



- Asthma
- Environmental Allergies
- Sinusitis
- Urticaria
- Food Allergies
- Insect Allergy
- Atopic Dermatitis
- Contact Dermatitis
- Drug Allergy
- Immunodeficiency
- Occupational Allergy
- Anaphylaxis
- Bronchitis
- Chronic Cough
- Allergic Rhinitis
- Immunotherapy

## Anaphylaxis

Anaphylaxis (an-a-fi-LAK-sis) is a serious, life-threatening allergic reaction. The most common anaphylactic reactions are to foods, insect stings, medications and latex.

If you are allergic to a substance, your immune system overreacts to this allergen by releasing chemicals that cause allergy symptoms. Typically, these bothersome symptoms occur in one location of the body. However, some people are susceptible to a much more serious anaphylactic reaction. This reaction typically affects more than one part of the body at the same time.

Anaphylaxis requires immediate medical treatment, including an injection of epinephrine and a trip to a hospital emergency room. If it isn't treated properly, anaphylaxis can be **fatal**.

Certain people are more at risk of anaphylaxis. If you have allergies or asthma and have a family history of anaphylaxis, your risk is higher. And, if you've experienced anaphylaxis your risk of having another anaphylactic reaction is increased.

Accurate diagnosis and successful management of allergies is essential. An allergist / immunologist, often referred to as an allergist, has specialized training and experience to diagnose the problem and help you develop a plan to protect you in the future.

Source: <http://www.aaaai.org/conditions-and-treatments/allergies/anaphylaxis.aspx>

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## Anaphylaxis Symptoms & Diagnosis

### Symptoms

Symptoms of anaphylaxis typically start within 5 to 30 minutes of coming into contact with the allergen to which you are allergic. In some cases it may take more than an hour for you to notice anaphylactic symptoms.

Warning signs typically affect more than one part of the body and may include:

- Red rash, with hives/welts, that is usually itchy
- Swollen throat or swollen areas of the body
- Wheezing
- Passing out
- Chest tightness
- Trouble breathing
- Hoarse voice
- Trouble swallowing
- Vomiting
- Diarrhea
- Stomach cramping
- Pale or red color to the face and body
- Feeling of impending doom

### Diagnosis

To diagnose your risk of anaphylaxis or to determine whether previous symptoms were anaphylaxis-related, your allergist / immunologist will conduct a thorough investigation of all potential causes. Your allergist will ask for specific details regarding all past allergic reactions.

To schedule an appointment to see the allergist; regarding any anaphylaxis allergic reactions, please call us at (516) 822-6655.

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