

UNDERSTANDING ALLERGIES

What Is An Allergy?

An allergy is an overreaction or hypersensitivity of the body's immune system to normally harmless substances, called allergens. An allergic reaction occurs when the body's immune system responds to an allergen as if the substance were disease-causing. Subsequent exposures to the substance can result in physical symptoms that range from mild to severe.

Who Gets Allergies?

The tendency to develop allergies is thought to be inherited, because they commonly develop in those who have a family history of allergies. It is possible for anyone to develop allergies at any age. Allergies often occur in people who have other chronic conditions. This could mean allergen allergies in people with eczema, hay fever, or hives developed in those with a family history.

What Are Common Allergens?

Allergens can enter the body in a number of different ways, including inhaling pollen, drinking, ingesting food with bee stings, and contact with the skin or eyes. Common allergens include pollen, mold, animal hair or dander, dust mites, certain medications like aspirin, penicillin, and certain foods like peanuts, grains, eggs, milk, wheat, and soybeans.

Anaphylaxis: An Allergic Emergency

Anaphylaxis is a life-threatening reaction. The onset of this reaction may occur within minutes or minutes of exposure. Symptoms can include a rash with some redness of the face, hives, swelling, trouble breathing, and swelling of the throat, tongue, mouth, lips, and throat. There is a drop in blood pressure. Swelling can stop and the body may stop breathing. It is important to get immediate medical attention and death can occur within minutes. In the event of an allergic reaction, the following first aid and medications such as antihistamines may be used. However, these are not an allergy. Anaphylaxis is not a common reaction and can be prevented with proper medication and the help of a physician.

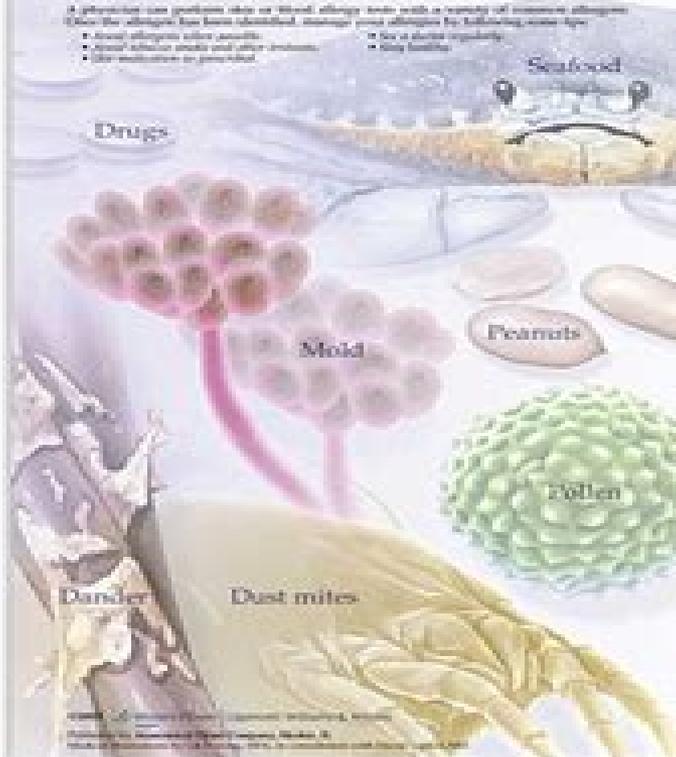
Managing Allergies

The first step in managing allergies is to identify the type of reaction you are having, whether it is an acute, chronic, or delayed reaction. Next, try to identify the trigger in the reaction that led to the symptoms. Ask yourself a few questions:

- Did you eat anything new?
- Did you use any new medicine?
- Did you get a new pet?
- Did you go to a new place?
- Did you get a new job?
- Did you get a new car?
- Did you get a new house?

