

Understanding and Managing

# ALLERGY



# What in ALLERGY?



**ALLERGY** is an overreaction of your body's immune system to certain harmless foreign substances called allergens, such as pollen, cat dander, dog dander, or food that doesn't cause a reaction in most people.



## What are common ALLERGIC SYMPTOMS?



Sneezing



Runny Nose



Watery Eyes



Itching



Rashes



Diarrhea

## What are various types of ALLERGIES?



SKIN ALLERGIES



ASTHMA



HAY FEVER



INTESTINAL ALLERGIES

# Are ALLERGIES CONTAGIOUS?

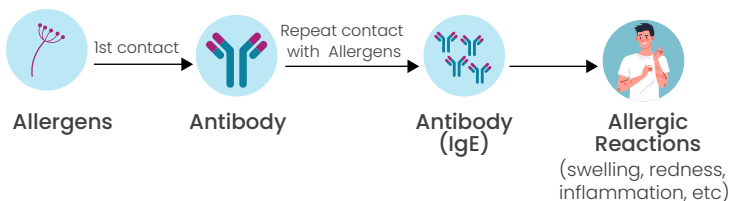
Allergies are not contagious as they are due to irregularity in the body's immune system.

Hence, they cannot be transmitted from one person to the other.



## Why do only a few people DEVELOP ALLERGY?

This is due to hypersensitivity of people to certain allergens.



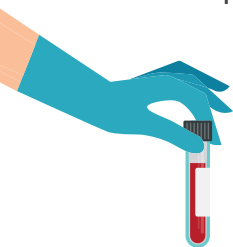
## Why do some individuals get allergies in PARTICULAR SEASON?

Some patients have allergies throughout the year (perennial allergies) as seen with dust mites which may be present in carpets and mattresses while some may get symptoms only with a particular season as seen with allergies to pollen and called as seasonal allergic rhinitis.



## How can I determine to which substance I AM ALLERGIC?

Many substances can trigger an allergic reaction. To determine which substance is triggering the allergy, a simple screening test is done that detects the total IgE level in your blood sample.



# Which are the **COMMON ALLERGENS?**



Smoke



Dust



Pollen



Chemicals



Fungi



Nuts



Beans



Potatoes



Carrots



Lobsters



Crabs



Shrimps



Milk



Plastic



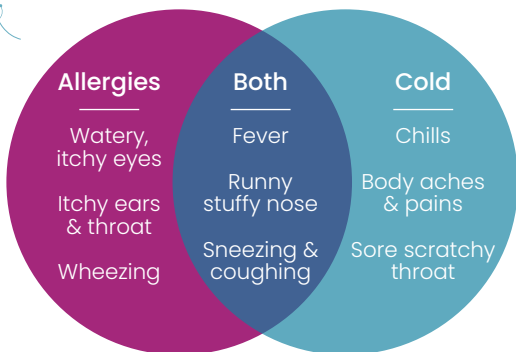
Penicillin



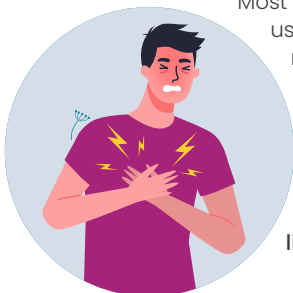
Insect  
Bites

These can lead to allergies in an individual who is prone to allergies.

## Is it **ALLERGIES** or just a **COLD**?



## Can allergies be **LIFE THREATENING?**



Most common allergy symptoms include usual coughing, sneezing, irritated eyes, rashes and stuffy or runny nose. But there are some severe rare cases, when an allergic reaction can be fatal.

This usually happens when an allergic reaction results in life-threatening anaphylaxis.

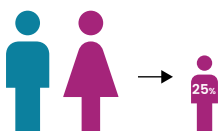
## Are Stress and Allergies **LINKED?**

Yes. Stress doesn't cause allergies, but it can make an existing reaction worse by increasing the level of histamine in your bloodstream.



## Are Allergies **HEREDITARY?**

Heredity can play some role in allergies



If one parent has an allergic disease, the chance of a child developing allergies is **25%**.



If both parents have allergies, then the chances of a child developing allergies are **50%**.

In many cases, allergies are first present during infancy or toddler years and will be a lifelong concern. Although some allergies can resolve on their own.

## Are **ALLERGY & ASTHMA**

similar to each other?



### Allergy

A condition of hypersensitivity caused by the overreaction of your body's immune system to harmless foreign substances.



### Asthma

A chronic lung disease which makes breathing hard and difficult. Asthma can be of two types, allergic & non-allergic.

# Are allergies in **CHILDREN** different from **ADULTS**?

It is very well known by now that allergies can occur at any point of time but hay fever or allergic rhinitis are most common during childhood. A child can outgrow common food allergies such as milk, egg, soy and wheat during his/her late teens.

Adulthood is more well known for its frequent sudden development of new allergies. Even if one has been living normally so far, a common harmless substance can suddenly become allergenic during adulthood.



## Can **ALLERGIES** be **CURED**?

No, some individuals may outgrow allergies but it cannot be cured. Thus prevention remains the mainstay of treatment.

### Avoid **Allergic Triggers**



Wash bedding regularly



Wash hands after playing with pets



Shut windows during pollen season



Avoid smoke, dust & fragrances

### Treatment of **Allergy**



Antihistamines



Decongestants



Nasal rinse/spray

Download mfine app to explore different allergy screening panels suitable to your symptoms!



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