

8th July | World Allergy Day

# What are allergies?

**Allergies are a condition in which the immune system reacts abnormally to a foreign substance generally considered harmless. In the context of allergies, these substances are called allergens.**

When a person has allergies, it's because his immune system is mistaking the allergen for a harmful invader and triggers a protective reaction.

This induces the production of a potent chemical compound called **histamine, who is responsible for the allergic reaction.**



## What substances can cause allergies?

- Aeroallergens, such as dust, mold and pollen;
- Foods, such as eggs, milk, fish, soy, wheat and nuts;
- Insect bites;
- Animal hair;
- Medicines;
- Latex.



## What are the signs and symptoms of allergies?

- Itchy nose, roof of mouth, throat and eyes;
- Sneezing attacks;
- Dry cough;
- Stuffy or runny nose;
- Tearing;
- Vomiting;
- Diarrhea;
- Skin irritation and itching.



benefits that truly benefit



## The danger of anaphylaxis!

Anaphylaxis is a type of acute allergic reaction, which can involve swelling, a drop in blood pressure, and in severe cases, shock. If not treated immediately, an anaphylactic shock can be fatal!

### Some warning signs of anaphylaxis:

- Difficulty breathing;
- Swelling of the throat or other areas of the body;
- Fainting;
- Chest tightness.

## How to deal with allergies?

Allergy treatments can range from the use of anti-allergic medications to deal with allergy attacks, to immunotherapy, which seeks to desensitize the immune system to the allergen, therein stopping the allergic reaction.



**Seek an immunologist to find out more about what treatment is best for you.**