

Commentary

Brief note on symptoms, causes and types of allergies

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DESCRIPTION

Allergies are how our body reacts to what we perceive as a dangerous “invader.” For example, contact with objects that are normally harmless, such as pollen, may trigger our immune system. The things that cause this reaction are called allergens. “Immune reaction” is the way our body reacts to an allergen. A series of events can lead to personal conflicts.

Causes

Allergies start when our immune system makes a mistake that is usually harmless to a dangerous attacker. The immune system then produces antibodies that remain alert to that particular allergen. If we are allergic to an allergen again, these antibodies can release a number of antibodies, such as histamine, that cause symptoms of allergies.

Common causes of allergies include

- Allergous substances, such as pollen, animal skin, dust mites and fungi.
- Some foods, especially peanuts, tree nuts, wheat, soy, fish, shell, eggs and milk.
- Insect bites, such as bee stings or wasps.
- Medications, especially penicillin or penicillin-based antibiotics.
- Latex or other contaminants, which can cause skin irritation.

Symptoms of allergies

- Sneezing and itching, runny or stuffy nose (allergic rhinitis).
- Itching, redness, shiny eyes (conjunctivitis).
- Shortness of breath, chest tightness, shortness of breath and cough.
- raised, itchy, red rash (chest).

- swelling of the lips, tongue, eyes or face.
- Stomach pain, illness, vomiting or diarrhoea.

Types of allergies

Allergies occur when our immune system sees something as dangerous. It reacts by causing allergies. There are many types of allergies. Some allergies are seasonal and some occur year-round. Some allergies can last a lifetime. It is important to work with our healthcare provider to create a plan to manage our allergies.

Drug resistance: Real drug resistance (medication) occurs in only a small number of people. Many drug reactions are not allergic, but they are side effects of the drug. Diagnosis of the cause of drug reactions is usually based solely on the patient’s history and symptoms. Sometimes skin tests for drug resistance are also performed.

Insect resistance: Bees, wasps, hornets, yellow jackets and fire ants are the most common pests that often cause allergies. Non-stinging insects can also cause allergies. The most common are cockroaches and insect-like dust. Allergies to these two insects may be the most common cause of allergies and asthma throughout the year.

Latex allergy: Latex allergies are allergic to natural latex rubber. Natural latex rubber gloves, balloons, condoms and other natural rubber products contain latex. Latex allergies can be very dangerous to health.

Mold allergy: Mold and mildew are fungi. As the fungus grows in many places, inside and out, allergies can occur throughout the year.

Pet allergy: Disagreements with furry animals are common. It is important to know that the type of dog or cat that is not allergic (hypoallergenic) does not exist.

Allergy pollen: Pollen is one of the most common causes of allergies and certain seasons. Most people know that pollen allergy is “hay fever,” but experts often refer to it as “seasonal allergic rhinitis”.

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