React with Respect
Food Allergy 101 for Newly Diagnosed, Caregivers, and Community Members

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Today’s Presenter

Scott Riccio
and family
WHAT YOU CAN DO

Know that 15 million Americans have food allergies, a potentially life-threatening medical condition.

Learn the symptoms of an allergic reaction.

Learn how to use an epinephrine auto-injector, the first-line treatment for severe allergic reactions. You never know when you may be able to help someone in need.

Visit foodallergy.org to learn more.
Food Allergy is a Growing Public Health Issue

15 million Americans with food allergies

www.foodallergy.org
If the food allergy community were a state, it would be the 5th largest state in the U.S. by population.

The number of people with food allergies in the U.S. is greater than the entire populations of New York City, Los Angeles and Chicago combined.
Food Allergy is on the Rise

- According to a 2013 study by the Centers for Disease Control and Prevention, there has been an **50% increase** in food allergy among children between 1997 and 2011.

- In addition, more than **30 percent** of children with a food allergy (almost 1 in 3) have multiple food allergies.
What is a food allergy?

The role of the immune system is to protect the body from germs and disease.

- A food allergy is an overreaction by the immune system to a food protein.
- When the food is eaten, the immune system thinks the food is harmful and releases histamine and other chemicals to “attack” the enemy.
- There is no cure for food allergy.
  - Strict avoidance of problem food is the only way to prevent an allergic reaction.
Eight foods are responsible for the majority of food allergy reactions in the United States:

- Peanut
- Tree nuts
- Milk
- Egg
- Wheat
- Soy
- Fish
- Shellfish (Crustacean – crab, lobster, etc.)

A person can be allergic to virtually **ANY** food

**ALL** food allergies need to be taken seriously
Food Intolerance vs. Food Allergy

Food Intolerance

- A reaction to food that does not involve the immune system and is not life-threatening
  - Example: Lactose intolerance – trouble digesting lactose, a natural sugar found in milk, resulting in gas, bloating, stomach cramps, diarrhea

Food Allergy

- A potentially serious reaction to food that DOES involve the immune system
  - Can be life-threatening
    - Example: Milk allergy – an immune response to milk protein, ingestion of milk resulting in hives, wheezing, low blood pressure, and potentially death
Other Related Conditions

- Celiac Disease
  - Celiac disease/gluten intolerance is different than wheat allergy
- Eosinophilic Esophagitis (EoE)
- Food Protein-induced Enterocolitis Syndrome (FPIES)
- Oral Allergy Syndrome (OAS)

http://www.foodallergy.org/related-conditions
Suspected food allergies should always be evaluated, diagnosed, and treated by a qualified medical professional, such as a board-certified allergist.

Finding an allergist:
- Referral from primary care provider
- Directory through AAAAI.org or ACAAI.org

Self-diagnosis may lead to unnecessary dietary restrictions and inadequate nutrition

Diagnostic tests for food allergy:
- Skin prick
- Blood test
- Oral food challenge
- Trial elimination diet

http://www.foodallergy.org/diagnosis-and-testing
Recognizing and Responding to Food Allergy Reactions

- Previous reactions do not predict future reactions.
  - How severe the reaction is, and which symptoms you get, can change from one reaction to the next.
- It’s vital to always carry an epinephrine auto-injector if diagnosed with food allergy.
  - In the case of severe reaction, minutes can make a difference.
- Know the possible symptoms of an allergic reaction, and know how and when to use an epinephrine auto-injector.
Recognizing and Responding to Food Allergy Reactions

- Some children, especially very young ones, put their hands in their mouths or pull or scratch at their tongues in response to a reaction.
- Children’s voices may change (e.g., become hoarse or squeaky), and they may slur their words.
- Some examples how a child might describe a reaction:
  - This food is too spicy.
  - My tongue is hot.
  - It feels like something’s poking my tongue.
  - My mouth is tingling.
  - My tongue itches.
  - It [my tongue] feels like there is hair on it.
  - My mouth feels funny.
  - There’s a frog in my throat.
  - There’s something stuck in my throat.
  - My tongue feels full [or heavy].
  - My lips feel tight.
  - It feels like there are bugs in there.” (to describe itchy ears)
  - It [my throat] feels thick.”
  - It feels like a bump is on the back of my tongue [throat].

https://www.foodallergy.org/symptoms
Symptoms of an allergic reaction

**Skin**
- Hives (reddish, swollen, itchy areas on the skin)
- Eczema (a persistent dry, itchy rash)
- Redness of the skin or around the eyes
- Turning blue

