

**What's Confusing  
Your Immune System?**



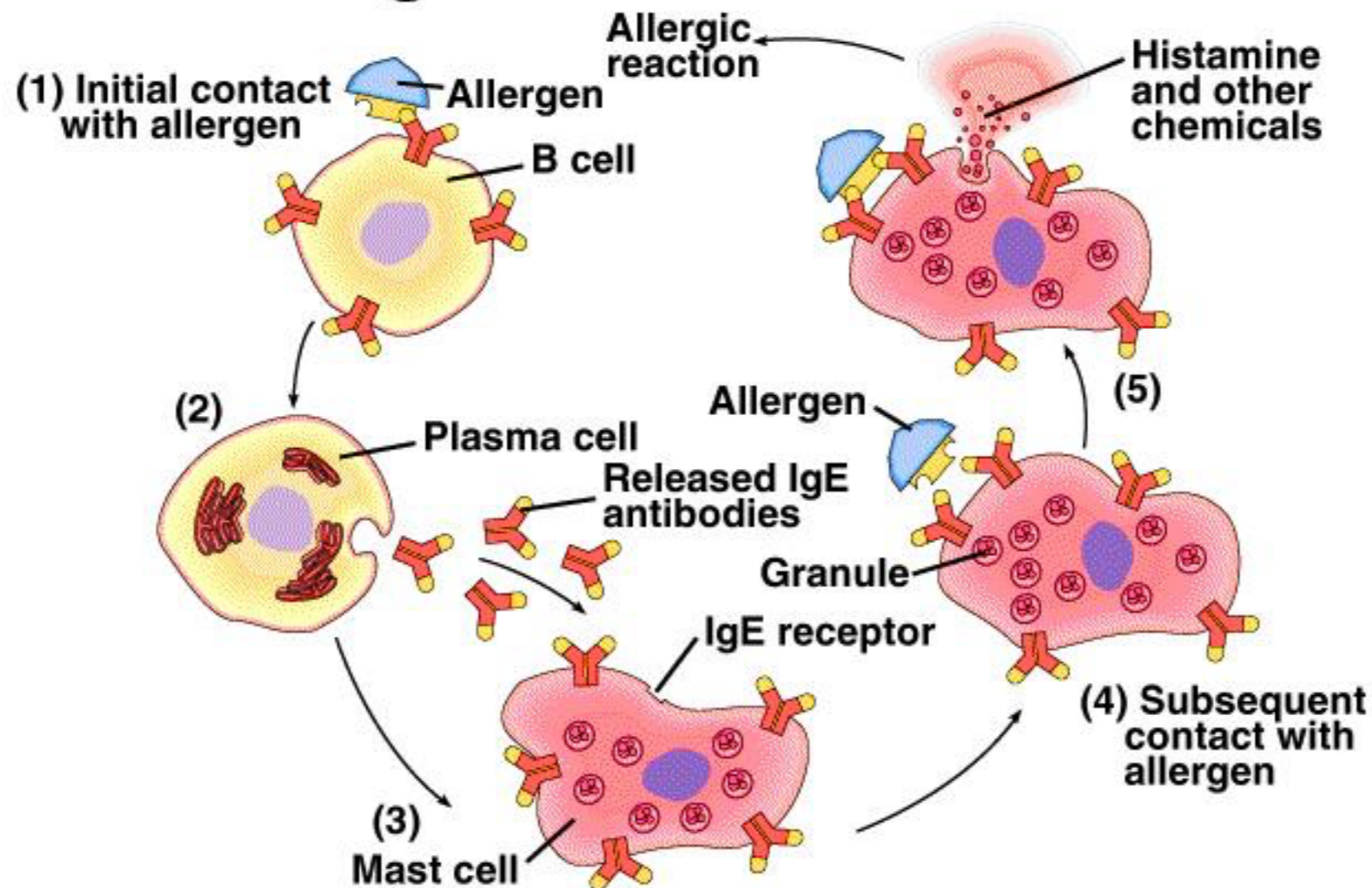
Allergies are like a big misunderstanding!

