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Connecting For Kids 9/20/2016

Westlake Porter Library

What is a food allergy?

- I define food allergy as food induced anaphylaxis, Eosinophilic esophagitis or rarely other stomach issues. This reaction is due to the Immune system recognizing the protein in the foods and causing a reaction.
- Contact hives from foods is not a food allergy- It does suggest the possibility for a food allergy.
- Eczema is a skin disease that predisposes kids to developing food induced anaphylaxis.
 Foods do not "cause" eczema

How do you know if you have a food allergy?

- Eat the food and see what happens is the best test.
- Skin or blood testing are good at saying you are not allergic if they are negative. There are few false negatives.
- Skin or blood testing however have a high rate of false positives. We use tests to confirm what we suspect.

How do you treat food allergies?

- Though there are some treatments being studied such as OIT, most are still being researched.
- Avoidance of the food is the most important way to prevent a reaction.
- Knowing when and how to recognize Anaphylaxis is the first step
- Knowing when to use antihistamines and when to use self-injectable epinephrine is the next step.

Tips for food avoidance?

- How to read a label- Food allergy.org
- "Managing Food Allergy-CoFar" On YouTube- covers what a reaction looks like and how to prevent contamination when making food. (10:14)
- Foodallergy.org; N
- CoFARgroup.org: "Food Allergy Basics for the Newly Diagnosed" and to use the "Parent's Checklist"

School resources

- Centers for Disease Control & Prevention (CDC) published "Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs"
- Ohio DEP resource: http://education.ohio.gov/Topics/Other-Resources/Food-and-Nutrition/Resources/Food-and-Nutrition/Food-Allergy-Policy-Requirements-and-Guidance (Just Google Ohio Food Allergy Guidelines.)

Miscellaneous:

Specific Foods

 Milk, egg, peanuts, tree nuts (Almond, Brazil nut, Cashews/Pistachios, Hazelnut, Pecan/Walnut), Finfish, Crustaceans, Mollusks

Peanut- Highly refined peanut oil does not have to be avoided. Cold pressed expeller extruded peanut oil used for flavor does have to be avoided.

Coconuts are not tree nuts

People with peanuts do not automatically have to avoid Tree nuts.

Recommendations to introduce high risk foods have changed. It is not advised to avoid foods until any particular age. In fact early introduction of peanuts and likely eggs DECREASES risk for food allergy to peanuts.

 This means that unnecessary avoidance likely INCREASES the risk for food allergies developing.

Wash your hands when touching your baby, kid with eczema- the foods are on your fingers.

Kids with Egg Allergy CAN get the Flu shot, and the MMR.

Washing hands with soap and water gets food allergens off. Using baby wipes works as well.

Peanut and Tree nut free schools are not the solution- food allergen safe schools are.

Food allergy bullying is real and should be discussed and stopped. Advocate for your child.

Anaphylaxis is like a fire inside of the body- Antihistamines like Diphenhydramine (Benadryl) turn down the heat. Epinephrine puts out the fire!

You should fear not using the epinephrine more than you should fear using it during anaphylaxis.



How to Read a Label for a Sesame-Free Diet

Sesame is not currently included in the list of major allergens that must be declared by food manufacturers as part of the Food Allergen Labeling Consumer Protection Act (FALCPA). The list below includes information about ingredients to avoid if you have a sesame allergy, including uncommon names for the ingredient.

For a Sesame-Free Diet

Avoid foods that contain sesame or any of these ingredients:

Benne, benne seed, benniseed

Sesame flour

Sesame seed

Sim sim

Gingelly, gingelly oil

Sesame oil*

Sesamol

Tahini, Tahina, Tehina

Gomasio (sesame salt)

Sesame paste

Sesamum indicum

Halvah

Sesame salt

Sesemolina

Sesame may also be included and undeclared in ingredients such as flavors or spice blends. If you are unsure whether or not a product could contain sesame, you should call the manufacturer to ask about their ingredients and manufacturing practices. Because spice blend and flavoring recipes are generally considered proprietary information, it is advised to specifically inquire if sesame is used as an ingredient, rather than simply asking what ingredients are used in a flavoring or spice blend.

Sesame has been found as an ingredient in the food items listed below. Please note this list is not all inclusive. It does not imply that sesame is always present in these foods. It is intended to serve as a reminder to always be vigilant and ask questions about ingredients before eating a food that you have not prepared yourself.

Examples of foods that may contain sesame include:

Asian cuisine (sesame oil is commonly used in cooking)

Baked goods (such as bagels, bread, breadsticks, hamburger buns and rolls)

Bread crumbs

Cereals (such as granola and muesli)

Chips (such as bagel chips, pita chips and tortilla chips)

Crackers (such as melba toast and sesame snap bars)

Dipping sauces (such as baba ghanoush, hummus and tahini

Dressings, gravies, marinades and sauces

Ethnic foods such as flavored rice, noodles, risotto, shish kebabs,

stews and stir fry

Falafel

Goma-dofu (Japanese dessert)

Herbs and herbal drinks

Margarine

Pasteli (Greek desert)

Processed meats and sausages

Protein and energy bars

Snack foods (such as pretzels, candy, Halvah, Japanese snack

mix and rice cakes)

Soups

Sushi

Tempeh

Turkish cake

Vegetarian burgers

Sesame may also be found in non-food items, including:

Cosmetics (including soaps and creams)

Medications

Nutritional supplements

Pet foods

In non-food items, the scientific name for sesame, Sesamum indicum, may be on the label.



