



Food Allergy's Effects on People's Quality of Life

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DESCRIPTION

In US, food allergy affects 11% of adults and 8% of children, making it a serious health issue. It displays all the traits of a "complex" genetic feature, therefore to close any gaps in our understanding of this complicated chronic condition, we must examine very large numbers of patients-far more than are present at any single organisation. A Data Commons, a safe and effective platform for researchers, composed of standardised data, available in a common interface for download and/or analysis, in accordance with the FAIR (Findable, Accessible, Interoperable, and Reusable) principles, may help advance research by combining food allergy data from a large number of patients. In this post, we'll outline the main ideas that can help a food allergy data commons succeed and endure, as well as the justification for its formation.

Food Allergy (FA) is acknowledged as a significant public health issue in numerous nations worldwide. In the United States of America, it affects about 32 million individuals, including 8% of children and 11% of adults. This tendency has recently spread to developing nations. Even though FA has a significant clinical and financial impact, its heterogeneity has made it difficult for us to sort out all of its different aspects. A food allergen exposes a person to hypersensitivity, which results in a food allergy. Skin rashes, breathing problems, and even severe anaphylactic shock that might be lethal can all be caused by this immunological response. The nine most common food allergies, according to Food Allergy Research and Education (FARE), are milk, eggs, wheat, fish, shellfish, peanuts, tree nuts, soy, and sesame. According to the National Health and Nutrition Examination Survey, there are 9% of Americans who have a food

allergy, with 7% and 10% of those being children and adults, respectively.

Many research in the Middle East looked examined the incidence of food allergies and the most typical food allergens among various communities. Elsewhere in the world, food allergies are becoming more common. Food allergies are now a major concern in healthcare due to the detrimental effects they have on people's health, finances, and nutrition. Complete avoidance of the food allergen that is causing the allergy is the primary management strategy for food allergies. Thus, for the protection of the diagnosed persons, effective food ingredient labelling and the implementation of precautionary labelling by regulatory health authorities are crucial. All food producers must list their components on the prepackaged food goods they produce in Lebanon. However, the government does not require that products with precautionary allergy labelling be included. As a result, it is crucial to effectively inform the public on food allergies, the most frequent food allergens, and other related topics. As a result, it is crucial to properly inform the public about food allergies, the most frequent food allergens, as well as the appropriate ways to handle an allergic reaction should one develop.

There hasn't been much study on popular perceptions of food allergies in the Middle East, including knowledge, beliefs, and practises. The results of these few research provide insight into the necessity of a required allergy warning label. They also emphasised the need for more research into how well the general public, as opposed to only those with confirmed allergies, understands food allergies and allergens.

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