

PEANUT FREE
Sunflower Seed Spread

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Recognizing and Treating Anaphylaxis

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photo by H. Valdez

Recognizing and treating anaphylaxis is important during an allergic reaction. **Anaphylaxis is defined as a severe, life-threatening allergic response that may be characterized by symptoms such as lowered blood pressure, wheezing, vomiting or diarrhea, and swelling and hives.**

For those who have experienced anaphylaxis, it is something they know well and will never forget. For

those who have not the common question is, "How do I know it is anaphylaxis?"

Allergists and other medical professionals have diagnostic tools at their disposal (such as blood pressure monitors) for recognizing and treating anaphylaxis. Most allergic individuals, however, will not know if they have lowered blood pressure or if their vomiting, diarrhea, and/or hives is anaphylaxis or a less severe reaction.

Learn About Anaphylaxis

Most allergists will give their patients a plan as to when to administer the EpiPen, a portable, pen-like injection of epinephrine. If you have received such advice from your allergist, you should follow it. If you have not, you should ask. All allergies and allergic individuals are different. The plan you outline with your allergist will be based on your history of reactions. This article is not meant to replace what your allergist has told you, but to share what many allergists feel is the proper protocol.

Many agree that obvious wheezing, difficulty breathing, and blue lips, among other severe symptoms warrant the EpiPen immediately. Less severe symptoms must be considered on a case by case basis.

Some allergists believe that single system reactions such as hives only, itchy eyes only, etc. warrant a wait-and-see approach but that multiple systemic reactions such as hives and itchy mouth warrant use of the EpiPen.

All reactions, no matter how small, should be watched closely for potential delayed reactions or symptoms.

Featured Product

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[Nut Allergy Sufferer's EpiPen Confiscated At Edmonton Concert](#)

Are you stressed about food allergies?



Allergic Living magazine understands and has solutions

Treating Anaphylaxis with Anti-histamines

Many allergic individuals use an anti-histamine for their food allergic reactions. When an individual consumes an allergen, the immune system recognizes the allergen as an invader and produces histamines. In theory an anti-histamine will help in combating some of the histamines produced but will not prevent a life threatening reaction and possibly will only delay one.

That's not to say that anti-histamines can't be used successfully for some mild situations. Single-system reactions that appear to be mild may resolve with an anti-histamine. However, remember that the allergic individual must be watched as the reaction could come back when the anti-histamine wears off.

article by [Ruth Smith](#). Ruth is the mother of a child with multiple life threatening food allergies and founder of Best Allergy Sites: a food allergy directory and resource guide.

Related Articles

- [Carrying an Autoinjector](#)
- [The Allergic Reaction](#)
- [Histamine](#)
- [Epinephrine auto injector](#)
- [Epinephrine for anaphylaxis](#)
- [Anaphylaxis at Wikipedia](#)

Peanut Free and Nut Free Directory



Peanut-Free/Nut-Free Directory

Our directory is intended as a resource for people with peanut and nut allergies. It contains foods, helpful products, and much more.

Categories

- Foods
- Bakeries
- Products

Sponsored Links

- [Peanut Allergy](#)
- [Food Peanut Allergy](#)
- [For Allergy Relief](#)
- [Peanut Allergies](#)

Support Groups

SupportGroups.com

For individuals, friends and families who want to connect during life's challenging times. Share personal experiences, evaluate information and get support during times of need, illness, treatment or recovery.

Online Support Groups

- [Food Allergy](#)
- [Celiac Disease](#)
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- [Family](#)
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- [Stress](#)
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- [Depression](#)
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[All Ohio Schools to Have EpiPens On Hand For Emergencies](#)



[Do You Know The Signs Of A Life-Threatening Allergic Reaction?](#)



[How Toddler Survived Life-Threatening Allergic Reaction](#)



[Boy's Long List of Allergies Include Foods, Latex, Cat Fur, And Water](#)

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[Nut Allergies in Children Can Cause Serious Reactions](#)



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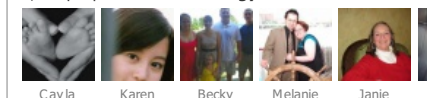
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SupportGroups.com 

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Online Support Groups

Food Allergy	Stress
Celiac Disease	Anxiety
Moms	Depression
Family	IBS
Healthy Eating	Eczema

[Kid's Allergy Symptoms](#)

Learn How To Recognize The Signs & Symptoms Of Children's Allergies

www.Clantia.com

[Signs of Severe Asthma?](#)

Learn About A Treatment For Severe Asthma Control Here.

www.Asthma-Control-Treatment.com

[Food Allergies, Sensitive](#)

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