# The Little Allergen Who Could

# Allergies occur when the immune system wrongfully creates antibodies and histamines

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## An Allergic Reaction — Overview

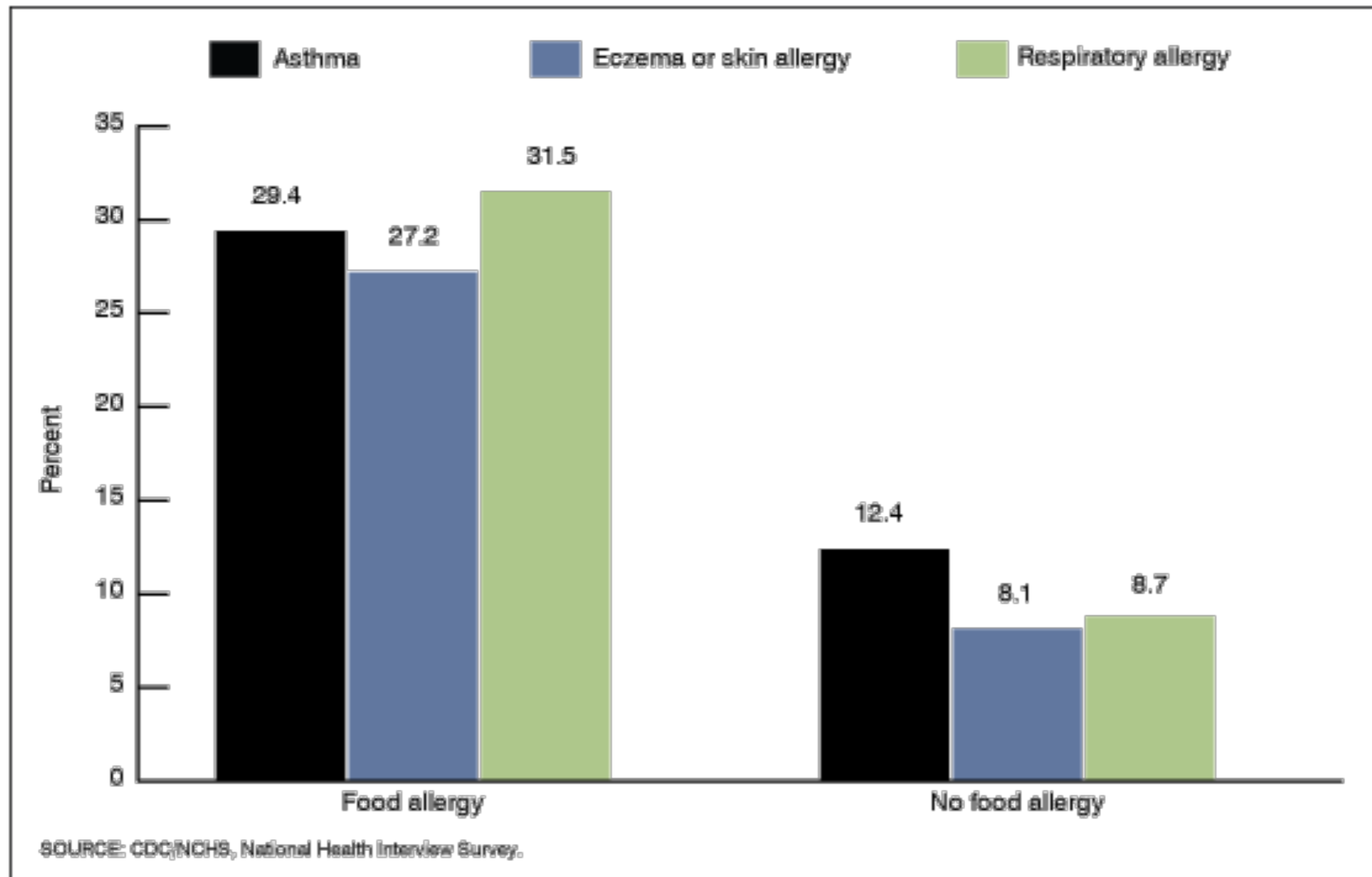




# The Little Me Who Tries

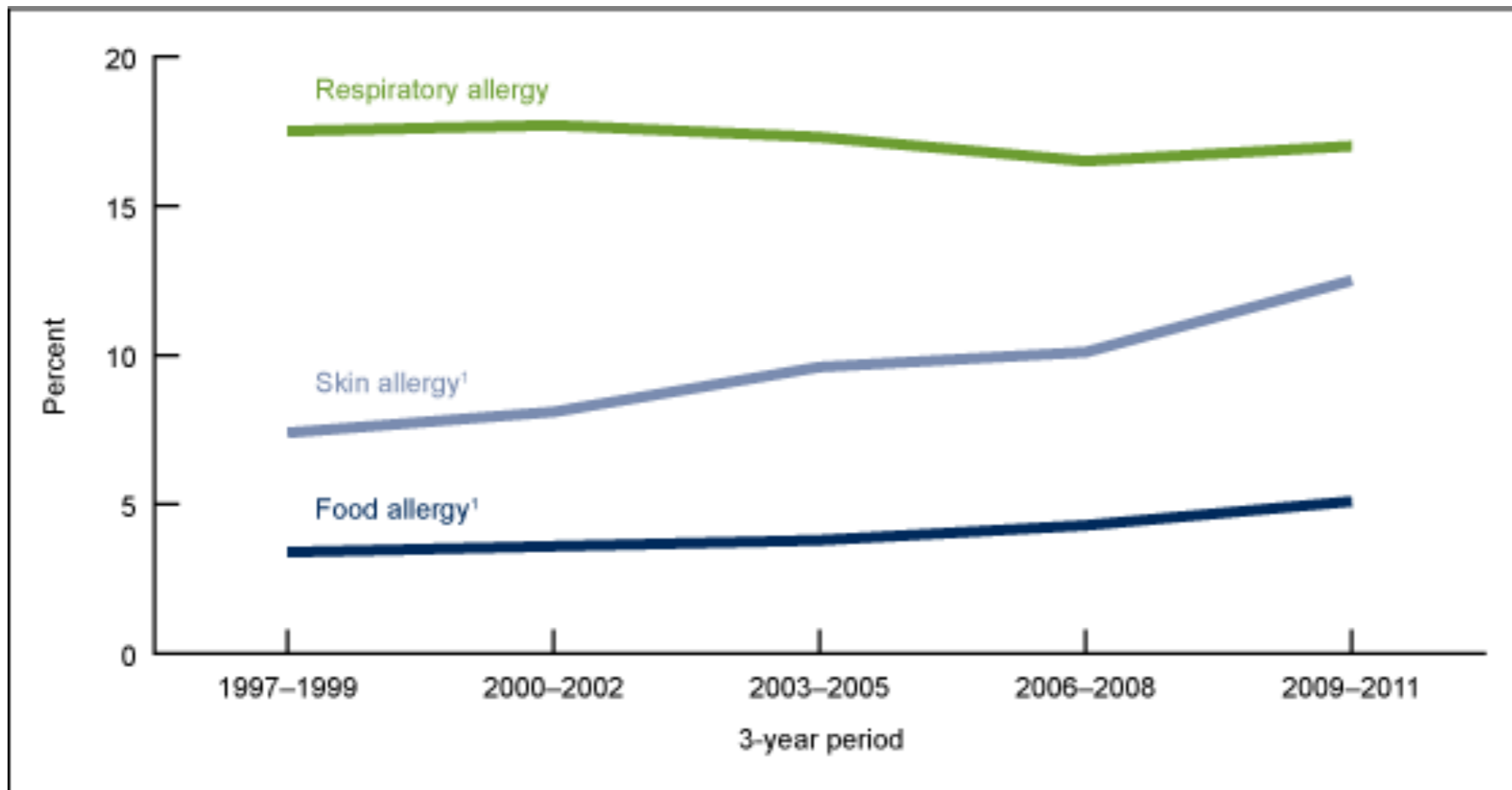
# People with food allergies often have a higher risk of developing an allergic condition

Figure 3. Percentage of children under age 18 years with asthma or other reported allergic conditions in the previous 12 months, by reported food allergy status: United States, 2007



