

Food Allergy

Food allergy is an immune system reaction that occurs soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger signs and symptoms such as digestive problems, hives or swollen airways. More than 50 million Americans have an allergy of some kind. Food allergies are estimated to affect 4 to 6 percent of children and 4 percent of adults, according to the Centers for Disease Control and Prevention. Food allergies cause more than 30,000 ER visits in the U.S. each year.

Symptoms of Food Allergies

- Itchy mouth
- Lip swelling
- Tongue swelling
- Nausea
- Vomiting
- Diarrhea
- Rash/Hives
- Abdominal pain
- Sneezing
- Stuffy nose
- Congestion
- Coughing
- Throat tightening
- Wheezing
- Trouble breathing
- Drop in blood pressure
- Feeling faint
- Anaphylaxis

Allergies and Intolerances

- Food Allergy—more sudden, more severe, triggered by a small amount of food, happens every time you are exposed to the food, and can be life-threatening
- Food Intolerance—more gradual, less severe, usually occurs when you eat a lot of the food, usually occurs when you eat that food often, and not life-threatening

Most Common Food Allergies

- Milk
- Eggs
- Peanuts
- Tree Nuts
- Soy
- Wheat
- Fish
- Shellfish

Diagnostic Tests for Food Allergies

1. Skin test—fast and easy
2. Blood test—takes days to get your results
3. Oral Food Challenge test—eat the suspect food in the doctor's office to see if you react

Food Allergy Skin Test

- Food allergy skin test is easily administered in our office
- Test is needle-free and virtually painless
- Test is performed on your back and is complete within 15-20 minutes
- Tests for 54-70 different food allergens that trigger your symptoms
- It is very important that you have not taken any antihistamine medication for at least 5 days before the test, or the results may be faulty.

Comprehensive Digestive Institute of Nevada offers some of the most advanced diagnostic techniques and treatments for a wide variety of gastroenterological conditions which includes Food Allergy Testing. The first gastroenterology practice in Southern Nevada to offer this advanced testing, we have found amazing results that are extremely helpful in diagnosing patients with vague and unexplained symptoms; some that have been experienced for years.

Our center utilizes a multidisciplinary team approach to your healthcare, which means that patients benefit from the combined expertise of physicians who have the knowledge, perspective and experience to address all aspects of your complete gastroenterological care.

We also offer a full range of diagnostic procedures to meet the individual needs of patients with gastroenterological conditions of any kind. Contact us if you are experiencing gastrointestinal issues that have not yet been addressed by our physicians.