



## Food Allergy and its Related Illnesses

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### DESCRIPTION

Numerous illnesses, such as allergic rhinitis, bronchial asthma, atopic dermatitis, and gastrointestinal disorders have been linked to food allergies. Additionally, due to genetic predisposition and environmental influences, each person's allergenic predominance varies greatly, making some people sensitive to some proteins but not others. The use of foods like peanuts, soybeans, red kidney beans, red grains, green grains, eggs, and fish has been linked to a variety of atopic illnesses.

#### Nasobronchial asthma and allergic rhinitis

The two most frequent side effects of an allergic episode are allergic rhinitis and nasobronchial asthma. Asthma and allergic rhinitis clearly go hand in hand. There have been cases where people had asthma and nasal symptoms at the same time or around the same time. Patients with the aforementioned disorders might anticipate having asthma attacks that are more severe and needing stronger drugs to treat their asthma.

Examples: Peanut, soybeans, red gram, green gram and chickpea

#### Atopic dermatitis

Allergic contact eczema is an allergic skin condition that manifests as a red, itchy, and weepy rash. A significant portion of the global population suffers from atopic dermatitis, which is an extremely prevalent and frequently chronic skin condition. Atopy, dermatitis, and eczema are other names for it. Atopic disorders are inherited, frequently occur concurrently, and have a tendency to run in families. The skin becomes exceedingly itchy and irritated with atopic dermatitis, resulting in redness, swelling, cracking, weeping, crusting, and scaling. Asthma, allergies or hay fever, eczema, and atopic dermatitis frequently coexist together. Examples: Egg, wheat, milk and soy.

#### Oral Allergy Syndrome (OAS)

An allergic reaction to food that only affects the lips, mouth, and throat is known as Oral Allergy Syndrome (OAS). OAS's primary symptoms include throat or lip swelling as well as itching. Typically,

these symptoms appear minutes after eating and disappear an hour later. Cross-reactivity between pollen and the proteins in fresh fruits and vegetables leads to OAS. When fruits and vegetables are cooked or processed, the OAS-causing proteins in those foods are easily broken down. Therefore, consuming cooked or baked fruits and vegetables, as well as processed fruits, rarely results in OAS. One of the most prevalent modern causes of OAS is kiwi fruit. Although patients frequently have mild OAS, serious systemic responses can occur, especially in young patients.

Examples: Cherry and vegetables

#### Eosinophilic esophagitis

Inflammatory disorder called eosinophilic esophagitis causes a buildup of eosinophils on the esophageal wall. There is no recognised aetiology for eosinophilic esophagitis, but allergic reactions, particularly food allergies, have been linked to the condition. The muscular tube known as the oesophagus is responsible for carrying food from the mouth to the stomach after being swallowed. Esophagitis is the medical term for esophageal inflammation. Acid reflux, which usually causes heartburn, is the most frequent cause of esophagitis. However, acid reflux can also result in ulcers in the esophageal lining. Egg, milk, and soy are some examples of foods that might cause eosinophilic oesophagitis. Skin prick testing was used to most frequently identify these items.

Examples: Corn, soy and wheat

#### Edema of the uvula

A small organ in the oral cavity that is connected to the soft palate is called the uvula. It helps with voice articulation, swallowing, and guards against food entering the nasal cavity. The uvula can swell due to a variety of medical conditions, including food allergies. Edema typically presents as a fullness of the oropharynx, trouble breathing, talking, and, because it affects the vocal cords, dysphonia. Examples: Seafood, hazelnuts and walnuts.

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