

Symptoms and Management of Allergies

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Allergies are an overreaction of the immune system to common things such as foods, dander from hairy animals, or pollen. The immune system is a sophisticated system that protects the body against foreign invaders like germs and viruses while also looking for abnormal alterations in the individual's own cells. Allergens are foreign substances that produce an allergic reaction in the body [1].

This is an overview of how the immune system responds to allergies and why some people become allergic. Allergic rhinitis (nose allergies), allergic conjunctivitis (eye allergies), allergic asthma, urticaria (hives), and food allergies are among the most prevalent allergic illnesses identified. The allergic antibody is IgE. IgG, IgM, and IgA are the additional antibodies that fight infection. Allergies can occur at any age, even maturity, despite the fact that many people outgrow them over time.

Allergies can strike at any age, although the majority of food allergies begin in childhood and are quickly outgrown. Allergies to the environment might strike at any time. The earliest period of exposure or sensitization may begin even before birth. Individuals with allergies might also outgrow them over time. Although it is unclear why some people acquire allergies and others do not, there are various risk factors for allergic reactions. History of the family.

The eyes, nose, lungs, skin, and gastrointestinal tract are among the body parts that are susceptible to allergic symptoms. Although the various allergic diseases may appear to be different, they all stem from a hypersensitive individual's immune response to foreign substances. The following are brief descriptions of some of the most common allergic conditions [2].

The treatment for allergies is determined on the severity of the problem. The following are some general guidelines:

Environmental control measures: Their effectiveness is limited.

For dust mites, it helps to decrease humidity in the home and wash bedding in hot water once weekly.

Avoidance is the most successful strategy for pets. Because cat allergen is spread through the air, having a cat in the house will trigger allergic reactions.

It's possible that keeping dogs out of the bedroom will assist to alleviate symptoms. Bathing both cats and dogs can help to reduce the allergy burden. Although a hypoallergenic dog does not exist, hypoallergenic cats have been bred. On high pollen days, keep windows closed and remain inside.

Medications can help lower your immune system's reactivity and alleviate symptoms depending on your allergy. Your doctor may prescribe over-the-counter or prescription medication in pill or liquid form, nasal sprays, or eye drops [3].

Your doctor may recommend allergen immunotherapy if you have severe allergies or if other treatments aren't working. This treatment entails a series of pure allergen extract injections over a period of several years. A tablet that is inserted beneath the tongue (sublingual) until it dissolves is another type of immunotherapy. Some pollen allergies are treated using sublingual medications.

You may need to carry an emergency epinephrine shot with you at all times if you have a severe allergy. An epinephrine shot (Auvi-Q, EpiPen, and others) is used to treat severe allergic reactions and can help you feel better until you can seek emergency help.

References

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