

# Allergic Reaction

## What is it?



- **Allergic Reactions**- Hypersensitivity, reactions of the immune system in which normal body tissue is injured, the immune system defends the body
  - **Protective Components of the Immune System**- antibodies, lymphocytes, and other cells, antibodies of the immunoglobulin E (IgE) class that bind with special cells (basophils in circulation and mast cells in the tissues)
  - **Body Encounters Allergens/Allergens**- cells are prompted to release chemicals that injure surrounding tissues,
- **Allergens**- dust particles, medication, food, plant pollen, chemical, that acts as an antigen to stimulate an immune response

## Recommendations:

- **What can I do?**- install air conditioning with high efficiency air filters, avoid a particular food or medication, banning a pet from the house, even a job change, if strong seasonal allergies may consider moving, reducing exposure to the allergen, remove dust containing furniture and cover with plastic protectors
- **Alternate Solutions**- allergy injections with tiny amounts of the allergens injected under the skin, not advised for foods due to anaphylaxis
  - **Treatments**- given once per week, later every 4 to 6 weeks, remain in office 20 minutes after the injections for observation; allergic reactions are wheezing, coughing, sneezing, flushing, hives, itching, chest tightness, tingling sensation; of mild given antihistamine and if severe given epinephrine



## Facts:

- **Atopic Disease**- a group of often inherited IgE-mediated disease
  - **Examples**- Allergic rhinitis, allergic asthma



## What can I do?

- **See your Health Care Provider**- skin tests are more accurate, cheaper and available immediately; radioallergosorbent
- **See a Registered Dietitian**- for help as needed with food allergies

