

# 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 clusters and affect both children and adults. This could mean allergen exposure to people with no family history or those diagnosed 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 (as with hot sauce), and contact with the skin or eyes. Common allergens include pollen, mold, animal hair or dander, dust mites, certain medications like penicillin, petroleum, 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, swollen lips and throat, and swelling of the airway, leading to breathing difficulty, and there is a drop in blood pressure. Swelling can stop and the body may stay open-throated, or medications to get additional opening, lower blood and death can occur. Anaphylaxis is the most severe allergic reaction and is potentially fatal and medications such as antihistamines are more likely to cause complications than any other allergens. Anaphylaxis is not a common reaction and can be prevented with proper medication use. The help of a physician.

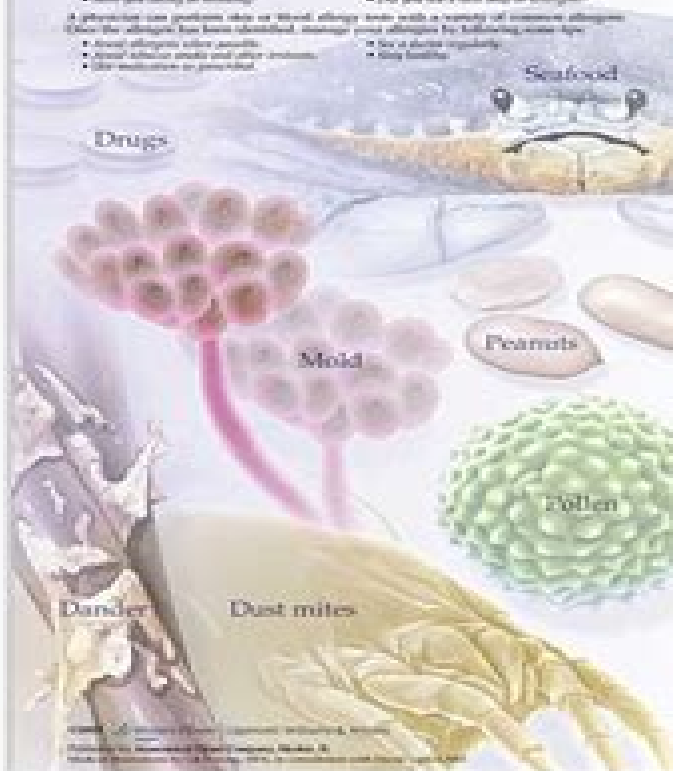
## Managing Allergies

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

- Did you eat anything new?
- Did you get a new pet?
- Did you get a new job or hobby?
- Did you get a new car or truck?
- Did you get a new house or apartment?
- Did you get a new job or hobby?
- Did you get a new car or truck?
- Did you get a new house or apartment?

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 after meals.
- Avoid allergen after exercise.
- Avoid allergen after stress.
- Use medication as prescribed.
- See a doctor regularly.
- Stop smoking.



## Hay Fever (allergic rhinitis)

Hay fever is a common allergic reaction that causes inflammation of the nasal passages. Common symptoms include sneezing, itchy nose, watery eyes, and a runny nose. Hay fever is usually seasonal and is caused by allergens in the air.



## Sinusitis

Sinusitis is an inflammation of the sinus cavities. Common symptoms include facial pain, pressure, and a runny nose. Sinusitis can be caused by allergens, bacteria, or viruses.



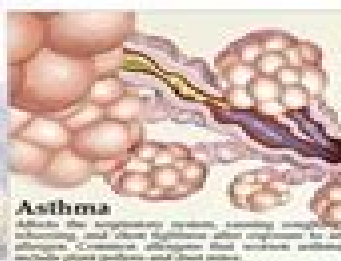
## Eczema (atopic dermatitis)

Eczema is a chronic skin condition that causes inflammation of the skin. Common symptoms include red, itchy, and scaly patches of skin. Eczema can be caused by allergens, stress, or dry skin.



## Hives (urticaria)

Hives are raised, red, and itchy welts on the skin. They are caused by an allergic reaction to an allergen, or by stress, infection, or certain medications.



## Asthma

Asthma is a chronic respiratory condition that causes inflammation and narrowing of the airways. Common symptoms include wheezing, coughing, and shortness of breath. Asthma can be triggered by allergens, stress, or exercise.



## Contact Dermatitis

Contact dermatitis is a skin condition that causes inflammation and redness of the skin. It is caused by direct contact with an allergen, such as a plant, metal, or chemical.



## Allergic Conjunctivitis

Allergic conjunctivitis is an inflammation of the conjunctiva, the tissue that lines the inner surface and inside of the eye. Common symptoms include redness, swelling, and discharge. It is caused by allergens in the air.



## Food Allergies

Food allergies are allergic reactions to certain foods. Common symptoms include hives, swelling, and difficulty breathing. Food allergies can be life-threatening.



## Drug Allergies

Drug allergies are allergic reactions to certain medications. Common symptoms include hives, swelling, and difficulty breathing. Drug allergies can be life-threatening.



## Household Allergies

Household allergies are allergic reactions to common household items. Common symptoms include hives, swelling, and difficulty breathing. Household allergies can be life-threatening.

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# Understanding Allergies

**B Lingard**



## **Understanding Allergies:**

## Decoding **Understanding Allergies**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Understanding Allergies**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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