

The Role of Immunoglobulin E (IgE) in Allergic Asthma

When you have an allergy to pet dander, pollen, or something else, your immune system overreacts to the allergen by making antibodies called **immunoglobulin E (IgE)**. These “fight” what your body thinks is dangerous. This causes an allergic reaction. If you have the type of asthma that’s triggered by allergic reactions, you’ll deal with allergy *and* asthma symptoms. Here’s what the process looks like:

- 1 You’re exposed to an allergen (if you breathe it in).**
- 2 Your body starts making specific IgE for each type of allergen.**
- 3 IgE attaches to the allergen and specific cells that release inflammatory chemicals.**
- 4 These chemicals flood your body and trigger allergic asthma symptoms.**
- 5 Symptoms include airway inflammation, coughing, and wheezing.**

SOURCES: American Academy of Allergy, Asthma, and Immunology: “Immunoglobulin E (IgE) Defined.”

Johns Hopkins Medicine: “Definition: Immunoglobulin (IgE).”

