

James Tarbox, M.D.

What are adult onset allergies?

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While we see a lot of allergies in kids who grow up with, you know, runny nose, itchy eyes, some food allergies, you have some percent of the population really don't develop allergies until your 20s or 30s or even older.

What causes adult onset allergies?

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Like a lot of things, it's with genetics with your environment, what you're exposed to. And for some people rather than having allergies, kind of a atopic march developed when they're younger, it takes toll later years in life.

What are some common allergens that could trigger adult onset allergies?

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In the springtime, you have a lot of trees and grasses that are in the air. Sometimes we get, you know, the wind can kick up a lot of dirt. And dirt itself has a lot of debris in it, bacteria and viruses as well. And then looking at a different aspect you have food allergies as well, which some people tend to develop later as well.

What are typical symptoms of adult onset allergies?

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difficult, it's good to kind of figure out what you're reacting to seeing an allergist as well for avoidance, seeing if, make sure you have an epinephrine pen. And there are now actually newer treatments for food allergy.

What happens if allergies are left untreated?

2:36

While you know nasal symptoms and cough, long term, those are more of an annoyance. If you have asthma like symptoms, you can have worsening lung function you could potentially end up in hospital. And same thing with food allergy. While a lot of adults might only have mild symptoms like rash or upset stomach, there's always the potential you can end up with a severe reaction and in the emergency department.