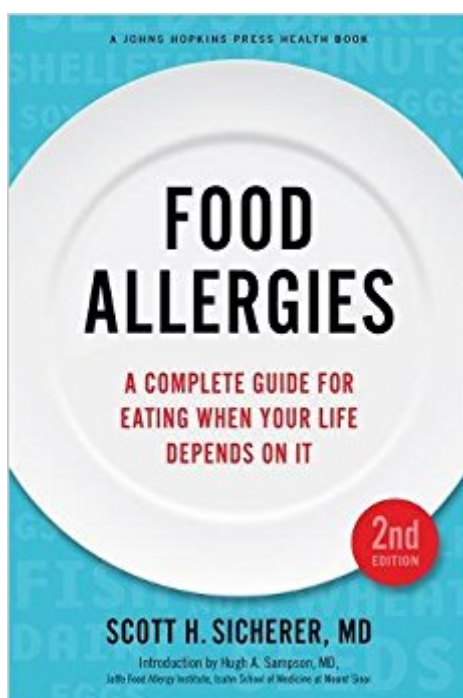


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# Food Allergies: A Complete Guide For Eating When Your Life Depends On It (A Johns Hopkins Press Health Book)



## Synopsis

Posing the urgent questions that anyone with food allergies will think to ask—and then some—Food Allergies provides practical, sensitive, and scientific guidance on the topics that affect your life. Allergy expert Scott H. Sicherer addresses the full spectrum of food allergies, from mild to life threatening and from single foods to food families, clearing up misconceptions along the way. He explores how exposure to foods can bring about an allergic response, describes the symptoms of food allergy, and illuminates how food allergies develop. Organized in an accessible Q&A format and illustrated with case studies, the book thoroughly explains how to prevent exposure to a known allergen at home, at school, in restaurants, and elsewhere. Dr. Sicherer also gives valuable advice about what to do if exposure occurs, including how to handle an anaphylactic emergency. Finally, he describes tests for diagnosing food allergies and chronic health problems caused by food allergies, such as eczema, hives, and respiratory and gastrointestinal symptoms. In this thoroughly updated new edition, Dr. Sicherer describes new approaches to prevent food allergies, presents cutting-edge theories on risk factors for developing food allergies, describes innovative allergy tests to improve diagnosis, explains how to administer emergency medications for severe reactions, focuses on new allergens of concern, such as pink peppercorns, analyzes studies suggesting that resolution of an allergy might be predictable, talks about the role of "healthy diet," lists additional resources, including allergy-related apps, provides revised school food allergy guidelines, offers insights into food allergy bullying—and advice to reduce it. Dr. Sicherer also reviews food reactions that are not allergic (such as lactose intolerance and celiac disease), advises how to get adequate nutrition when you must avoid dietary staples, and discusses whether allergies ever go away (they do—and sometimes they return).

## Book Information

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## Customer Reviews

An indispensable book for anyone who has food allergies or any parent of a child with food allergies. As an allergist treating food-allergic patients every day, I keep this book within easy reach, on my bookshelf. It's a unique source of knowledge for those of us who treat such patients.--Phil

Lieberman, MD, Division of Allergy and Immunology, University of Tennessee College of Medicine  
A must-read for teens and adults with food allergies, and for anyone living with or caring for someone with food allergies. Here they will find answers to many of their questions as well as interesting case histories and essential principles of diagnosis and treatment, including a realistic overview of future approaches.--F. Estelle R. Simons, MD, World Allergy Organization Special Committee on

Anaphylaxis  
Dr. Sicherer draws on his years of experience as a master clinician, researcher, author, and thought leader in this field to provide practical advice and countless insights that are sure to provide the reader with the knowledge needed to understand and manage food allergies. The question-and-answer format makes this comprehensive book highly accessible to people with food allergies and parents of children with food allergies, while the extensive insights and depth of detail make it an important resource for health care providers as well. Dr. Sicherer describes in detail how to integrate food allergies into a family lifestyle. A family's ability to anticipate a food reaction and then treat the symptoms if they happen--and not expect a reaction to happen all the time--helps a family cope thoughtfully with food allergies in a child.--A. Wesley Burks, MD, American Academy of Allergy, Asthma & Immunology  
In this definitive guide to food allergies, Scott Sicherer offers his readers a complete food allergy education. He demystifies everything from science to symptoms to label reading, and offers encouragement for living life to its fullest--in spite of food allergies.

Destined to be the go-to resource for patients and parents striving to live well with food allergies.--Gwen Smith, Editor, Allergic Living magazine  
Dr. Sicherer answers all the questions parents and others have about food allergies. From practical considerations, to emotional issues, to the latest in the search for a cure--it's all here. The easy-to-read question-and-answer format will make this a reference book you reach for time and again. I wholeheartedly recommend it!--Anne Munoz-Furlong, The Food Allergy & Anaphylaxis Network  
Food Allergies is required reading for patients, parents, and physicians who want to help patients who have food allergies--young or old.

Parents should keep a copy of this book next to *Understanding and Managing Your Child's Food Allergies* (also by Dr. Sicherer) so they can better understand food allergies, obtain better medical care, and ultimately enjoy a better quality of life. As a parent of children with life-threatening food allergies, these are my essential reference books.--Amie Rappoport McKenna, mother of children with severe food allergies

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