



Do you know someone with a food allergy?

You're not alone.

Approximately 12 million Americans suffer from food allergies.

The Center for Disease Control (CDC) estimates that three million children under the age of 18 were reported to have a food or digestive allergy. These children are two to four times more likely to have other related health problems such as asthma and respiratory infections.

A food allergy is a reaction to eating specific foods or food additives and is more common in children than adults. The following 8 types of foods count for over 90% of allergic reactions: milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat. Reactions to these foods can range from a tingling sensation around the mouth and lips, to hives and even death.

Brita Overly, PA-C, a physician assistant at Warner Family Practice, focuses her practice in allergies and asthma, more specifically with children. She often recommends a simple blood or skin test done right in our office to diagnose an allergy.

If you have any questions regarding food allergies and would like to schedule an appointment with Brita Overly, PA-C please call 480-831-8457.

To read the CDC study on food allergies in its entirety please visit:

<http://www.cdc.gov/nchs/data/databriefs/db10.pdf>