^{*}Studies show that most individuals with specific food protein allergies can safely consume highly refined oils derived from the original food source (examples include highly refined peanut and soybean oil). Because sesame oil is not refined, it is recommended that it be avoided by individuals with sesame allergy.

| FAI | RE | |
|-----------------|--------------|--------|
| Food Allergy Re | search & Edu | cation |

FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLA

| Name: | D.O.B.: PLAC | | | | |
|--|--|--------------|--|--|--|
| Allergy to: | | PICTURE HERE | | | |
| Neight: | Ibs. Asthma: Yes (higher risk for a severe reaction) No | | | | |
| N | NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE. | | | | |
| Extremely rea | active to the following allergens: | | | | |
| THEREFORE: | | | | | |
| The same of the sa | d, give epinephrine immediately if the allergen was LIKELY eaten, for ANY symptoms. | | | | |
| If checked | d, give epinephrine immediately if the allergen was DEFINITELY eaten, even if no symptoms are apparent. | | | | |

FOR ANY OF THE FOLLOWING:

SEVERE SYMPTOMS



Short of breath. wheezing, repetitive cough



HEART

Pale, blue, faint, weak pulse, dizzy



THROAT

Tight, hoarse. trouble breathing/ swallowing



MOUTH

Significant swelling of the tongue and/or lips

OR A

COMBINATION of symptoms

from different

body areas.



SKIN

Many hives over body, widespread redness



Repetitive vomiting, severe diarrhea



Feeling something bad is about to happen.



anxiety, confusion





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INJECT EPINEPHRINE IMMEDIATELY.

- 2. Call 911. Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.
- Consider giving additional medications following epinephrine:
 - Antihistamine
 - Inhaler (bronchodilator) if wheezing
- Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.
- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Alert emergency contacts.
- Transport patient to ER, even if symptoms resolve. Patient should remain in ER for at least 4 hours because symptoms may return.

MILD SYMPTOMS











NOSE

Itchy/runny nose, sneezing

MOUTH

Itchy mouth A few hives. mild itch

Mild nausea/ discomfort

FOR MILD SYMPTOMS FROM MORE THAN ONE SYSTEM AREA, GIVE EPINEPHRINE.

FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA. FOLLOW THE DIRECTIONS BELOW:

- 1. Antihistamines may be given, if ordered by a healthcare provider.
- 2. Stay with the person; alert emergency contacts.
- Watch closely for changes. If symptoms worsen, give epinephrine.

MEDICATIONS/DOSES

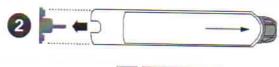
| Epinephrine Dose: | 0.15 mg IM | 0.3 mg IM |
|-----------------------|-----------------------|-----------|
| Antihistamine Brand | or Generic: | |
| Antihistamine Dose: | | |
| Other (e.g., inhaler- | pronchodilator if whe | ezing): |



FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLA

EPIPEN® AUTO-INJECTOR DIRECTIONS

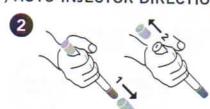
- 1. Remove the EpiPen Auto-Injector from the clear carrier tube.
- Remove the blue safety release by pulling straight up without bending or twisting it.
- 3. Swing and firmly push orange tip against mid-outer thigh until it 'clicks'.
- 4. Hold firmly in place for 3 seconds (count slowly 1, 2, 3).
- 5. Remove auto-injector from the thigh and massage the injection area for 10 seconds.





ADRENACLICK® (EPINEPHRINE INJECTION, USP) AUTO-INJECTOR DIRECTIONS

- 1. Remove the outer case.
- 2. Remove grey caps labeled "1" and "2".
- 3. Place red rounded tip against mid-outer thigh.
- 4. Press down hard until needle enters thigh.
- 5. Hold in place for 10 seconds. Remove from thigh.





ADMINISTRATION AND SAFETY INFORMATION FOR ALL AUTO-INJECTORS:

- Do not put your thumb, fingers or hand over the tip of the auto-injector or inject into any body part other than mid-outer thigh. In case of accidental injection, go immediately to the nearest emergency room.
- 2. If administering to a young child, hold their leg firmly in place before and during injection to prevent injuries.
- 3. Epinephrine can be injected through clothing if needed.
- 4. Call 911 immediately after injection.

OTHER DIRECTIONS/INFORMATION (may self-carry epinephrine, may self-administer epinephrine, etc.):

Treat the person before calling emergency contacts. The first signs of a reaction can be mild, but symptoms can worsen quickly.

RESCUE SQUAD: DOCTOR: PHONE: PHONE: