



All About Allergy

Allergy symptoms are many and varied but the one thing that they have in common is that they should always be taken seriously. Unfortunately it is estimated that 45% of children in the UK are currently suffering from allergy and 1 in 3 of the population generally will suffer from allergy at some time in their life. However if properly diagnosed and managed effectively it need not lead to long term or fatal consequences.

Allergy affects various parts of the body and symptoms can include wheezing, coughing and breathing difficulties, sneezing, runny nose and itchy eyes, broken, itchy and painful skin. Reactions to food can range from bloating and discomfort through to sickness, diarrhoea, projectile vomiting and collapse in severe cases. Knowing what is causing the reaction and how to avoid contact with the allergen triggering it is extremely important. This, together with appropriate medication, will allow an allergic condition to be managed by the sufferer.

Allergy can often be a debilitating and in some cases frightening condition which is not always fully understood. It can start at any time in life and it can often be difficult to obtain a diagnosis of the triggers that are causing the symptoms, this is why the work of **Allergy UK** is so important. We can provide advice on the nearest and most appropriate NHS allergy clinic and provide on-going support.

All About Allergy UK

Allergy UK is the leading medical charity for people with all types of allergy and exists to provide information, advice and support to sufferers and their carers.

We also support healthcare professionals by providing training through Master classes and an on-line Diploma in Allergy, a dedicated professional website, and specialist advice when requested.

For people with allergy we provide:-

A dedicated telephone and interactive helpline service manned by highly trained advisors.

Specialist telephone consultation where appropriate with our Clinical Director.

Individually tailored information packs according to the allergy symptoms of the person contacting us.

An extensive website with a range of services freely available including factsheets being able to be downloaded.

A 'buddy' system for those feeling isolated or worried by managing allergy. This is particularly helpful for the parents of newly diagnosed children.

A very active forum where sufferers can exchange tips, advice and views.

A translation card service in over 27 languages to enable those with food allergy or intolerances to safely travel abroad.

Advice on products that we have either scientifically tested or have been reviewed which can assist in the management of allergy.

Regular e-newsletters and magazines.

Anyone who has a problem with any type of allergy will find the help they are looking for if they contact **Allergy UK on 01322 619898/www.allergyuk.org**