

Health Department



Allergy Awareness Month

Allergy Awareness Month is put forward by the Food Allergy Research and Education Organization. It Highlights the serious effects of food allergies. The goal of this week is to bring awareness, encourage respect, promote safety, and improve the quality of life of the 15 million living with food allergies.

Food Allergies:

A food allergy is a medical condition in which exposure to a food triggers a harmful immune response. The immune response, called an allergic reaction, occurs because the immune system attacks proteins in the food that are normally harmless. The proteins that trigger the reaction are called allergens.

Symptoms: The symptoms of an allergic reaction to food can range from mild (itchy mouth, a few hives) to severe (throat tightening, difficulty breathing). Anaphylaxis is a serious allergic reaction that is sudden in onset and can cause death.

Food Sensitivity:

A food sensitivity is different in that it usually comes on gradually and may only happen when you eat a lot of that particular food. It could also only happen if you eat the food multiple times during the week. It is also not life threatening.

Symptoms: Bloating, migraines, headaches, cough, runny nose, feeling under the weather, stomach ache, irritable bowel, and hives.

For more information about how to prevent and treat each condition check out our list of resources!

- <http://www.medicalnewstoday.com/articles/263965.php>
- <http://www.webmd.com/allergies/foods-allergy-intolerance#2>
- <https://www.foodallergy.org/facts-and-stats>
- <http://www.healthline.com/health/allergies/food-allergy-sensitivity-difference#food-sensitivities2>

