

Peanut allergy

- Peanut proteins are recognized as harmful antigens
- Severe reaction can happen even by inhaling the odor of peanut
- 1/200 people may be allergic to nuts and the number is growing
- Symptoms:
 - Running nose, hives, rash
 - Tightness in the throat, hoarse voice, wheezing, cough, nausea, vomiting, stomach pain, diarrhea
 - Anaphylaxis- blood pressure dropping, breathing tube narrowing, tough swelling, facial swelling, collapsing
- No specific medicine for nuts allergy
- Anyone can develop peanut allergy
- If in doubt, go to doctor and get a skin test and a blood test (RAST)

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- Peanut allergy management
 - **Avoidance**
 - Hidden peanut ingredients such as peanut oil and peanut butter
 - Food with unknown ingredients: sauce, dressing, gravy mix, candy, cake and pastry, veggie burger.....
 - Processed food produced by factories that manufacture other food that contain peanut ingredients
 - **Education and awareness**
 - Let people around you know about your condition and what to do
 - **Be prepared**
 - Have a plan for accidental indigestion of peanut
 - Epinephrine injection-carry it all the time; assign someone to give you the shot
 - Parents whose kids have peanut allergy should learn CPR