

# Best Doctors MEMBER STORY



Mike's allergy treatment was not bringing any relief. He was wondering if he really had allergies.

Ever since blood tests had indicated an allergy to cats two years ago, Mike's doctor had been treating his snuffling, coughing, and shortness of breath as allergies. Yet Mike was doubtful. He had tried several different allergy medications and had even undergone oral immunotherapy, yet nothing helped.

*"All of a sudden at age 59 I was allergic to cats? I'd had cats my whole life. It made no sense to me."*

*"I'd go on a business trip for a week to a non-cat environment, and nothing changed. I was just not convinced I had allergies."*

When Mike started a new job, he was told that he had access to Best Doctors as part of his employee benefits, and decided to get in touch.

The Best Doctors team gathered Mike's extensive medical records, including all of his previous test results, and sent them to an expert specializing in ear, nose and throat conditions for evaluation.

*"Best Doctors was in contact all the time, and were very solicitous at asking if I needed more information or assistance."*

**NAME:** Mike **AGE:** 59

**Reason for contacting Best Doctors:**  
allergy treatment not working

**BEST DOCTORS EXPERT:**

**Specialty:** Ear, Nose and Throat

The report from the Best Doctors expert highlighted a combination of factors that were likely behind Mike's symptoms: gastroesophageal reflux (GERD), chronic nasal drip, and a low-level allergic reaction. While no one factor was entirely to blame, taken together they were causing Mike's symptoms.

The expert suggested sinus surgery to correct Mike's postnasal drip, noting that this would likely reduce the effect of the other conditions. He also recommended that Mike try a different allergy drug which would block the substance his body was producing in response to an allergen.

Mike shared the Best Doctors expert report with his own doctor, who agreed with all of the findings. Mike is now taking medication for his allergies and GERD, which has alleviated some of his symptoms, and is considering the surgery recommended by the expert.

***"Contacting Best Doctors was very beneficial and very rewarding. I felt I got a valuable, well-balanced second opinion."***

Mike's symptoms are improving and he is finally getting relief.

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