

Understanding Allergies

What Is An Allergy?

An allergy is an abnormal reaction of the body to a substance that is usually harmless. The reaction is caused by the immune system, which is designed to protect the body from harmful substances.

What Causes Allergies?

Allergies are caused by the immune system reacting to a substance that it perceives as harmful. This reaction is often triggered by a substance that is harmless to most people, such as pollen, dust, or food.

What Are Common Allergens?

Common allergens include pollen, dust, mold, pet dander, and food. These substances can trigger an allergic reaction in some people.

Experiencing An Allergic Reaction?

Experiencing an allergic reaction can be uncomfortable and sometimes dangerous. Symptoms can range from mild itching and sneezing to severe swelling and difficulty breathing.

Managing Allergies

Managing allergies involves avoiding allergens whenever possible. If avoidance is not possible, medications can be used to relieve symptoms. In severe cases, allergy shots may be recommended.

Hay Fever (Allergic Rhinitis)

Hay fever is a common allergic reaction that causes inflammation of the nasal passages. Symptoms include sneezing, runny nose, and itchy eyes.

Atopic Dermatitis

Atopic dermatitis is a chronic skin condition that causes intense itching and inflammation. It is often associated with other allergic conditions.



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