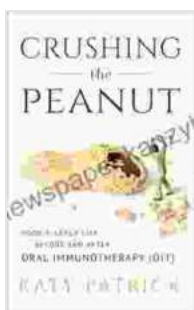


Food Allergy Life Before And After Oral Immunotherapy (OIT)

Food allergies are a growing problem, affecting up to 8% of children and 3% of adults in the United States. For people with food allergies, even trace amounts of an allergen can cause a reaction, which can range from mild symptoms like hives and itching to severe, life-threatening anaphylaxis. Living with food allergies can be challenging, as it requires constant vigilance to avoid allergens and the fear of an allergic reaction can be ever-present.

Oral immunotherapy (OIT) is a treatment that has shown promise in reducing the severity of food allergies and improving the quality of life for people with food allergies. OIT involves gradually introducing small amounts of the allergen into the body over time, with the goal of desensitizing the immune system and reducing the risk of an allergic reaction. In this article, we will discuss the life of a person with food allergies before and after OIT, including the benefits, risks, and lifestyle changes involved.



Crushing the Peanut: Food Allergy Life before and after Oral Immunotherapy - OIT by Katy Patrick

★★★★☆ 4.8 out of 5

Language : English
File size : 4014 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 199 pages
Lending : Enabled



Life Before OIT

Before OIT, life with food allergies can be very restrictive. People with food allergies must constantly read food labels and be aware of hidden allergens. They may have to avoid certain restaurants or social events where they cannot be sure that their food is safe. The fear of an allergic reaction can be ever-present, leading to anxiety and stress.

For children with food allergies, the challenges can be even greater. They may be teased or bullied at school, and they may have difficulty participating in extracurricular activities that involve food. Parents of children with food allergies often have to take extra precautions to ensure their child's safety, which can be time-consuming and stressful.

Life After OIT

After OIT, life with food allergies can be very different. People who have undergone OIT can often eat foods that they were previously allergic to, or they may be able to eat larger amounts of the allergen without having a reaction. This can lead to a significant improvement in their quality of life.

For children with food allergies, OIT can be life-changing. They can now participate in activities that they were previously unable to, and they can feel more confident and independent. Parents of children with food allergies can also relax knowing that their child is less likely to have a severe allergic reaction.

Benefits of OIT

OIT has a number of benefits for people with food allergies, including:

- Reduced risk of allergic reactions
- Improved quality of life
- Increased freedom and independence
- Reduced anxiety and stress
- Potential for a cure

OIT is not a cure for food allergies, but it can significantly reduce the severity of symptoms and improve the quality of life for people with food allergies.

Risks of OIT

OIT is generally safe, but there are some risks involved. The most common side effects of OIT are mild and include:

- Hives
- Itching
- Swelling
- Nausea
- Vomiting

In rare cases, OIT can cause a severe allergic reaction. This is why OIT is always performed under the supervision of a doctor in a medical setting. If you are considering OIT, it is important to discuss the risks and benefits with your doctor.

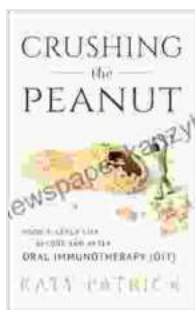
Lifestyle Changes After OIT

After OIT, you will need to make some lifestyle changes to maintain your desensitization and reduce your risk of an allergic reaction. These changes may include:

- Eating the allergen regularly
- Avoiding large amounts of the allergen
- Carrying an epinephrine auto-injector in case of an emergency
- Being aware of the symptoms of an allergic reaction

Your doctor will provide you with specific instructions on how to make these lifestyle changes. It is important to follow your doctor's instructions carefully to reduce your risk of an allergic reaction.

OIT is a promising treatment for food allergies that can significantly improve the quality of life for people with food allergies. However, it is important to remember that OIT is not a cure for food allergies, and it does involve some risks. If you are considering OIT, it is important to discuss the risks and benefits with your doctor.



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