

HEALTH STATUS ISSUES

Allergies and Intolerances

Food Allergies

A food allergy occurs when your immune system responds to a food it mistakenly believes is harmful. When the food is eaten, the immune system immediately releases huge amounts of chemicals into your body to 'protect it' against the food.

These chemicals then cause allergic symptoms that can affect your breathing, skin and cardiovascular system.

Common Triggers

Allergens are substances that cause allergic reactions.

Common food allergens include;

- ❑ Seafood
- ❑ Gluten (wheat, barley, oats)
- ❑ Milk
- ❑ Nuts – especially peanuts
- ❑ Sesame seeds



Food Intolerances

A food intolerance occurs when the nerve endings in different parts of the body become irritated, causing symptoms such as; stomach & bowel troubles, headaches, swelling or hives.

The main difference between a food allergy and intolerance is that a food intolerance takes a lot longer to appear, often several hours or a few days.

Common Triggers

- ❑ Milk
- ❑ Eggs
- ❑ Nuts
- ❑ Fish/ Shellfish
- ❑ Wheat/flour
- ❑ Chocolate
- ❑ Artificial Colours
- ❑ Pork/Bacon
- ❑ Soft Cheese



What is an anaphylactic reaction?

- Anaphylaxis, otherwise known as an anaphylactic reaction is a severe allergic reaction that causes a life-threatening response involving the whole body.
- This reaction can lead to difficulty breathing and shock ultimately leading to death.

EpiPen



How to give EpiPen® or EpiPen® Jr



1
Form fist around EpiPen® and PULL OFF GREY SAFETY CAP.



2
PLACE BLACK END against outer mid-thigh (with or without clothing).



3
PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds.



4
REMOVE EpiPen® and DO NOT touch needle. Massage injection site for 10 seconds.

Coeliac Disease (Gluten Intolerance)

In people with coeliac disease the immune system reacts abnormally to gluten (a protein found in wheat, rye, barley and oats), causing small bowel damage. The tiny, finger-like projections which line the bowel (villi) become inflamed and flattened.



Healthy Villi

**Villi affected with
Coeliac Disease**

