

# You make me



**Jennifer Rager, DO**  
**Ear, Nose, and Throat**  
**Audiology**

**UPMC Susquehanna**

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# Food Allergy or Food Intolerance

## Food Allergy

- An abnormal reaction by the immune system to specific proteins in certain foods.

## Food Intolerance

- Occurs when you do not have enough of an enzyme needed to fully digest a particular food.

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# Most Common Food Allergies

- Eight foods account for 90% of all food allergies
  - Corn also plays a significant role
1. Peanuts
  2. Tree nuts (ex. walnuts and pecans)
  3. Shellfish
  4. Fish
  5. Milk
  6. Eggs
  7. Soy
  8. Wheat

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# Symptoms

- Itching or tingling in the mouth
- Difficulty breathing or swallowing
- Hives
- Eczema
- Swelling of the lips, tongue, throat, or face
- Diarrhea
- Vomiting
- Dizziness and fainting
- **Eosinophilic Esophagitis**

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# Anaphylaxis

- For some people, food allergies can cause a very severe reaction called anaphylaxis, which can be fatal, as it causes:
  - Constriction of the airways
  - Swelling of the throat
  - Difficulty breathing

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# Anaphylaxis

- Shock, accompanied by a severe drop in blood pressure
- Rapid pulse
- Dizziness
- Loss of consciousness

If you or someone you know enters a state of anaphylaxis, call 911 immediately; without emergency treatment, the person may suffer coma or death.

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## Risk Factors

- Cross-reactivity
- Asthma
- Family history

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# Diagnosis

- If you think you have a food allergy, your doctor may order one or more of the following:
  - Examination
  - Family history
  - Food diary
  - Elimination diet
  - Skin test
  - Oral food test
  - Blood test



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## Treatment

- If your doctor determines that you indeed have a food allergy, you will need to take steps to reduce or eliminate the problem foods from your diet.
- This will involve carefully reviewing food labels for ingredients to make sure that you are not allergic to any of them and steering clear of any risky foods while eating out.

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## Remember...

- Contact your doctor if you experience symptoms of a food allergy soon after eating.
- Seek emergency treatment if you think you are experiencing symptoms of anaphylaxis.

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**We Can Help**

**Jennifer Rager, DO**

**Community Care ENT**

**330 North 12 Street, Suite D**

**Sunbury, PA 17801**

**570-286-6405**

**UPMC Susquehanna**