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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-and-Tools-for-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 (<i>sesame salt</i>)	Sesame paste	Sesamum indicum	Til
Halvah	Sesame salt	Sesemolina	

*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.

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 (<i>sesame oil is commonly used in cooking</i>)	Crackers (<i>such as melba toast and sesame snap bars</i>)	Falafel	Snack foods (<i>such as pretzels, candy, Halvah, Japanese snack mix and rice cakes</i>)
Baked goods (<i>such as bagels, bread, breadsticks, hamburger buns and rolls</i>)	Dipping sauces (<i>such as baba ghanoush, hummus and tahini sauce</i>)	Goma-dofu (<i>Japanese dessert</i>)	Soups
Bread crumbs	Dressings, gravies, marinades and sauces	Herbs and herbal drinks	Sushi
Cereals (<i>such as granola and muesli</i>)	Ethnic foods such as flavored rice, noodles, risotto, shish kebabs, stews and stir fry	Margarine	Tempeh
Chips (<i>such as bagel chips, pita chips and tortilla chips</i>)		Pasteli (<i>Greek desert</i>)	Turkish cake
		Processed meats and sausages	Vegetarian burgers
		Protein and energy bars	

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

Cosmetics (<i>including soaps and creams</i>)	Medications	Nutritional supplements	Pet foods
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In non-food items, the scientific name for sesame, *Sesamum indicum*, may be on the label.



**PLACE
PICTURE
HERE**

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 allergens: _____

THEREFORE:

If checked, give epinephrine immediately if the allergen was **LIKELY** eaten, for **ANY** symptoms.

If checked, give epinephrine immediately if the allergen was **DEFINITELY** eaten, even if no symptoms are apparent.

FOR ANY OF THE FOLLOWING:
SEVERE SYMPTOMS



LUNG

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



SKIN

Many hives over body, widespread redness



GUT

Repetitive vomiting, severe diarrhea



OTHER

Feeling 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 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



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 or Generic: _____

Epinephrine Dose: 0.15 mg IM 0.3 mg IM

Antihistamine Brand or Generic: _____

Antihistamine Dose: _____

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

PATIENT OR PARENT/GUARDIAN AUTHORIZATION SIGNATURE _____ DATE _____ PHYSICIAN/HCP AUTHORIZATION SIGNATURE _____ DATE _____

