

# The Allergy & Asthma Clinic

[www.TheAllergyClinic.com](http://www.TheAllergyClinic.com)

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Newsletter

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May is Asthma and Allergy Awareness Month and is dedicated to bringing awareness about asthma and allergic conditions. According to the Allergy and Asthma Foundation of America, the month of May is “peak season for people with asthma and allergies and a perfect time to educate patients, family, friends, co-workers, and other people about allergic diseases”.

Some updated statistics from the National Center for Health Statistics:

- More than 27 million people in the U.S. have asthma (more than 22 million adults and 4.5 million children).
- About 20 million people in the U.S. have food allergies (16 million adults and 4 million children).
- About 81 million people in the U.S. have rhinitis due to nasal allergies, also called “hay fever” (67 million adults and 114 million children).

Prevention remains key in managing allergic conditions. Both asthma and allergies can be controlled by taking medications and avoiding known triggers, such as dust, pollen, mold animal dander, and even exercise. Make sure that you know all possible triggers for your asthma and allergies and be prepared to treat your symptoms by having all medications on hand.

This year, Food Allergy Awareness Week will be held from May 12 through May 18.

## Facts

- About 20 million people in the U.S. have food allergies (4 million are children).
- Food allergies can develop at any time, but it usually starts in childhood.
- Any food can cause food allergy. The most common food allergens in the United States are peanuts, tree nuts, milk, eggs, fish, shellfish, wheat, soy, and sesame.
- Children with food allergies are more likely to have asthma or other allergic diseases.
- Each year in the U.S., it is estimated that anaphylaxis to food results in 90,000 emergency room visits.
- Severe allergic reactions to food need prompt treatment with epinephrine.
- Although new treatments are being developed, there is currently no cure for food allergies.

Avoidance is key in managing food allergies. However, for those with multiple food allergies, it can be difficult. Make sure to read all food labels, even if you have had the same food in the past without any problems. It’s surprising to see how many manufacturers change the ingredients in their food products. Make sure that there is a Food Allergy Action Plan in place, outlining steps to take, in the event of accidental ingestion.

Dealing with allergies and asthma can be difficult and this year is sure to be another significant allergy season. But as always, we are here to help!

In honor of Memorial Day, the San Mateo office will be closed on Monday, May 27, 2024