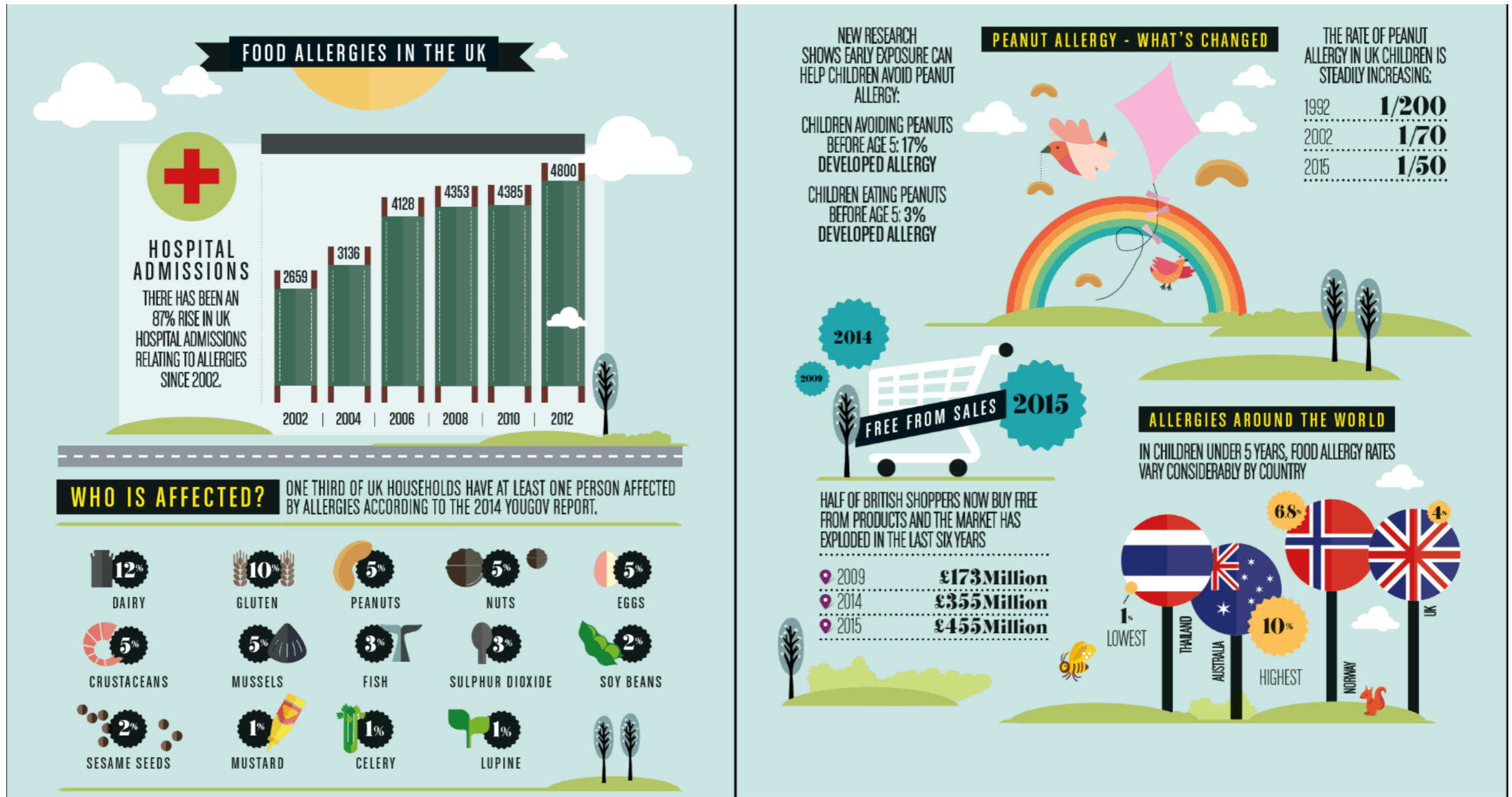


# Over the last decade, there has been a notable increase in different types of allergies

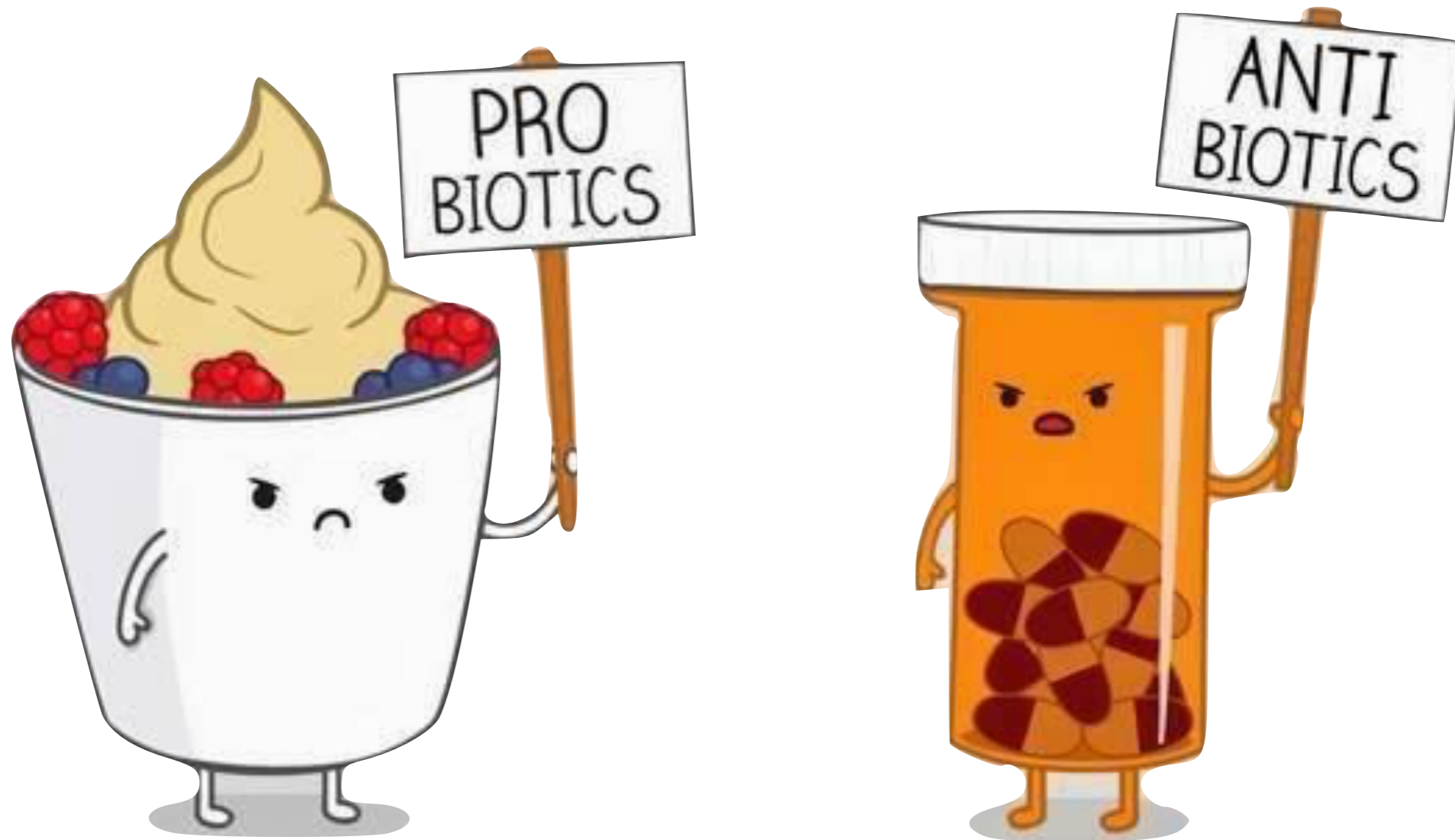


<sup>1</sup>Significant increasing linear trend for food and skin allergy from 1997-1999 to 2009-2011. SOURCE: CDC/NCHS, Health Data Interactive, National Health Interview Survey.

# Other first world countries like the UK see similar trends regarding the increase of allergies



# Antibiotics kill other microorganisms, including the good bacteria we want





**We should choose to use antibiotics more responsibly to try and reverse the trend of allergy development**



# Goals!

1. Speak loudly and clearly
2. Don't say um too much
3. Don't be monotone and boring
4. Make an appropriate amount of eye contact
5. Be confident and well practiced

# Works Cited

## **Source #1:**

“Gut Bacteria May Protect Against Food Allergy.” *National Institute of Allergy and Infectious Diseases*, U.S. Department of Health and Human Services, 19 Sept. 2014, [www.niaid.nih.gov/diseases-conditions/gut-bacteria-may-protect-against-food-allergy](http://www.niaid.nih.gov/diseases-conditions/gut-bacteria-may-protect-against-food-allergy).

## **Source #2**

“Identifying Causes of Food Allergy & Assessing Strategies for Prevention.” *National Institute of Allergy and Infectious Diseases*, U.S. Department of Health and Human Services, 26 Apr. 2016, [www.niaid.nih.gov/diseases-conditions/food-allergy-causes-prevention](http://www.niaid.nih.gov/diseases-conditions/food-allergy-causes-prevention).

## **Source #3**

Mayo Clinic Staff. “Allergies - Symptoms and Causes.” *Mayo Clinic*, Mayo Foundation for Medical Education and Research, 7 Aug. 2017, [www.mayoclinic.org/diseases-conditions/allergies/symptoms-causes/syc-20351497](http://www.mayoclinic.org/diseases-conditions/allergies/symptoms-causes/syc-20351497).

## **Source #4**

“Why Do We Have Allergies?” *FighttheCauseofAllergy.org and AAFA*, ALK-Abelló, Inc., 4 Dec. 2015, [fightthecauseofallergy.org/page/why-do-we-have-allergies](http://fightthecauseofallergy.org/page/why-do-we-have-allergies).