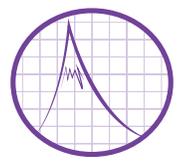




**PEAK MEDICAL
SPECIALTY CENTRES**



**PEAK SLEEP
CLINIC**



**PEAK PULMONARY
FUNCTION LABORATORIES**

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Food Related Reactions vs. True Food Allergy (IgE mediated)

| | | |
|---|---|--|
| <p>Sensitivity adverse reaction to a food that other people can safely eat. The symptoms can be unpleasant and in some cases severe, but they are generally not life threatening and do not involve the immune system.</p> | <p>Intolerance involves difficulty digesting or absorbing a particular food. Digestive problems or skin manifestation are common features. Common intolerances include milk and lactose (the sugar in milk), gluten, wheat, food preservatives, and naturally occurring compounds in food such as caffeine, salicylates, amines and glutamate.</p> | <p>IgE Mediated Allergy a true food allergy involves an abnormal and exaggerated immune system reaction to a particular food protein (allergen). When an individual is exposed to an allergen that the immune system perceives as a threat, antibodies called immunoglobulin E (IgE) are created. With subsequent exposures, chemicals such as histamine are released by the body, which trigger reactions that can affect various body systems (see Figure 2), usually within minutes of exposure. In some cases, the reaction can be severe or life-threatening (anaphylaxis, <1%)</p> |
| | <p>Celiac Disease a genetic autoimmune disorder where symptoms are triggered by the consumption of gluten found mainly in cereals, grains and wheat. Treatment involves continually maintaining a strict diet free of gluten and its byproducts.</p> | <p>Oral Allergy Syndrome type of food allergy classified by a cluster of allergic reactions mainly in the mouth in response to eating certain (usually fresh) fruits, nuts, and vegetables. It typically develops in adult hay fever sufferers, which represents cross-reactivity between distant remnants of tree or weed pollen.</p> |

Top Food Allergens in Canada



Even trace amounts can trigger a severe reaction

Symptoms of Food Allergy
(Figure 2)

Severe Symptoms

-  **LUNG:** Short of breath, wheezing, repetitive cough
-  **HEART:** Pale, blue, faint, weak pulse, dizzy
-  **THROAT:** Tight, hoarse, trouble breathing/ swallowing
-  **MOUTH:** Significant swelling of the tongue, lips
-  **SKIN:** Many hives over body, widespread redness/warmth
-  **GUT:** Repetitive vomiting, severe diarrhea
-  **OTHER:** Feeling something bad is about to happen, anxiety, confusion/headache

Mild to Moderate Symptoms

-  **NOSE:** Itchy/runny nose, sneezing
-  **MOUTH:** Itchy mouth
-  **SKIN:** A few hives, mild itch
-  **GUT:** Mild nausea/discomfort

The severity of allergic reactions to foods is variable and based on several factors. It cannot be accurately predicted by the severity of past reactions nor by bloodwork levels or the size of the wheal from the skin prick test.
<http://www.foodallergy.org/document.doc?id=294>



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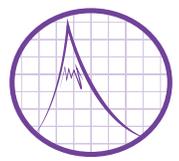


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- Physician-diagnosed food allergy has an estimated prevalence of up to 5 - 6% for young children and 3 - 4% for adults in westernized countries.
- Allergies to peanuts, tree nuts, fish and shellfish are often maintained through life, whereas milk, egg, wheat and soy allergies can often be outgrown by school age or mid-teens.
- Individuals who develop an allergy during adulthood are like to keep it throughout their lifetime.
- Your risk of having food allergies is higher if you have a parent who suffers from any type of allergic disease (asthma, eczema, food allergies, or environmental allergies such as hay fever).

Management & Treatment

For those with food allergies, sensitivities or intolerances, avoiding specific foods and ingredients is an important health challenge. Nutritional counseling and regular growth monitoring for all children with food allergies is recommended.

Strategies you can put in place to help manage food allergy and intolerance include:

- **Plan ahead**
- **Educate those around you**
- **Always read the food label**, even if the product has been eaten safely before
- **If there is no label and you cannot access clear information on food content, do not eat the food**
- **Have a safe snack available** when you go out. Otherwise, if you are hungry, you may be more tempted to take a risk with a non-labelled food purchase
- **Do not share** straws, cups, cutlery and other food utensils if you have a food allergy
- **Call food manufacturers and ask** about food labels if you are unsure about a product
- **Be extra careful when eating away from home.** While a particular food order may be fine to eat, questions must be asked about the risk of cross contamination during food preparation
- If you have been prescribed an adrenaline auto-injector, always carry it with you.

http://www.foodauthority.nsw.gov.au/_Documents/consumer_pdf/Foodallergies_brochure.pdf

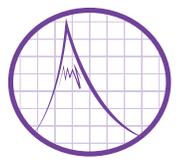


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An effective food allergy treatment plan includes all of the following:

- Strict avoidance of problem foods
- Working with your doctor to develop a Food Allergy & Anaphylaxis Emergency Care Plan
- Wearing emergency medical identification (e.g., bracelet, other jewelry) at all times
- Carrying your medication (Epinephrine auto-injector) wherever you go
- Taking your medication at the first sign of a reaction
- Getting to an emergency room for follow-up treatment if you have a severe reaction

For More Information

Health Canada – Food Allergies & Intolerances

<http://www.hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php>

Food Allergy Research & Education

<http://www.foodallergy.org/about-food-allergies>

Newly Diagnosed Support Centre – Anaphylaxis Canada

<http://www.allergysupportcentre.ca/>

AllergyHome

<http://www.allergyhome.org/>

Allergy Translation

<http://allergytranslation.com/>