

Reaction

Although I already have a base knowledge on anaphylaxis and allergies, these are a few new terms and processes I learned. During anaphylaxis, the process of the mast cells releasing histamines and other substances is called degranulation. Sometimes symptoms of an anaphylactic episode may reappear within the few days after the initial exposure, this is called biphasic anaphylaxis. Which in the instance of biphasic anaphylaxis, the patient may need another round of epinephrine to stop the symptoms. During an anaphylactic reaction, not only does the airway constrict causing trouble breathing but the coronary arteries constrict too. The coronary arteries constricting leads to the heart spasming and can decrease its efficiency to pump blood.

I learned that allergies can actually induce an asthma attack. I always assumed asthma was completely separate from allergies but they actually can go hand in hand. Allergies come from an immune reaction when the body responds to harmless things, like peanuts for example, as though it were harmful. Allergies have a genetic link, so if one parent has allergies, there's a 33% chance they will have a child with allergies. If both parents have them, there's a 80% chance their child will have allergies. Although peanuts seem to be the most common allergy, it's actually a shellfish allergy that is the most common among adults.