High IgE: From Symptoms to Solutions

2025/08/05

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01 Overview

What Elevated IgE Tells Us

IgE Level > 150 kU/L

Signals an over-reactive immune system

IgE is the antibody that triggers allergic reactions. Persistent elevation can herald common atopic disorders, occult parasitic infestation, rare primary immunodeficiencies, or even IgE myeloma. The finding always deserves **contextual interpretation** rather than dismissal.

- Atopic Disorders
- Parasitic Infestation
- Immunodeficiencies
- IgE Myeloma

02 Symptoms

Clinical Clues of High IgE

Common Manifestations

- Chronic eczema, hives, and itching
- Sneezing, wheeze, and nasal congestion
- Severe asthma symptoms

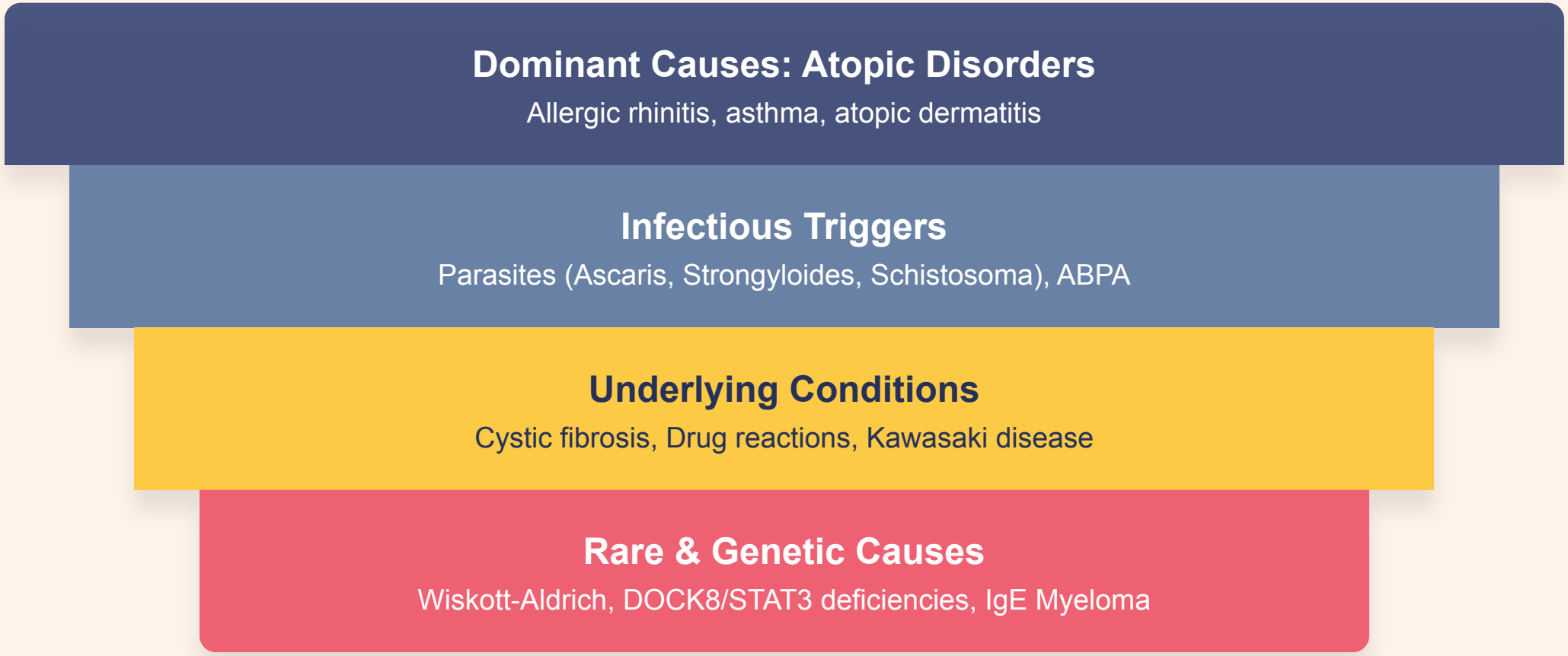
Hyper-IgE Syndromes Red Flags

- Recurrent staphylococcal skin abscesses
- Pneumonia with lung cysts (pneumatoceles)
- Mucocutaneous candidiasis, retained baby teeth
- Scoliosis, minimal-trauma fractures
- Surprisingly low fever despite aggressive infection

