

ALLERGY

Mullajanova Gulnigor Ilhom kizi
Andijan public health technical
school named Abu Ali ibn Sina

Annotation: Allergies are an overreaction of the immune system to substances that are normally harmless. These substances, called allergens, can be found in a wide range of environmental sources, such as foods, dust, pollen, animal dander, and certain medications.

Keywords: Allergy

When a person with allergy comes into contact with an allergen, their immune system responds by producing antibodies, such as IgE, that recognize and bind to the allergen. This triggers the release of chemicals, such as histamine, that cause the symptoms of an allergic reaction.

An allergy is the body's response to a overseas substance, or allergen, that triggers an immune reaction. The immune device perceives the allergen as a threat and releases chemicals, along with histamine, to assault it. These chemical substances reason infection and various signs and symptoms, from moderate to severe.

What Is An Allergic Reaction:

- Itchy or watery eyes
- Runny nostril or congestion
- Sneezing
- Pores and skin rash or hives
- Swelling of the face, lips, tongue, or throat
- Issue respiration or wheezing
- Nausea or vomiting
- Speedy heartbeat or low blood pressure

In a few cases, an allergy may be lifestyles-threatening and motive anaphylaxis, a intense and probably deadly reaction that calls for immediately clinical attention.

An hypersensitivity can arise straight away after exposure to an allergy or may expand over time with repeated exposure. The severity of the response also can range, from mild signs and symptoms that can be controlled with over-the-counter medicines to excessive reactions that require emergency treatment.

Hypersensitive reaction symptoms can range relying at the type of hypersensitive reaction and the severity of the reaction.

However, a few commonplace allergy reaction signs and symptoms consist of:

- Sneezing

- Runny or stuffy nostril
- Itchy or watery eyes
- Skin rash or hives
- Itchy throat or mouth
- Problem breathing or wheezing
- Swelling of the face, lips, tongue, or throat
- Nausea or vomiting
- Diarrhea
- Belly pain or cramping
- Headache
- Fatigue

The most common allergy range with the aid of place and population, however some of the most commonplace allergens global consist of:

- Pollen from bushes, grasses, and weeds
- Dust mites
- Mould spores
- Pet dander, specially from cats and dogs
- Insect stings and bites
- Ingredients, which includes peanuts, tree nuts, milk, eggs, wheat, soy, fish, and shellfish
- Latex
- Medicines, along with antibiotics or non-steroidal anti-inflammatory pills (nsaids)

In a few areas, allergic reactions to specific environmental allergens, together with ragweed or cockroaches, can be more commonplace.

Allergies are caused by an overreaction of the immune system to a normally harmless substance, called an allergen. When a person with allergies comes into contact with an allergen, their immune system perceives it as a threat and produces antibodies, such as IgE, to fight it off.

Genetics: a own family history of allergy reactions increases the chance that an individual will develop hypersensitive reactions.

Environmental publicity: exposure to sure environmental allergens, which include pollen, dirt mites, or animal dander, can cause an allergy.

Weight loss plan: certain ingredients, such as peanuts or shellfish, can reason hypersensitive reactions in a few people.

Age: hypersensitive reactions can broaden at any age, but they're more common in youngsters.

Different scientific situations: people with allergy, eczema, or other allergic situations may be extra vulnerable to growing hypersensitive reactions.

Air pollutants: allergy can cause publicity to high stages of air pollutants, inclusive of smog or diesel exhaust, may boom the chance of developing allergic reactions.

Occupational publicity: certain occupations, along with farming or operating in a laboratory, may also increase the chance of exposure to allergens and the development of hypersensitive reactions.

Hygiene speculation: a few researchers endorse that publicity to positive microbes in adolescence can also help to educate the immune system and prevent hypersensitive reactions later in existence. Loss of exposure to these microbes, due to excessive hygiene or living in a exceedingly sanitized surroundings, might also increase the danger of developing allergy reactions.

