

# News Release

**FOR IMMEDIATE RELEASE**

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**Food Allergy Awareness, Prevention Ahead of Summer Fun**  
*Allergist Explains Food Allergies, Treatments*

Before you head out the door to join your friends and family at a cookout or drop off your kiddo at camp, make sure you have communicated any food allergies to ensure precautions are taken by those preparing food. Although reactions can be mild, some are life-threatening, but they all can be avoided with being aware and preparing in advance.

explained James Tarbox, M.D., allergies that make up about 90% of the reactions people have are to milk, eggs, wheat, soy, tree nut, peanuts, fish and shellfish. S

Reactions range from mild symptoms such as hives and lip swelling, to severe, life-threatening symptoms which sometimes involve fatal respiratory problems and shock. According to the [Centers for Disease Control and Prevention](#), almost 6% of U.S. adults and children have a food allergy, though they can appear at any age.

uses an epinephrine injection, they have to make sure they leave it in long enough for the proper

food allergy. Omalizumab, or Xolair, which has been around for quite a while to treat asthma and chronic hives, was approved in February to lesse

Those with food allergies might soon have more options for treatment: A patch for peanut allergy, which would be especially useful in infants and young children and a nasal form of epinephrine for those who are needle adverse.