

A Meta-Analysis of the Relationship between Food Hypersensitivity in Children and the Risk of Autism Spectrum Disorder

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DESCRIPTION

Food intolerance is a negative, often delayed reaction to a food, soft drink, food additive, or compound found in foods that cause symptoms in one or more body organs or systems, but it generally refers to reactions apart from food allergy. Food hypersensitivity encompasses both food sensitivities and food allergies. Food allergies are immune reactions, typically IgE reactions caused by histamine release, but also non-IgE immune responses. Because of this mechanism, allergy symptoms typically cause an immediate reaction (a few minutes to a few hours) to foods. Food intolerances are classified based on their mechanism. As in hereditary fructose intolerance, intolerance can result from a lack of specific chemicals or enzymes required to digest a food substance. A food allergy is characterised by an abnormal immunologic response to food. The allergic reaction's symptoms can range from mild to severe. Itching, tongue swelling, vomiting, diarrhoea, hives, difficulty breathing, or low blood pressure are some of the symptoms. This usually happens within minutes to several hours of being exposed. Anaphylaxis occurs when the symptoms are severe. Food intolerance and food poisoning are distinct conditions that are not caused by an immune response. Cow's milk, peanuts, eggs, shellfish, fish, tree nuts, soy, wheat, sesame, rice, and fruit are all common suspects. The most common allergies vary by country. A family history of allergies, a lack of vitamin D, obesity, and a high level of cleanliness are all risk factors. Allergy symptoms happen when immunoglobulin E is exposed (IgE), Binds to food molecules as part of the body's immune system. The problem is usually a protein in the food. As a result, inflammatory compounds such as histamine are released. A medical history, elimination diet, skin prick test, blood tests for food-specific IgE antibodies, or oral food contest is usually used to make a diagnosis. Early exposure to allergens may be beneficial. Management primarily entails avoiding the offending food and having a plan in place if exposure occurs. Part

of this plan could include administering adrenaline (epinephrine) and having to wear medical alert jewellery. As of 2015, the advantages of allergen immunotherapy for food allergies are unknown, so it is not recommended, some peanut allergies in children, such as those to milk, eggs, and soy, help solve with age, while others, such as those to nuts and shellfish, and do not. The autism spectrum disorder (ASD) or autism spectrum condition (ASC) is a group of neurodevelopmental conditions characterised by difficulties in social interaction, both verbal and nonverbal communication, and the existence of repetition and restricted interests. Other common symptoms include difficulty forming friendships and unusual reactions to sensory stimuli. Autism is classified as a spectrum disorder, which means that it manifests different manner in each individual: any given individual is likely to exhibit some, but not all, of the characteristics associated with it, and to different degrees.

CONCLUSION

Some autistic people remain non-verbal throughout their lives, whereas others have relatively unimpaired spoken language. The level of endorse people require varies greatly, and the same person may present differently at various times. Autism has historically been divided into sub-categories, but there have been persistent questions about the validity of these segments, and the latest editions of the diagnostic and statistical manual.

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CONFLICTS OF INTEREST

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