



May 25<sup>th</sup>, 2015

## Latest on Allergic Disease

### Childhood Vaccinations Help Not Hinder

Contrary to some of the concerns expressed by those who question childhood vaccinations, research out of Germany is demonstrating that routine childhood immunizations not only do not lead to an increase in allergies later in life, but actually protect against allergic disease! Over 2000 kids were studied and even those predisposed to allergy via parental history were 26-34% less likely to develop allergies! One more reason to consider vaccinating.

### More on Hygiene Hypothesis

A study from Sweden is lending support to the so-called "hygiene hypothesis" and the development of allergies. The hygiene hypothesis suggests that the lack of exposure to germs during childhood results in an immune system which does not develop properly, leading to allergy. The Swedish study found that hand-washing dishes, rather than using a dishwasher, resulted in less asthma and nasal allergies – in fact, the asthma rate dropped by about 75%!

### Preventing Peanut Allergy?

Attendees at the American Academy of Allergy, Asthma and Immunology conference in February discussed the repercussions of new research that suggests that a window of opportunity exists to expose children at-risk for serious allergies (such as peanuts) and avoid the allergy altogether! Experts are excited by the research but concerned that the exposure to allergens happens in a controlled way - after ascertaining that the allergy doesn't already exist.

### Recognize Anaphylaxis – When Minutes Count!

Many are familiar with what anaphylaxis is – a life-threatening allergic reaction that can proceed to respiratory and cardiac arrest in as little as 5 to 30 minutes. However, even in emergency departments, it is unrecognized about 57% of the time and mistreated up to 80% of the time. Clinicians and those who have (or know someone with) anaphylactic responses need to ensure they are very familiar with the signs and prepared to act with a life-saving adrenalin shot.

Your pharmacist can provide you with detailed information on the signs and symptoms of anaphylactic reactions and instruct you on the proper use of adrenalin injectors. When the minutes count, be prepared to act!