

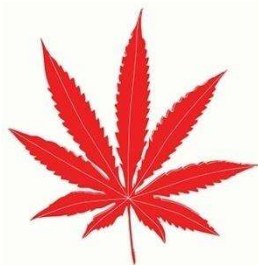


11th Pak Pharma Healthcare Expo

3rd Pakistan Food -Nutrition International Summit 2022

Wednesday - December 21-22, 2022

Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

FOOD ALLERGENS: HOW TO MINIMIZE THEIR ALLERGIC EFFECTS

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Abstract

There are eight major food allergens including milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans. An allergy to chicken egg proteins is a predominant symptomatic condition affecting 1 in 20 children. This occurs as the immune system of the allergic individual overreacts when in contact with egg allergens (egg proteins), triggering a complex immune response. The subsequent instantaneous inflammatory immune response is characterized by the excessive production of immunoglobulin E (IgE) antibody against the allergen, T-cell mediators and inflammation. Presently, there is no temporary or permanent cure for allergies. Once a diagnosis confirms an allergy, in particular an egg allergy, the current treatment involves strict dietary avoidance or minimized contact with the allergen. Pharmacotherapies are used to neutralize the symptoms by blocking allergic mediators (e.g., antihistamines) but are not curative as they are unable to inhibit IgE production. Furthermore, antagonistic drugs, such as anti-histamines, anti-leukotrienes, mast cell stabilizer blockers and corticosteroids to reduce inflammation, can stimulate immunosuppression. Immunotherapy has thus far been found to be the most efficient way to treat and relieve symptoms; this includes oral immunotherapy (OIT) and sublingual immunotherapy (SLIT).

Keywords: Egg allergy, Histamine, immunoglobulin E (IgE), Allergen, T-cells.

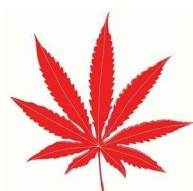
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The authors declare no competing interests

Additional information is available at the end of the article.

Declaration

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