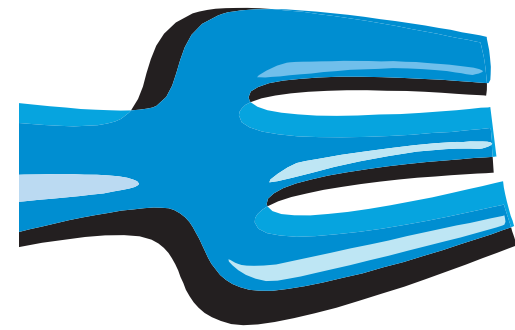


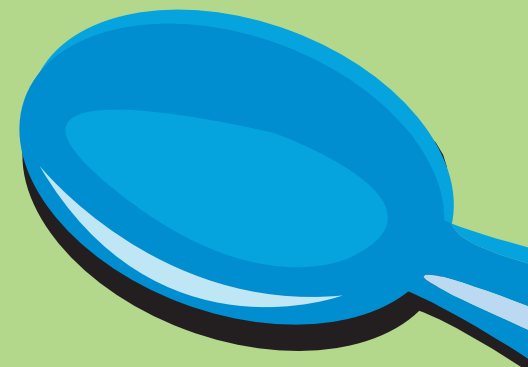
# Did You KNOW?

- Food allergy is a growing public health concern in the U.S. The incidence of food allergy has doubled in the U.S. over the last 10 years. Scientists don't know why.
- More than 12 million Americans have food allergies.
- About 3 million children in the U.S. have food allergies. The incidence of food allergy is highest in young children – one in 17 among those under age 3.
- Over 83,400 New Jersey children cope with food allergies daily.
- Eight foods account for 90 percent of all food-allergic reactions in the U.S.: milk, eggs, peanuts, tree nuts (e.g., walnuts, almonds, cashews, pistachios, pecans), wheat, soy, fish and shellfish.
- Even trace amounts of a food allergen can cause a reaction.
- There is no known cure for food allergies; strict avoidance of the food allergen is the only way to prevent a reaction.
- Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death. In the U.S., food allergy is the leading cause of anaphylaxis outside the hospital setting.
- A recent analysis of data from U.S. hospital emergency departments (ED) estimated a total of 20,821 hospital ED visits caused by food allergy in just a two month period.
- Each year in the U.S., it is estimated that anaphylaxis caused by food results in 100 to 200 deaths. Death can be sudden, sometimes occurring within minutes.
- Most people who've had an allergic reaction to something they ate thought that it was safe.
- Early administration of epinephrine (adrenaline) is crucial to successfully treating anaphylactic reactions. Epinephrine is available by prescription in a self-injectable device (EpiPen® or Twinject®).

\*Source: Food Allergy & Anaphylaxis Network



**EMPOWERING PARENTS  
THROUGH SUPPORT AND EDUCATION  
TO KEEP THEIR CHILDREN SAFE**





**FOOD EDUCATION  
ALLERGY SUPPORT TEAM**

*affiliated with the  
Asthma and Allergy  
Foundation of America*

**WE MEET MONTHLY,  
APPROXIMATELY  
10 TIMES A YEAR.**

**Parents Supporting Parents  
Through The Challenges of Raising  
a Food-allergic Child.**

- Managing nutritional needs
- Preparing for social gatherings
- Educating family and caregivers
- Fostering your child's self-esteem
- Sending your child to school
- Understanding your children's rights at school
- Raising a child with asthma and food allergies

**For More Information**

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