Weather exchange: changes in weather styles and improved carbon dioxide tiers may cause modifications in the distribution and concentration of pollen and different allergens, increasing the prevalence of allergy in a few regions.

What Are Allergy Risk Factors:

There are several risk factors that can increase the likelihood of developing allergy.

Circle of relatives records: if one or each parents have hypersensitive reactions, the hazard of developing hypersensitive reactions will increase for allergy.

Age: allergy can develop at any age, but they may be greater commonplace in kids and teenagers.

Gender: some research have suggested that males are much more likely to expand hypersensitive reactions than women.

Publicity to allergens: common or extended publicity to allergens, along with pollen or animal dander, can increase the hazard of developing hypersensitive reactions.

Smoking: cigarette smoke can worsen the airlines and growth the danger of growing allergy reactions, especially in youngsters.

Asthma or eczema: individuals with bronchial asthma or eczema may be greater susceptible to developing allergy.

Occupational exposure: sure occupations, together with farming or laboratory paintings, may additionally increase the threat of exposure to allergens and the improvement of hypersensitive reactions.

Air pollutants: publicity to excessive ranges of air pollution, consisting of smog or diesel exhaust, can also growth the chance of growing allergy reactions.

Weather trade: changes in weather patterns and increased carbon dioxide levels may additionally lead to modifications within the distribution and awareness of pollen and different allergens, growing the superiority of allergic reactions in some regions.

If you suspect that you have allergY, the first step is to schedule an appointment with your healthcare provider. They will take a detailed medical history and conduct a

physical exam to determine the most appropriate testing method for your specific symptoms.

Skin prick test: This involves placing a small amount of a suspected allergy on the skin and then pricking or scratching the skin to allow the allergen to penetrate. If you are allergic to the substance, you will develop a raised, red, and itchy bump at the test site within 15–20 minutes.

Blood test: A blood test can measure the amount of IgE antibodies in your blood in response to specific allergens. This is often used when skin testing is not feasible, such as if you have severe eczema or are taking medications that may interfere with test results.

Patch test: This is used to identify allergens that may cause skin reactions, such as contact dermatitis. Small amounts of allergens are applied to patches that are then placed on the skin for 48–72 hours. If you are allergic to the substance, you will develop a reaction at the test site.

Elimination diet: This involves eliminating suspected food allergens from your diet and then reintroducing them one at a time to determine which ones are causing your symptoms.

The high-quality treatment for allergies relies upon on the sort and severity of your hypersensitivity signs and symptoms. A few common treatments consist of:

Allergen avoidance: the simplest way to prevent hypersensitivity symptoms is to avoid publicity to the allergen that triggers them. This will contain heading off certain meals, staying indoors all through height pollen season, or the usage of air filters to reduce indoor allergens.

Medications: over the counter or prescription medications can help relieve hypersensitive reaction signs. Antihistamines, decongestants, nasal sprays, and eye drops are all usually used to treat hypersensitive reactions.

Immunotherapy: immunotherapy entails exposing the body to progressively growing amounts of an allergen to accumulate tolerance over the years. This can be carried out via hypersensitive reaction pictures or sublingual capsules or drops. Immunotherapy is generally reserved for people with extreme allergic reactions or allergic reactions that do not respond to different treatments.

Emergency medication: in intense cases, an allergic reaction may be existence-threatening. In those instances, emergency medicine which includes epinephrine can be required to fast relieve symptoms and prevent anaphylaxis.

In this article we learn about What Is Allergy — Symptoms, Causes, Diagnosis. Allergies are a common condition that occur when the immune system overreacts to harmless substances. Symptoms can vary widely, but can include sneezing, itching, hives, and difficulty breathing. The most common allergens include pollen, dust mites, animal dander, and certain foods. There are several risk factors that can increase the

likelihood of developing allergies, including family history, age, and exposure to allergens.

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