Informational Allergy Presentation

Asthma and Allergy Foundation of America
What is an allergy?

- A damaging immune response by the body to a substance, to which it has become hypersensitive.
- Human immune system reacts to substances that normally don’t harm the body.
Why do people have allergies?

- Decrease in richness of gut bacteria?
- Genetics?
- Lack of exposure at early age?

Number of people with food allergies has increased

*Scientists still don’t know exactly why*
What Can Cause Allergies?

- Pollen
- Latex
- Mold
- Insect Bites
- Dust Mites
- Foods
- Medicines
Common Food Allergens

- Wheat/ Gluten
- Soy
- Tree Nuts/ Peanuts
- Eggs
- Fish/ Shellfish
- Milk

FDA Requires Foods Containing These Allergens to be Labeled
Allergic Reaction Scale

1. Annoying
   (Sneezing, Itchy Eyes)
2. Mild
   (Coughing, Itchy Skin)
3. Risky
   (Wheezing, Small Bumps)
4. Dangerous
   (Hives, Lip/Throat Swelling)
5. Deadly
   (Puffy Face, Hard to Breathe)

Allergic Reactions Can Be Life Threatening!
Call 911 If You Suspect a Dangerous or Deadly Reaction
How do you know you have allergies?

- Initial discovery usually by accidental exposure
- Put food on back of hand
- Scratch testing and blood testing
How Do You Live With Allergies?

- Eliminate Allergens
- Avoid Foods
- Keep Your Medication Handy

Carrier Your Own Food

Takes some lifestyle changes, but can be managed!
Allergy Alternatives

EGG-FREE OPTIONS

contain Egg

Cake

Mayonnaise

Noodles

Waffles

Ice Cream

Chocolate Bar

Egg Free!

*Please review all ingredients with your doctor. The products shown here are for informational purposes only and do not constitute medical advice.
Allergy Alternatives

WHEAT-FREE OPTIONS

Contain Wheat
- Pasta
- Bread
- Pizza
- Pancakes
- Cookies
- Chicken Nuggets

Wheat Free!

*Please review all ingredients with your doctor. The products shown here are for informational purposes only and do not constitute medical advice.
Allergy Alternatives

DAIRY-FREE OPTIONS

Contains Dairy | Dairy Free!
---|---
Milk
Ice Cream
Yogurt
Cheese
Whipped Cream
Butter

*Please review all ingredients with your doctor. The products shown here are for informational purposes only and do not constitute medical advice.
Allergy Fun Facts

- How much money do people spend per year on medical costs for food allergies?
  - $4.3 Billion
- What percentage of Americans have allergies?
  - 35%
- What causes the most allergy related deaths?
  - Medicine (Most common = Penicillin)
- Famous People with Allergies:
  - Kim Kardashian (Cats)
  - Serena Williams (Peanuts)
  - Drew Brees (Dairy, Wheat, Eggs, Nuts)
Bibliography

**AAFA**, www.aafa.org/.


*Images taken from Google Images Labeled for Noncommercial Reuse*