Allergies Transcript

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Introduction to allergies

Common allergy triggers

Testing for sensitivities

Skin testing and individual challenges

Delayed food reactions

Symptoms and health impacts

Avoidance and treatment guidance

welcome to the JMA welcome to the JMA website website website today I like to talk about allergies I today I like to talk about allergies I see that you've gone to the allergy see that you've gone to the allergy section uh allergies can take many many section uh allergies can take many many forms uh they can be due to many forms uh they can be due to many different items they can be due to uh different items they can be due to uh outdoor pollin dust molds they can be outdoor pollin dust molds they can be due to Foods uh they can be uh caused by due to Foods uh they can be uh caused by chemical uh chemical uh substances including preservatives food substances including preservatives food additives uh and chemicals in the additives uh and chemicals in the workplace at Johnson Medical Associates workplace at Johnson Medical Associates we address all these different areas uh we address all these different areas uh by specific testing to determine what by specific testing to determine what your specific sensitivities are uh your specific sensitivities are uh testing can be done by Blood uh by stool testing can be done by Blood uh by stool and by skin testing skin testing and by skin testing skin testing involves testing each individual item involves testing each individual item one at a time to determine cause and one at a time to determine cause and effect effect effect relationship uh looking at the skin relationship uh looking at the skin response and also monitoring symptoms response and also monitoring symptoms testing individual challenges can be testing individual challenges can be done uh with Foods uh this is done by done uh with Foods uh this is done by the individual uh in the home setting on the individual uh in the home setting on non anaphylactic Foods uh a rotation non anaphylactic Foods uh a rotation diet is often helpful to diet is often helpful to determine what foods can be combined and determine what foods can be combined and what individual Foods may cause delayed what individual Foods may cause delayed type reactions a delayed reaction occurs type reactions a delayed reaction occurs two to three hours after you eat the two to three hours after you eat the food or it can be even a day later uh food or it can be even a day later uh you could eat uh say peanuts for dinner you could eat uh say peanuts for dinner and wake up the next morning with joint and wake up the next morning with joint pains and aches or a headache pains and aches or a headache uh it is important to determine for your uh it is important to determine for your health sake uh what items you're health sake uh what items you're reactive to uh even though you may have reactive to uh even though you may have other types of problems whether it's other types of problems whether it's chronic fatigue uh chronic headaches uh chronic fatigue uh chronic headaches uh IR bow uh asthma uh shortness of breath IR bow uh asthma uh shortness of breath uh joint pains and uh joint pains and aches so allergy test is a basis for aches so allergy test is a basis for determining what foods are tolerable uh determining what foods are tolerable uh what environmental factors you need to what environmental factors you need to be careful of and many cases to avoid uh be careful of and many cases to avoid uh such as mold or uh High pollen season uh such as mold or uh High pollen season uh exercising exercising exercising indoors at Johnson Medical Associates indoors at Johnson Medical Associates we're happy to help you and look forward we're happy to help you and look forward to Define find in what your reactive to Define find in what your reactive substances are and work out a health substances are and work out a health