

# SOUTHCOAST HEALTH'S ALLERGY AWARENESS FACTS

More than 50 million  
Americans  
suffer from allergies each year.\*

Allergies are the  
**6th**  
leading cause  
of chronic illness in the U.S.\*

## WHAT IS AN ALLERGY?

An adverse reaction to substances outside of the body, called allergens.  
Common allergens include:



POLLEN



FOODS



ANIMALS



INSECTS



INDUSTRIAL  
& HOUSEHOLD  
CHEMICALS



MEDICINES

## FOOD ALLERGIES IN THE U.S.



15 million Americans  
have food allergies.

While there is no cure, researchers  
are working to find treatments to  
prevent life-threatening reactions.\*\*



Every 3 minutes a food  
allergy reaction sends  
someone to the ER.\*\*

**5X**

Life-threatening allergic  
reactions to food have  
increased by 5X over the  
last decade. \*\*

While you can be allergic to any type of food, there  
are 8 foods that cause the most reactions.



Milk



Eggs



Peanuts



Tree Nuts



Soy



Wheat



Fish



Shellfish

## WHAT CAUSES AN ALLERGIC REACTION?

The body's immune system mistakenly identifies allergens as harmful substances and  
releases chemicals called histamines to fight the allergens. Once the histamines are  
released, they cause allergy symptoms.

Common Allergy Symptoms Include:



Runny Nose



Wheezing,  
Shortness of  
Breath



Coughing,  
Scratchy  
Throat



Rashes



Watery or  
Red Eyes



Headache



Nausea

## GET MEDICAL HELP FOR YOUR ALLERGIES WHEN



- Consistent reoccurrence of one or more of the listed symptoms that restrict your way of life
- Over the counter medicine is not helping
- Frequent short of breath and feel tightness in your chest

SouthCoast**HEALTH**  
ALLERGY

\*acaai.org  
\*\* FoodAllergy.org

Ask your primary care physician for a referral or make an appointment today at 912.527.5335!  
SouthCoastHealth.com