

Allergy

Chapter 21: Allergy · Topic 1

Key Concept

Common allergens (substances causing allergies) include pollen, dust, certain foods, and pet dander, triggering an immune response in sensitive people.

Allergic reactions can cause symptoms like sneezing, itching, rashes, or in severe cases, difficulty breathing (anaphylaxis).

The immune system mistakenly identifies the allergen as harmful, releasing chemicals like histamine that cause allergy symptoms.

Managing allergies involves avoiding known allergens, taking medication when needed, and seeking medical help for severe reactions.

Quick Revision Notes

- An allergy is an immune overreaction to a harmless substance.
- Common allergens: pollen, dust, foods, pet dander.
- Allergic reactions cause sneezing, itching, rashes.
- Severe reactions can cause difficulty breathing (anaphylaxis).
- The immune system mistakes the allergen as harmful.
- It releases histamine, causing symptoms.
- Managing allergies means avoiding allergens.
- Medication and medical help manage severe reactions.

Practice Questions

- 1 Discuss a common allergen and its symptoms.
- 2 Research what histamine does.
- 3 Explain the difference between mild and severe allergic reactions.
- 4 Discuss how to manage a known allergy.
- 5 Research anaphylaxis and why it's dangerous.
- 6 Discuss why some people are allergic and others aren't.