

Chapter 1 : About Your Privacy on this Site

consider allergy shots if you child has moderate to severe allergy symptoms that are hard to control Allergy Medicines Since avoiding allergy triggers can be tough, especially if your child has seasonal allergies, many children with allergies require allergy medicines for allergy relief.

Food Everyday Solutions are created by Everyday Health on behalf of our partners. More Information Content in this special section was created or selected by the Everyday Health editorial team and is funded by an advertising sponsor. The sponsor does not edit or influence the content but may suggest the general topic area. Childhood allergy tests are a rite of passage for parents and children trying to identify the culprits behind allergic reactions. Fears about allergy testing can spread throughout the family, especially when tests may induce an allergic reaction. Preparing for Skin Tests There are two types of skin tests. The percutaneous skin test introduces a diluted version of the allergens to the top layer of skin with a scratch or a prick. The intradermal skin test uses a needle to inject the allergens. Preparation for skin tests should begin a week before the actual test, when you stop giving your child antihistamines. Talk to your doctor about how to prevent allergic reactions during that week. When you talk about the upcoming skin tests with your child, be factual. Reassure your child that she will be exposed only a very tiny amount of allergen and that the allergy team is there to protect her from dangerous reactions. If your child is curious about how the percutaneous test will feel, Kerns suggests using a plastic toothpick to press gently on the skin. Kerns compares the sensation to a stiff brush. However, be ready to comfort your child if needed. You and your child will then have to wait for an allergic reaction to develop, usually for about 15 minutes. Kerns says many parents bring a tablet, smartphone, hand-held game device, books, or puzzles to keep their child busy. Babies and toddlers might be comforted with small, familiar toys, a pacifier, or bottle. If you want to bring food for a snack, check with the office first and be sensitive to other patients who have food allergies. Also consider bringing a camera or using your camera phone. The nurse will measure the reaction and then put on a topical steroid or give an oral antihistamine to calm the reaction. The doctor will then go over how treatment and daily habits might change based on the results of the testing, as well as discuss ways to avoid the allergens. After the percutaneous tests, your child might need intradermal allergy tests to further understand any reaction to antibiotics or venoms. This additional testing may help more accurately determine which type of insect venom your child reacts to. Because these tests involve needles and can be painful, talk to your medical team about how to help your child handle them. Preparing for Allergy Blood Tests A blood draw for allergy testing is quick but does involve a needle. Explain calmly and accurately what will happen during the blood draw. Remind your child that this is part of finding out why he or she has allergy symptoms. Some children will do better sitting on your lap for the blood test, especially if you distract them with a toy. Testing for Food Allergies With Diet Another step for children with food allergies is the food challenge. If skin testing reveals a food allergy, the doctor will recommend avoiding that food until blood tests reveal the severity of the allergy. Then your child might undergo a supervised food challenge test, slowly increasing the amount of that food he or she eats to determine when the allergy is triggered. Be cautious with this approach, and make sure that your child is getting good nutrition. Keep a careful log of foods and symptoms, work with your allergist, and make sure you have rescue medications, such as injectable epinephrine , on hand if there is a risk of a severe allergic response.

Chapter 2 : A Parents' Guide to Dealing with Kids with Severe Allergies :: calendrierdelascience.com

Parents Guide to Childrens Food Allergies Having an allergy to a particular food or group of foods can either be a minor annoyance or a life-threatening matter. The unfortunate issue with childrens food allergies is that they are hardly ever realized until an allergic reaction has occurred.

June 5, by Christopher C. That is what happened to B. It seemed like a small reaction. But later that summer, when B. Among adults in North America, the most common allergen is shellfish. A muscle protein, tropomyosin, is the major allergenic factor contained in shellfish but not in other types of fish. Shellfish includes both crustaceans shrimp, crab, lobster and mollusks clams, mussels, oysters. What precautions should parents take? For those with a known shellfish allergy, obviously the first line of defense is avoidance. Parents should be cautious in restaurants and ask about food preparation “are fish and shellfish prepared separately? Parents should also be aware of misleading product names and cross-contamination in packaged products. For example, imitation crab is really fish usually Alaskan Pollack. Labeling laws require food allergens to be identified in plain English, even if the product contains a very small amount of any of the "top 8": Milk, eggs, soy, wheat, peanut, tree nut, fish and shellfish. Is it possible to react to shellfish without ingesting it? Shrimp that is boiled or stir-fried, for example, can be aerosolized and trigger a reaction in someone who is highly sensitive to the allergen. In that case, be especially cautious about taking a child to any place where shellfish is being prepared. This is true for seafood allergens, but not typical for other common food allergens, such as nuts or egg. Can allergies be inherited? Your tendency to develop shellfish allergies is influenced by both genetics and geography. Children with a family history of this type of allergy are more prone to develop it themselves. Can shellfish allergy be mistaken for food poisoning and vice versa? Yes, people can be sickened by eating seafood, but not necessarily be allergic to it. One way to know for sure is to be evaluated by a specialist. Does your child have a food allergy? How do you keep him or her safe? June 5, - 1:

Chapter 3 : A parent's guide to shellfish allergies

The Parent's Guide to Food Allergies addresses in detail the practical, physical, and emotional issues kids and their families face, including vital information on: handling emergencies --stocking a kitchen with safe, appealing foods--helping a child adjust easily in school --dealing with the stress that having a food-allergic child puts on.

Chapter 4 : Asthma Allergies Children: A Parent's Guide " Today's Health Watch

Allergy Education for Children. Allergies and Kids - Fun and educational page for children to learn about problems with allergies. Kids Health and Allergies - Medical information about the issues of allergies in kids. Kids With Food Allergies - Information for children about how to deal with food allergies.

Chapter 5 : A Parent's Guide to Child Allergy Testing | Everyday Health

A Parents' Guide to Dealing with Kids with Severe Allergies Parents of children who have life-threatening allergies to food, insect bites, and other triggers, know how important it is to have the right information.

Chapter 6 : Parents' Guide to Allergy in Children | JAMA Pediatrics | JAMA Network

Allergies are among the fastest growing chronic conditions in childhood. Allergic rhinitis (hay fever) alone is the third most common chronic disease in U.S. kids, affecting up to 40 percent of the population, according to the American College of Allergy, Asthma and Immunology (ACAAI).