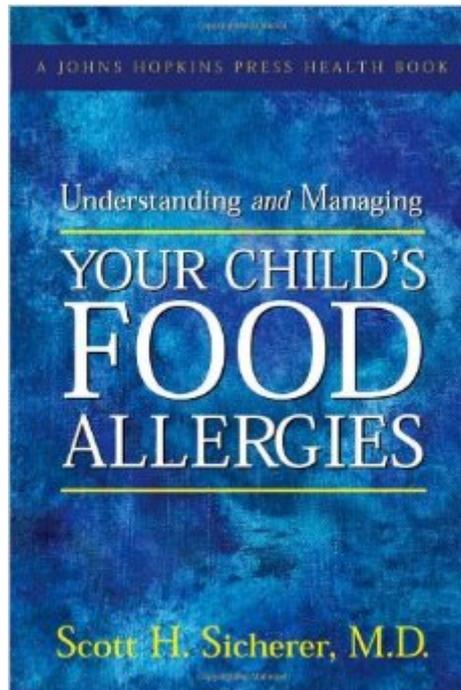


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# Understanding And Managing Your Child's Food Allergies (A Johns Hopkins Press Health Book)



## Synopsis

For children with food allergies, eatingâ•one of the basic functions of lifeâ•can be a nightmare. Children who suffer or become dangerously ill after eating peanuts, seafood, milk, eggs, wheat, or a host of other foods require constant vigilance from caring, concerned parents, teachers, and friends. In this empathetic and comprehensive guide, Dr. Scott H. Sicherer, a specialist in pediatric food allergies, gives parents the information they need to manage their childrenâ™s health and quality of life. He describes why children develop food allergy, the symptoms of food allergy (affecting the skin, the gastrointestinal tract, and the respiratory system), and the role of food allergy in behavioral problems and developmental disabilities. Parents will learn how to recognize emergency situations, how to get the most out of a visit with an allergist, what allergy test results mean, and how to protect their childrenâ•at home, at school, at summer camp, and in restaurants. Informative, compassionate, and practical, this guide will be indispensable for parents, physicians, school nurses, teachers, and everyone else who cares for children with food allergies.

## Book Information

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## Customer Reviews

My 14 month old was just diagnosed with some potentially life-threatening food allergies and I felt like I couldn't easily get the information/support I wanted. This book has helped me become more informed and feel more prepared. He begins by explaining what causes an allergic reaction and then goes on to explain diagnosing allergies, treatment options, recognizing an allergic reaction

(and the severity), and also includes a section on the long-term emotional/social implications of food allergies. There is a section that lists various allergens in foods, how likely it is that a child will outgrow them, and how common they are. He includes a ton of real-life case-studies, which not only help to clarify his point, but reminded me that I'm not the only one feeling overwhelmed, anxious, and sad about my child's allergies. While there is no replacement for the allergist who knows your child and their history, this book filled in a lot of blanks in questions I didn't even know I wanted to ask! I will pass this on to family members who are interested in learning more and highly recommend it to others.

We have been managing my child's food allergies for the past 5 years - I have read many, many books on the subject. This one is the absolute best! As much as I understood about food allergies, I still had many questions. This book has helped to clear up most of them. Many of the books on food allergy create a sense of panic, especially when you are new to the situation. The information in this book takes some of the anxiety out of everyday life - our children can have normal, healthy, fun-filled lives!

I purchased this for a food allergy support group. It's very detailed, and, although I've been dealing with food allergies for ten years, I found it very informative. Dr. Sicherer is one of the top allergists in the USA.

In my opinion, Dr. Sicherer does an excellent job of describing what a food allergy is, what possible reactions are and some steps to take in avoiding life-threatening reactions. One part of this book that is very useful is his large resource of examples of kids and families who have allergies and the experiences that they each go through. Those examples are used to explain a more detailed point. In the end, the result of his examples helps to remember and understand the principle he is teaching. The perspective that he takes is of a medical doctor. However, he stresses the importance of what he calls The Medical History. In this, he explains that the tests and the doctor do not have nearly as much information available as the parents. So, in diagnosis the child, the parents and the history of the child is the most reliable source for information. I highly recommend this book.

This book is an excellent read and I know that I will refer to it through time, unless my baby outgrows his food allergies. I find the section on "food allergies at different ages and stages" enlightening as it gives me an idea of what to expect. This book puts into perspective of how "mild"

our child's allergy is and I'm very grateful to have this info. It's unlike some books that set off every panic button a first-time mom has.

I am a physician and I can assure you, this is the best book out there to get clear prospective and understanding about food allergies. Each chapter has clear focus, breadth of knowledge that gives vital information and suggests remedial actions to prevent allergic reaction. I love the book. Even medical school don't prepare you for your kids food allergies. No one in our family had it. Thanks for writing this excellent book.

As a seasoned mom, but a new one to the food allergy world, this book provides a lot of technical info all in one source. If you want to understand why our bodies react to certain foods and how to proceed, this book is for you.

This is a great resource for Parents and caregivers with children suffering food allergies. I've found most Doctor's, even Allergists, do not take a proactive role in educating the Parent on how to manage such a lifestyle changing issue. I found this book and Dr. Sicherer does an outstanding job putting the processes of food allergies in layman's terms and describes the many steps in working through the issues related to this health concern. Best of luck if your just learning about food allergies, like me, but luckily, many children seem to grow out of some allergies with time - keeping my fingers crossed!!!

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