

# SOUTHCOAST HEALTH'S ALLERGY AWARENESS FACTS

More than 50 million Americans suffer from allergies each year.\*

Allergies are the **6th** leading cause of chronic illness in the U.S.\*

## WHAT IS AN ALLERGY?

An adverse reaction to substances outside of the body, called allergens. Common allergens include:



POLLEN



FOODS



ANIMALS



INSECTS

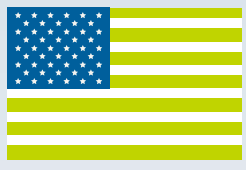


INDUSTRIAL & HOUSEHOLD CHEMICALS



MEDICINES

## FOOD ALLERGIES IN THE U.S.



15 million Americans have food allergies.

While there is no cure, researchers are working to find treatments to prevent life-threatening reactions.\*\*



Every 3 minutes a food allergy reaction sends someone to the ER.\*\*

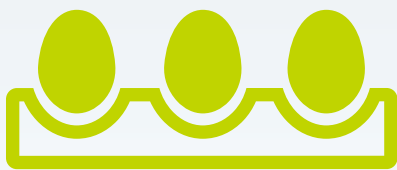
5X

Life-threatening allergic reactions to food have increased by 5X over the last decade. \*\*

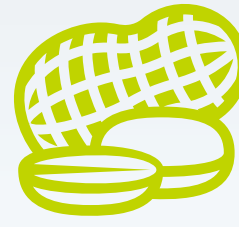
While you can be allergic to any type of food, there are 8 foods that cause the most reactions.



Milk



Eggs



Peanuts



Tree Nuts



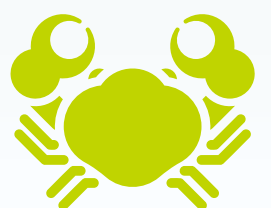
Soy



Wheat



Fish



Shellfish

## WHAT CAUSES AN ALLERGIC REACTION?

The body's immune system mistakenly identifies allergens as harmful substances and releases chemicals called histamines to fight the allergens. Once the histamines are released, they cause allergy symptoms.

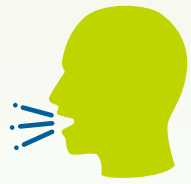
Common Allergy Symptoms Include:



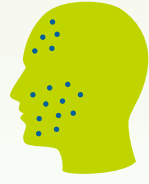
Runny Nose



Wheezing, Shortness of Breath



Coughing, Scratchy Throat



Rashes



Watery or Red Eyes



Headache



Nausea

## GET MEDICAL HELP FOR YOUR ALLERGIES WHEN



- Consistent reoccurrence of one or more of the listed symptoms that restrict your way of life
- Over the counter medicine is not helping
- Frequent short of breath and feel tightness in your chest