/African American, or Northern African/Central & Western Asian (Middle Eastern) descent, your result is tailored based on data from individuals of that ancestry.
- If you indicated in your account settings that you are predominantly of both Hispanic/Latino and another ancestry, your result will be based on data from individuals of Hispanic/Latino descent.
- If you indicated in your account settings that you are predominantly of both Sub-Saharan African/African American and European descent, your result will be based on data from individuals of Sub-Saharan African/African American descent.
- If there is not enough data from individuals of your ethnicity or combination of ethnicities at this time, your result may be based on data from individuals of European descent because the most data is available for this population.
- Your Cat Allergy result also takes into account the sex you indicated in your account settings.

See our [white paper](#) to learn more about the science behind this report.

Read More:

[Chan SK et al. \(2018\). "Dog and Cat Allergies: Current State of Diagnostic Approaches and Challenges." Allergy Asthma Immunol Res. 10\(2\):97-105.](#)

[Gergen PJ et al. \(2018\). "Sensitization and Exposure to Pets: The Effect on Asthma Morbidity in the US Population." J Allergy Clin Immunol Pract. 6\(1\):101-107.e2.](#)

[Mayo Clinic. "Pet allergy." Retrieved February 22, 2020, from https://www.mayoclinic.org/diseases-conditions/pet-allergy/symptoms-causes/syc-20352192.](#)

[National Institute of Environmental Health Sciences. \(2019\). "Pet Allergens." Retrieved February 22, 2020, from https://www.niehs.nih.gov/health/topics/agents/allergens/pets/index.cfm.](#)

[Salo PM et al. \(2014\). "Prevalence of allergic sensitization in the United States: results from the National Health and Nutrition Examination Survey \(NHANES\) 2005-2006." J Allergy Clin Immunol. 134\(2\):350-9.](#)

[Zahradnik E et al. \(2014\). "Animal allergens and their presence in the environment." Front Immunol. 5:76.](#)



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