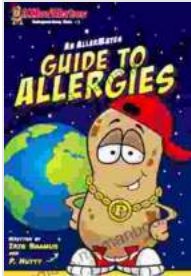


An Allermates Guide to Allergies: A Comprehensive Guide to Managing and Understanding Allergic Reactions



An AllerMates Guide to Allergies by Eva Bowen

★★★★★ 5 out of 5

Language : English

File size : 10075 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Print length : 19 pages

Lending : Enabled



What are Allergies?

Allergies are a common problem that affects millions of people worldwide. They occur when the body's immune system overreacts to a foreign substance, called an allergen. Allergens can be found in a variety of sources, including food, pollen, dust, and pet dander.

When an allergen enters the body, the immune system produces antibodies called immunoglobulin E (IgE). These antibodies bind to mast cells, which are found in the skin, lungs, and other tissues. When the allergen binds to the IgE antibodies, it triggers the mast cells to release histamine and other inflammatory mediators.

Histamine and other inflammatory mediators cause the symptoms of an allergic reaction, such as sneezing, runny nose, itchy eyes, and difficulty

breathing.

Symptoms of Allergies

The symptoms of an allergic reaction can vary depending on the type of allergen and the individual's sensitivity. Common symptoms of an allergic reaction include:

- Sneezing
- Runny nose
- Itchy eyes
- Difficulty breathing
- Hives
- Eczema
- Anaphylaxis

Anaphylaxis is a severe, potentially life-threatening allergic reaction that can occur within minutes of exposure to an allergen. Symptoms of anaphylaxis include:

- Difficulty breathing
- Swelling of the face, throat, or tongue
- Rapid pulse
- Dizziness
- Loss of consciousness

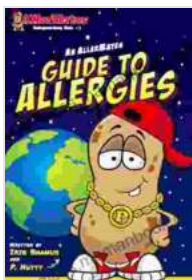
If you experience any of the symptoms of anaphylaxis, seek medical attention immediately.

Diagnosis of Allergies

The diagnosis of allergies is based on a medical history and physical examination. Your doctor will ask you about your symptoms, when they occur, and what triggers them. Your doctor may also perform a skin test or blood test to confirm the diagnosis.

A skin test involves injecting a small amount of allergen under the skin. If you are allergic to the allergen, you will develop a raised, itchy bump at the injection site.

A blood test can measure the levels of IgE antibodies in



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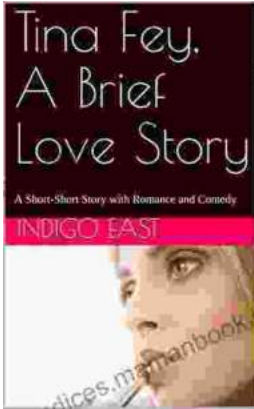
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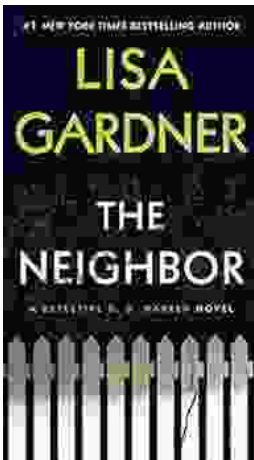
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