

Allergist and Immunologist

The doctor for allergies, asthma, hives and immune system problems. About 13 years of training, then office hours and very few emergencies.

TYPICAL PAY

\$260,000

a year, full time

PAY RANGE

\$180k to \$420k

starting to experienced

TIME TO QUALIFY

12 to 14 years

after high school

DEMAND

Very high

job outlook

LICENCE NEEDED

Yes

regulated job

WHERE YOU WORK

Private allergy clinics, hospital clinics, academic centres, research...

How you get there

- 1 High school** Grades 11 and 12
Top marks in biology, chemistry, math and English. You need a very high average for a science undergrad.
- 2 Bachelor's degree** 3 to 4 years
Any major works. Keep a GPA (grade point average) above 3.8, volunteer, do research. Write the MCAT (medical school admission test).
- 3 Medical school, the MD (doctor of medicine)** 3 to 4 years
Acceptance rates are 5% to 15%. Classes, then clinical rotations.
- 4 Core residency** 3 to 4 years
Matched through CaRMS (the residency matching service) into internal medicine (3 years) or pediatrics (4 years). Allergists see both adults and children, so both doors lead here.
- 5 Clinical immunology and allergy** 2 years
A second match near the end of core residency. Two years of allergy clinics, skin testing, food challenges, asthma, immune deficiency and drug reactions. Pass the Royal College exams to become FRCPC (Fellow of the Royal College of Physicians of Canada), then register with y...

Pros and cons

- + Regular hours and almost no emergencies
- + You give people back foods, pets and seasons they had lost
- + Kids and adults, clinic and research, lots of variety
- About 13 years of training and six figures of debt
- Two matches to win, and the second is small
- High volume can feel like a treadmill

Good to know

About 7% of Canadians say they have a food allergy

Health Canada reports that roughly 7% of Canadians self-report a food allergy. Doctor-confirmed rates are lower, around 3% to 4% of adults and 5% to 6% of young children, which is why testing matters.

The peanut advice flipped

For years parents were told to keep peanut away from babies. Research then showed that feeding it early cuts the chance of peanut allergy, and Canadian guidance changed. Allergists are the ones who...

Optional boosts

Food allergy and oral immunotherapy. Immune deficiency. Drug allergy testing. Research and clinical trials.

Where these numbers come from

Job Bank: Clinical immunologist-allergist, wages (updated Nov 2025)
Canadian Society of Allergy and Clinical Immunology
Royal College of Physicians and Surgeons of Canada
CIHL: A profile of physicians in Canada, 2024 (payments)

Numbers checked September 2026. Pay figures are typical full-time annual amounts in Canadian dollars, based on Government of Canada Job Bank wage data and published salary grids. They vary by province, employer and experience. Tuition is for domestic students. Sources, links and the click-through version: <https://career.help/ca/careers/allergist-immunologist>



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