**Mouth**
- Itchy mouth or ear canal
- Nasal congestion or a runny nose
- Sneezing
- Slight, dry cough
- Odd taste in mouth
- Trouble swallowing
- Obstructive swelling of the lips, tongue, and/or throat

**Emotional**
- Sense of impending doom
- Change in alertness
- Mood change

**Abdomen**
- Nausea or vomiting
- Diarrhea
- Stomach pain
- Uterine contractions

**Chest**
- Drop in blood pressure (feeling faint, confused, weak, passing out)
- Loss of consciousness
- Chest pain
- A weak or “thread” pulse
Food Allergies are Life-Threatening

- A food allergy reaction sends someone to the emergency room every 3 minutes, resulting in 210,000 visits each year.

- 40% of children with food allergies have experienced a severe or life-threatening reaction.

- Food allergy is the leading cause of anaphylaxis outside the hospital setting.
Anaphylaxis is a severe allergic reaction that is rapid in onset and may cause death.

It is a medical emergency and time is of the essence.

Studies show fatal reactions are associated with a delay in receiving epinephrine.
How to treat anaphylaxis

- Epinephrine is the only medication that can reverse the symptoms of anaphylaxis.
  - Antihistamines will NOT help with a severe reaction.
- For severe reactions, **act quickly:**
  - Give epinephrine
  - Call 911
  - Make sure the individual is taken to the emergency room for follow-up care in case of a biphasic reaction.
  - Second dose of epinephrine may be necessary if symptoms have not subsided in 5-10 minutes.
Epinephrine auto-injectors

EpiPen®

Epinephrine Injection, USP (generic)
Be prepared

- Anyone who has been diagnosed with a food allergy and prescribed an epinephrine auto-injector should carry it with them at all times.
  - Check to see that it has not expired, is kept at a safe temperature, and that it has not been damaged.

- Have an Emergency Care Plan
  - Keep in a place where others can find it and
  - Medical IDs will help protect you or your loved ones wherever you may be during an emergency
Emergency Care Plan

Name: ______________________ D.O.B.: ______________________

Allergy to: ______________________

Weight: ______ lbs. Asthma [ ] Yes (higher risk for a severe reaction) [ ] No

NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.

Extremely reactive to the following foods:

THEREFORE:
[ ] If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.
[ ] If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.

FOR ANY OF THE FOLLOWING:

SEVERE SYMPTOMS

LUNG Shortness of breath, wheezing, repetitive cough

HEART Palpitations, faint, weak pulse, dizzy

THROAT Tight, hoarse, trouble breathing, swallowing

MOUTH Significant swelling of the tongue and/or lips

SKIN Many hives over body, widespread redness

GUT Repetitive vomiting, severe diarrhea

OTHER Feeling sick, something bad is about to happen, anxiety, confusion

OR A COMBINATION of symptoms from different body areas.

1. INJECT EPINEPHRINE IMMEDIATELY.
2. Call 911. Tell them the child is having anaphylaxis and may need epinephrine when they 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 them to ER even if symptoms resolve. Person should remain in ER for at least 4 hours because symptoms may return.

MILD SYMPTOMS

NOSE Itchy, runny nose

MOUTH Itchy mouth

SKIN A few hives, mild itch

GUT 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.
3. Watch closely for changes. If symptoms worsen, give epinephrine.

MEDICATIONS/DOSES

Epinephrine Brand: ______________________

Epinephrine Dose: 10.35 mg IM | 10.3 mg IM

Antihistamine Brand or Generic: ______________________

Antihistamine Dose: ______________________

Other (e.g., inhaler bronchodilator if wheezing): ______________________

EMERGENCY CONTACTS — CALL 911

Person’s name: ______________________

Phone: ______________________

Other emergency contacts

HOSPITAL: ______________________

PHONE: ______________________

PARENT/GUARDIAN: ______________________

PHONE: ______________________

ADRENALCLICK®/ADRENALCLICK® GENERIC DIRECTIONS
1. Remove the outer case.
2. Remove grey caps labeled “1” and “2”.
3. Place red rounded tip against mid-outter thigh.
4. Press down hard until needle penetrates.
5. Hold for 10 seconds. Remove from thigh.

