



## EGG ALLERGY

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**ABSTRACT** When a person is allergic to eggs, the body's immune system overreacts to proteins in the egg. The immune system responds by creating specific antibodies to that food, which are designed to fight off the "invader." These antibodies — called immunoglobulin E (IgE) — trigger the release of certain chemicals into the body. Egg allergy usually first appears when a child is very young, and most kids outgrow it by the time they're 5 years old.

**KEYWORDS** : .Allergy, Immune system, egg

when a child with an egg allergy eats a food that contains eggs, the immune system unleashes an army of chemicals to protect the body. The release of these chemicals can affect the respiratory system, gastrointestinal tract, skin, and the cardiovascular system — causing allergy symptoms like wheezing, nausea, headache, stomachache, and itchy hives.

5. [www.webmd.com > Allergies > Guide](http://www.webmd.com/Allergies/Guide)
6. [https://en.wikipedia.org/wiki/Egg\\_allergy](https://en.wikipedia.org/wiki/Egg_allergy)

#### CLINICAL MANIFESTATIONS

1. **The Skin:** in the form of red, bumpy rashes (hives), eczema, or redness and swelling around the mouth
2. **The Gastrointestinal Tract:** in the form of belly cramps, diarrhea, nausea, or vomiting
3. **The Respiratory Tract:** symptoms can range from a runny nose, itchy, watery eyes, and sneezing to the triggering of asthma with coughing and wheezing

#### DIAGNOSIS

- **Skin prick test.** In this test, the skin is pricked and exposed to small amounts of the proteins found in eggs. If you or your child has egg allergy, a raised bump (hive) may develop at the test location.
- **Blood test.** A blood test can measure the immune system's response to eggs by checking the amount of certain antibodies in the bloodstream that may indicate an allergic reaction.
- **Food challenge.** This test involves giving the child a small amount of egg to see if it causes a reaction. If nothing happens, more egg is given while the doctor watches for signs of a food allergy.
- **Food tracking or elimination diet.** keep a detailed diary of foods eaten and eliminate eggs and egg product.

#### TREATMENT

1. Antihistamines to ease symptoms-Medications such as antihistamines may reduce signs and symptoms of a mild egg allergy. These drugs can be taken after exposure to eggs.
2. Emergency epinephrine shots-You may need to carry an emergency epinephrine injector at all times. If your child has one, make sure caregivers have access to it and know how to use it
3. Food Labels:-The best way to be sure a food is egg free is to read the label.
4. Living With an Egg Allergy- look for egg-free alternatives to foods that usually contain eggs, When cooking at home, always carefully scrub the utensils you're using in case they have been used on egg products.

**CONCLUSION-** Egg allergy symptoms usually occur a few minutes to a few hours after eating eggs or foods containing eggs. Signs and symptoms range from mild to severe and can include skin rashes, hives, nasal congestion, and vomiting or other digestive problems. Rarely, egg allergy can cause anaphylaxis — a life-threatening reaction. The only way to prevent egg allergy symptoms is to avoid eggs or egg products

#### REFERENCES

1. <http://www.mayoclinic.org>
2. [acaai.org/allergies/types/food-allergies/types-food-allergy/egg-3.allergy](http://acaai.org/allergies/types/food-allergies/types-food-allergy/egg-3.allergy)
4. [www.foodallergy.org](http://www.foodallergy.org)