



Allergy家有過敏兒(英文)

Definition

Allergy is an exaggerated immune response or reaction to substances that are generally not harmful to us.

Causes

Allergies are relatively common; genetics and environmental are significant attributions. It is caused by an oversensitive immune system which misdirects immune response. Such disorder is often passed down through family; if both of your parents have allergies, you are likely to procure allergies and the chance is greater if your mother has allergies.

Symptoms

Allergy symptoms vary but may include :

- ◆ Breathing difficulties
- ◆ Burning, tearing, or itchy eyes
- ◆ Conjunctivitis (red, swollen eyes)
- ◆ Coughing
- ◆ Diarrhea
- ◆ Hives
- ◆ Itchy nose, mouth, throat, skin, or any other area
- ◆ Runny nose
- ◆ Wheezing

Outlook (Prognosis)

Most allergies can be easily treated with medication.

Some children may outgrow allergy. This is particularly true of food allergies. Generally speaking, once a substance triggers an allergic reaction, it continues to affect the person.

Prevention

Infants with breast-feeding longer than 4 months are likely to develop antibodies for atopic dermatitis cow milk allergy and to prevent early childhood wheezing. However, changing a mother's diet during pregnancy or while breast-feeding does not seem to help prevent allergy-related conditions.

Change of children' s diet and special formula milk do not seem to prevent these problems as well. Patients with family history of eczema and allergies, consult your child' s doctor for dietary recommendations. The timing of introduction of solid foods in general, as well as use of several specific foods, can help prevent some allergies. Once allergies develop, cope with the treatment cautiously and avoid attributes that cause allergic reactions.

若有任何疑問，請不吝與我們聯絡
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