



Management of Food Allergy

*Maleknejad Sh

¹Associate professor, Department of Pediatrics, Guilan University of Medical Sciences, Rasht, Iran.

Abstract:

Although food allergy is a major public health problem, currently there is no effective and safe treatment except to avoid the foods. But the need for new options is critical now as the number of children diagnosed with food allergies rises. Avoiding the offending allergen in the diet is the primary treatment of food allergy. Once a food to which the patient is sensitive has been identified, the food must be removed from the diet. People with severe food allergies must be prepared to treat an anaphylactic reaction. These individuals also always should carry a syringe of adrenaline (epinephrine [EpiPen]), and be prepared to self-administer it if they think they are developing an allergic reaction. Several medications are available for treating the other symptoms of food allergy. For example, antihistamines can relieve gastrointestinal symptoms, hives, sneezing, and a runny nose. Bronchodilators can relieve the symptoms of asthma. They are not effective, however, in preventing an allergic reaction when taken prior to eating the food. In fact, no medication in any form is available to reliably prevent an allergic reaction to a certain food before eating that food. Novel therapeutic approaches to food allergy can be classified as food allergen-specific therapy (immunotherapy with native or modified recombinant allergens, or oral desensitization) or food allergen-nonspecific therapy (anti-IgE, traditional Chinese medicine).

Key Words: Children, Food Allergy, Management.

Oral Presentation, N 15

***Corresponding Author:**

Shohreh Maleknejad, MD, Associate professor, Department of Pediatrics, Guilan University of Medical Sciences, Rasht, Iran.