

verifica la comprensione

Leggi il brano e rispondi alle domande.



Food allergies and reactions

Allergens are common, usually harmless things such as pollen, mold spores, animal dander (dead skin flakes and saliva), dust, foods, insect sting poison, and drugs. Allergens cause people who have allergies to sneeze, wheeze, cough or have other symptoms.

People with allergies are born that way, the same way some people are born with brown hair or blue eyes. However, when you are near these allergens, your body can overreact in a number of ways. The pollen, dust or other allergen can make you cough, sneeze or even have trouble breathing.

Once you have food allergies, there are not any medicines that make food allergies go away. If you are allergic to a certain food, the only way to make sure you won't have a reaction is to never taste, touch or even smell the food.

When some people eat certain foods, even a tiny bit, they can have an allergic reaction, such as a rash, runny nose or itchy eyes. Some could even have a more serious reaction that can cause death. That type of reaction is called anaphylaxis.

A food that causes an allergic reaction is called a food allergen. It's usually the protein part of the food

(also called a food protein) that cause the allergic reaction.

If you are allergic to a certain food your body could respond in several ways:

- Your skin could become red, itchy or develop a rash.
- Your nose could become stuffy or itchy, you might start sneezing, or your eyes could itch and develop tears.
- You might vomit, have stomach cramps or diarrhea.
- Hoarseness, throat tightness, or a lump in your throat.
- Wheezing, chest tightness or having a hard time breathing.
- Tingling in the hands or feet, lips or scalp.

If you have any of these reactions, call 118. An anaphylactic reaction moves very quickly and can cause death.

Avoid the food (or food proteins) you're allergic to. If, for example, you're allergic to milk, avoid milk, yogurt, ice cream and anything that is made with milk. This sounds simple, but food proteins can hide in places you might not expect to find them, most often as ingredients in other foods.

Food labels usually list all the ingredients in any given food. That's why it's a good idea, if you have food allergies, to read the labels. If you see one of your food allergens is listed, don't eat the food.

If you have food allergies, don't be shy about asking restaurants, friends, or anyone else serving you food to list the food's ingredients. Tell them you have food allergies and it's important that you know so that you don't become sick.

Food allergy is a serious condition, but by working with your doctor and avoiding foods, you can stay healthy. Your doctor can answer other questions you might have about food allergies.

(www.aaaai.org)

- a) What causes allergies?
- b) What are the symptoms of food allergy?
- c) How dangerous can food allergies be?

