

Types Of Treatments

Avoidance Life Long

To avoid or minimize exposure to the allergens that cause the condition

Food Labeling

Symptomatic Treatments In 15 N

Block the release of histamine or relief the symptoms of allergic reaction

- Antihistamines
- Mast Cell Stabilizers
- Nasal Corticosteroids Or Corticosteroid Creams

Immunotherapy 1-3 Yrs

A preventive treatment which weaken your body's response to the allergen by gradually exposing your immune system to it

- Allergy Shots
- SLIT Tablet

More of the population has food allergies than ever before, especially in developed countries

and around the world, they are sending more and more people to hospital. One large-scale review of hospital admissions data found anaphylaxis cases on the rise in the US, Australia and Europe, among other regions. In the US, hospital visits for food allergy increased threefold from 1993 to 2006. Between 2013 and 2019, England saw a 72% rise in the number of hospital admissions for children caused by anaphylaxis, from 1,015 admissions to 1,746.

- Keep a diet list/ allergen list
- Always travel with medication
- Inclusion in classroom and school activities
- Food labeling laws
- Access to epinephrine & antihistamine (OTC)



Cause

The casues of the allergy is a blend between **genetics** and the **environment**.

Decrease The Risk Of Food Allergy

- Dirt exposure
- Dry skin care
- Diet diversity
- Vitamin D level
- Animal exposure
- Less detergents

