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International Fortnightly
Health Email

Fortnightly Challenge

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This fortnight's healthy topic...

Health Hit: Allergies



So what is an allergy?

A disorder in which a person's immune system reacts to substances in the environment, called allergens, that don't concern most people. Common allergens are found in pollens, fur, feathers, dust, drugs, dyes, cosmetics and some foods.

How common are allergies?

Allergies are very common in Australia with 1 in 3 people developing an allergy in their lifetime.

What are the symptoms?

When a person who is allergic to a particular allergen comes into contact with it, an allergic reaction occurs. This can cause one or more of a range of symptoms occurring in different parts of the body.

- Nose and/or Eyes - **Hay fever**
- Skin - **Eczema, Hives**
- Lungs - **Asthma**
- Stomach and Bowel - **Vomiting, Cramps, Diarrhoea**

Untreated, the symptoms of allergic reactions can be a continual source of irritation and discomfort that can severely affect a person's quality of life.

A small number of allergy sufferers are at risk of a potentially life threatening reaction, known as **anaphylaxis**. Anaphylaxis is commonly associated with peanut, drug, insect sting and shellfish allergies, and sufferers may require life-saving medication.

What can I do to manage my allergy?

Step 1 - Identify the cause of your allergy and take measures to reduce your level of exposure.

Step 2 - Consult your doctor to implement an effective allergy management plan.

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**