

FOOD ALLERGIES



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What is a Food Allergy?

- A food allergy is an immune system response occurring after eating a certain food

*Common food allergies:

- Peanut
- Tree nuts
- Milk
- Egg
- Wheat
- Soy
- Fish
- Shellfish

*Common symptoms:

- Tingling or itching of mouth
- Hives, itching or eczema
- Swelling
- Wheezing or trouble breathing
- Abdominal pain
- Diarrhea, nausea, or vomiting
- Dizziness or lightheadedness
- Anaphylaxis

Are all food reactions an allergy?

- NO, there are other adverse food reactions that are not food allergies and it is important to distinguish them from each other
- Examples of nonimmunologic food reactions include:
 - Toxic reactions: food borne illnesses
 - Food intolerances: such as lactose
 - Reactions to accidental contamination
 - Neurologic responses

Most Common Food Allergies and Food Intolerances in the United States

ALLERGIES				INTOLERANCES	
					
milk	egg	peanuts	tree nuts	dairy	grains/gluten
					
fish	shellfish	soy	wheat	beans	cabbage

Food Allergy Prevention

- The focus of prevention often takes place in infancy with the introduction of a diet
- Some current prevention methods aimed to reduce the risk of sensitization to food allergens include:
 - Breastfeeding
 - Probiotic/ Prebiotic supplementation
 - Dual allergen exposure
 - The use of partially hydrolyzed formula

Food Allergy Treatment

- Treatment of food allergies requires strict elimination of allergens
- Some methods of treatment include:
 - Maternal elimination diets
 - The use of specialty formulas such as extensively hydrolyzed, amino acid based, and many others
 - Food allergen immunotherapy



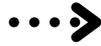
Methods of Food Allergy Testing

Oral Food Challenge



- The gold standard for diagnosis
- Potential food is eaten in predefined increasing doses until a serving size is achieved
- Participants are observed for allergy related symptoms such as hives, swelling, vomiting, and wheezing

Skin Prick Testing



- Application of allergen extract or simultaneous bloodless prick to the skin
- The local reaction can measure food sensitization

Serum Immunoglobulin E (IgE)



- Testing referred to as sIGE immunoenzymatic assays detects possible allergens through antibodies
- This test is useful in detecting relevant sensitization to foods and identify high-risk individuals

Six Steps to Living with a Food Allergy

1. **Avoid** any food items that contain the allergen
2. **Know all names** for the allergen, and make sure to check the ingredient list on all products
3. **Know all the risks**, allergens may present differently between cooked and raw products
4. **Tell people** about food allergies, this includes restaurant servers and friends or family
5. **Know the signs** of a reaction and what to do in an emergency
6. **Travel wisely**, making sure to carry necessary medications at all times



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