03 Causes

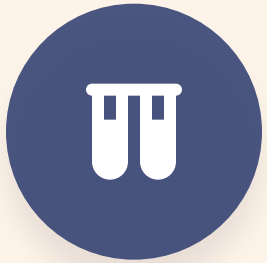
Root Drivers of IgE Rise

A funnel of causation from common to rare.



04 Diagnosis

Work-Up for Elevated IgE: A Systematic Approach

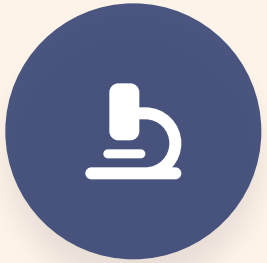


1. Confirm & Correlate

Total IgE level & Eosinophil count

2. Allergy Testing

Skin/RAST for inhalant & food allergens



3. Parasitic Workup

Stool O&P, specific helminth serologies

4. Advanced Studies

Chest imaging, Genetic panels (STAT3/DOCK8)

This systematic evaluation ensures **no treatable cause is missed**, guiding diagnosis from common allergies to rare genetic conditions.

05 Treatment

Evidence-Based Therapy Choices

Treat the Cause

Antihistamines, steroids for allergy. Antiparasitics for helminths. Antifungals for ABPA. Prophylactic antibiotics for Hyper-IgE syndrome.

Target IgE Directly

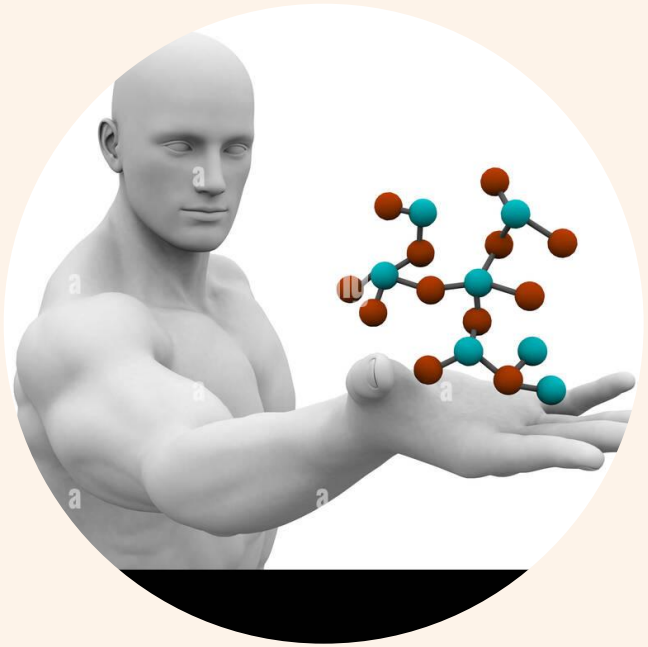
Anti-IgE biologic **Omalizumab** lowers free IgE, reducing asthma exacerbations and chronic urticaria effectively.

Curative Option

Hematopoietic stem cell transplant is the **curative approach** for specific genetic deficiencies like DOCK8 deficiency.

06

Take-Home Points



Clinical Priorities on High IgE

Systematic Evaluation

Persistent elevation demands a thorough allergy, infectious, and immunologic workup to uncover the root cause.

Recognize Red Flags

While most cases are atopy or parasites, signs like recurrent abscesses or pneumatoceles mandate genetic testing .

Targeted Therapy is Key

From allergen avoidance to biologics, targeted intervention improves quality of life and prevents irreversible organ damage. **Early recognition is crucial.**

THANK YOU

ThanksforWatching

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