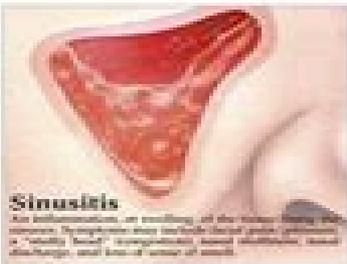
A physician can perform skin or blood allergy tests with a variety of common allergens. Once the allergen has been identified, manage your allergies by following some tips:

- Avoid allergen when possible.
- Use a doctor regularly.
- Avoid allergen when you are sick.
- Stay healthy.
- Use medication as prescribed.



Hay Fever (allergic rhinitis)

It is caused by an overreaction to pollen and other allergens. It affects the upper airway. Common symptoms include sneezing, itchy nose, itchy throat, and watery, itchy, swollen, and red eyes.



Sinusitis

An infection or an swelling of the sinus cavity. Common symptoms include facial pain, pressure, a "stuffy nose", congestion, nasal discharge, and loss of sense of smell.



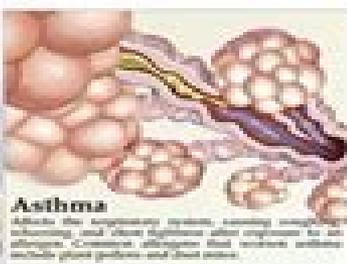
Eczema (atopic dermatitis)

A group of medical conditions that cause the skin to become inflamed or irritated. It causes itching and rashes of the skin characterized by lesions, scaling, and flaking.



Hives (urticaria)

An intensely itchy condition, pain and burning. An infection (bacteria or virus), or a result of the body's allergic reaction to certain allergens, or the substance itself.



Asthma

Affects the respiratory system, causing wheezing, coughing, and difficulty breathing. It is caused by an overreaction to an allergen. Common symptoms include chest tightness, coughing, and shortness of breath.



Contact Dermatitis

An inflammation of the skin caused by direct contact with an irritant or allergen. It causes redness, itching, swelling, or blistering of the skin.



Allergic Conjunctivitis

An inflammation of the conjunctiva, the tissue that lines the inner and outer surfaces of the eye. It is caused by an overreaction to an allergen. The eye becomes red, itchy, and watery.



Food Allergies

Symptoms include swelling of lips, throat, face, and tongue; hives; stomach pain; vomiting; abdominal cramps; diarrhea; and skin rashes. Food allergies may be life-threatening.



Drug Allergies

Certain medications can trigger allergic reactions ranging from mild rashes to life-threatening symptoms, which can affect any tissue or organ in the body.



Household Allergies

They often are environmental irritants that lead to hay fever and other symptoms. Many are completely avoidable with proper maintenance and regular cleaning. After there are symptoms for a reaction, the person should try to identify the allergen, and use a proper course of action.

Source: American College of Allergy, Asthma & Immunology, Inc. Allergy and Immunology, Inc. Allergy and Immunology, Inc. Allergy and Immunology, Inc. Allergy and Immunology, Inc.

Understanding Allergies

Ensheng Dong



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Table of Contents Understanding Allergies

1. Understanding the eBook Understanding Allergies
 - The Rise of Digital Reading Understanding Allergies
 - Advantages of eBooks Over Traditional Books
2. Identifying Understanding Allergies
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Understanding Allergies
 - User-Friendly Interface
4. Exploring eBook Recommendations from Understanding Allergies
 - Personalized Recommendations
 - Understanding Allergies User Reviews and Ratings
 - Understanding Allergies and Bestseller Lists
5. Accessing Understanding Allergies Free and Paid eBooks
 - Understanding Allergies Public Domain eBooks
 - Understanding Allergies eBook Subscription Services
 - Understanding Allergies Budget-Friendly Options

6. Navigating Understanding Allergies eBook Formats
 - ePub, PDF, MOBI, and More
 - Understanding Allergies Compatibility with Devices
 - Understanding Allergies Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Understanding Allergies
 - Highlighting and Note-Taking Understanding Allergies
 - Interactive Elements Understanding Allergies
8. Staying Engaged with Understanding Allergies
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Understanding Allergies
9. Balancing eBooks and Physical Books Understanding Allergies
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Understanding Allergies
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Understanding Allergies
 - Setting Reading Goals Understanding Allergies
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Understanding Allergies
 - Fact-Checking eBook Content of Understanding Allergies
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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