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 get worse quickly.
Avoiding Reactions

- Read every label, every time
  - Food Allergen Labeling & Consumer Protection Act (FALCPA)
    - Requires top 8 allergens be declared in plain language
  - Ingredients in packaged foods may change without warning.
  - Allergens not included under FALCPA may be listed as uncommon names or “hidden” in ingredients like spice mixes
  - “May contain” and other advisory statements are not required or regulated by law.

www.foodallergy.org/food-labels
Avoiding Reactions

Cross-contact occurs when an allergen is unintentionally transferred from one food to another. Even a tiny amount of an allergen can cause a severe and potentially life-threatening reaction.

<table>
<thead>
<tr>
<th>Source of Cross-Contact</th>
<th>Example:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hands</td>
<td>Handling shrimp and then preparing a salad</td>
</tr>
<tr>
<td></td>
<td>Touching almonds and then making pasta</td>
</tr>
<tr>
<td>Utensils, cutting boards, baking sheets,</td>
<td>Using the same spatula to flip a hamburger after a cheeseburger</td>
</tr>
<tr>
<td>pots &amp; pans</td>
<td>Slicing cheese and then vegetables on the same cutting board</td>
</tr>
<tr>
<td>Preparation and cooking surfaces</td>
<td>Preparing different kinds of sandwiches on the same countertop</td>
</tr>
<tr>
<td></td>
<td>Cooking fish and chicken on the same flat top grill</td>
</tr>
<tr>
<td>Steam, splatter, flour dust and crumbs</td>
<td>Steam from cooking fish or shellfish touches nearby foods</td>
</tr>
<tr>
<td></td>
<td>Baking flour from pancake mix splatters onto bacon</td>
</tr>
<tr>
<td>Refrigerators, freezers and storage</td>
<td>Ranch dressing drips onto a vinaigrette stored on a lower shelf</td>
</tr>
<tr>
<td>areas</td>
<td>Milk leaks onto margarine stored on the same shelf</td>
</tr>
<tr>
<td>Deep fryers and cooking oils</td>
<td>Making french fries in a deep fryer after chicken tenders</td>
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<tr>
<td></td>
<td>Reusing cooking oil to sauté green beans after sautéing fish</td>
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<tr>
<td>Condiments, nut butters and jellyjams</td>
<td>Dipping a knife used to spread peanut butter into a jelly jar</td>
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<tr>
<td></td>
<td>Touching the tip of a squeeze ketchup bottle to a breaded chicken breast</td>
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<tr>
<td>Shortcuts</td>
<td>Picking croutons off a salad</td>
</tr>
<tr>
<td></td>
<td>Scraping eggs off a plate</td>
</tr>
</tbody>
</table>

Proper Cleaning to Remove Allergens

- Wash with warm, soapy water
- Rinse with clean water
- Dry with a fresh cloth

For each new item, use clean:

- Hands
- Latex-Free Gloves
- Utensils
- Surfaces
- Oil and Water
- Pots/Pans/Baking Sheets

www.foodallergy.org
FOOD ALLERGIES: REACT WITH RESPECT
Food Allergy Awareness Week | May 8-14 2016

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**WHAT ALL PARENTS CAN DO**

Know that 1 in 13 children have food allergy, a potentially life-threatening condition. Prevalence is increasing, so more kids have allergies than in the past.

Consult with a child’s caregiver before handing them food. They could be allergic.

Support other parents by asking about food allergies before sending food to the classroom. Respect school rules regarding allergies.

**WHAT PARTNERS CAN DO**

Know that food allergies cause added stress and anxiety in a relationship.

Think before you kiss. Be willing to change your diet, if necessary, to keep your partner safe.

Avoid blaming your partner. Be kind to each other and aim to tackle food allergy challenges together.

Seek counseling from a professional when needed.

www.foodallergy.org
**WHAT SCHOOLS CAN DO**

Know that 16-18% of school-age children who have food allergies have had a reaction in school.

Have a plan that outlines the school’s policy and procedures for managing food allergies, following the CDC’s guidelines.

Make sure every child at risk for anaphylaxis has an individual written accommodation plan to ensure they’re safely included in all school activities.

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**WHAT EMPLOYERS CAN DO**

Conduct a training session to educate employees on food allergies and how to respond in case of emergency.

When planning team celebrations/outings that involve food, ask the employee with food allergies what will work for them.

Be understanding if the employee needs to take unexpected sick days.

Work with the employee to provide accommodations.
Learn More and Get Involved

- Take the “React with Respect” Pledge and find more on Food Allergy Awareness Week at www.foodallergy.org/food-allergy-awareness-week
- FARE Walk for Food Allergy
- FARE Conference and Teen Summit
- Galas and luncheons
- FARE Advocacy Priorities
- Teal Pumpkin Project™
- Connect with or form a support group
- Become a FARE Member