

Inheritance of Allergy, and Other Sources That Effects Kids

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DESCRIPTION

In rare situations, children can develop anaphylactic sensitivity to previously consumed food sources as a result of bonding with blood.

It is difficult to separate someone who has had an indifferent exchange of sensitivity from food. Importantly, this illness has a high prognosis and usually resolves within a few months. Immunoglobulin E, an immunoglobulin that responds to allergens, can be moved from blood components like platelets by blood donors who have food allergies.

In the case that children experience anaphylactic reactions after eating food, especially peanuts or fish, food sources that they could previously eaten without reaction, their parents and doctors must be aware of the situation. Food allergy is an atypical response of the body for some foods. It is significant to know that food allergy is different than a food intolerance, which does not disturb the immune system, although there were some common symptoms present.

Allergic symptoms happen only when children eat food for second time. On that time, when Ige antibodies react with the food, histamines are released, which can cause the children to experience hives, asthma, itching in the mouth, trouble while breathing, stomach ache, vomiting, or diarrhea takes place [1].

Food allergy can damage children's immune system and also can lead to life threatening in some serious cases. Food intolerance does not impact children's immune system, although there are some common symptoms may be the same as in food allergy.

Almost all food allergies are caused by the following:

- Milk
- Eggs
- Wheat
- Soybean
- Tree nuts
- Peanuts
- Fish

Eggs, milk, and peanuts are the food items that cause of food allergies in children, with wheat, soy, and tree nuts also included. Peanuts, tree nuts, fish, and shellfish easily cause the most severe allergy reactions in children. Only few children under the age of ten years have food allergies. Although most children outgrow their allergies throughout the life time for, peanuts, tree nuts, fish, and shellfish [2].

What are the symptoms of food allergy?

Allergic symptoms may starts from few minutes or after an hour of taking food. The following are the common symptoms of food allergy. Although each child experience symptoms differently, Symptoms may include:

- Vomiting
- Diarrhea
- Cramps
- Hives
- Swelling
- Eczema
- Itching or throat pain
- Difficulty in breathing
- Wheezing
- Lowered blood pressure

The symptoms of food allergy may also indicate other problems or medical conditions in children. Always consult pediatrician for identification [3].

Prevention of food allergies

Mothers with food allergies need to avoid eating definite foods while breastfeeding. While some studies have shown a benefit and others have not, it is to recommend that breastfeeding mothers avoid common allergic foods like milk, eggs, and peanuts. If your new child is at again developing food allergies, it is a good idea to converse with doctor.

Infants who are at threat of developing allergies due to family history, especially of breastfeeding rather than formula feeding for the first few months may reduce the risk of milk allergy. But

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not all cases have shown that breastfeeding decreases the risk of food allergies.

The growth of food allergies cannot be stopped, but can often be hindered in infants by following these steps. Breastfeeding infant for the first six months. Avoiding solid foods until child is 6 months. Avoid cow's milk, wheat, eggs, peanuts, and fish through child's first year.

Taking peanut by pregnant women who are not nut allergic has been associated with lower risk to transmit peanut allergy to their infant. Previously, women had been advised to avoid highly allergenic foods such as peanuts and tree nuts during their pregnancy and while nursing, and their also children should avoid peanuts until 3 years of age. The target of advising above recommendations is to minimize early allergen contact and sensitization, therefore dropping the risk of rising childhood peanut allergy [4].

Further observation shows the relationship between food allergy maternal diets. Observing the Diet of every child mother eating of peanuts and nuts during their pregnancy who is not sensitive with nuts doesn't pass nut allergy to their new born.

CONCLUSION

The rate of peanut allergy was significantly lesser among children in whose mothers ate peanuts during the pregnancy

period. We only had knowledge in association between maternal diet and the threat of peanut allergy in children. Therefore, we cannot exactly predict with certainty that intake of more peanuts during pregnancy will avoid peanut allergy in children. But we can say that peanut intake during pregnancy doesn't cause peanut allergy in children.

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