



Food Safety News

Yavapai County Environmental Health and
The University of Arizona Cooperative Extension

A Food Safety Partnership

Making Yavapai County A Safer Place to Eat

February 2013

Yavapai County Food Safety Industry Council



A true food allergy causes an immune system reaction that affects numerous organs in the body. It can cause a range of symptoms including nausea, vomiting, cramping, diarrhea and hives or swelling of the lips, face, tongue and throat. A life-threatening reaction known as anaphylaxis can cause breathing trouble and dangerously low blood pressure.

With food allergies still on the rise and no clear answer to their cause, allergic people anxiously await the development of an effective treatment to prevent life-threatening reactions. Researchers are making progress with a method for helping children with food allergies develop a tolerance for foods they otherwise couldn't eat. The technique is called immunotherapy. The basic idea is to give an allergic child extremely small quantities of the allergen and increase the dosage over time. A recent study in the [New England Journal of Medicine](#), is particularly exciting because it followed children with an egg allergy for one year after they stopped receiving immunotherapy treatment and found some success with that group. Following 22 months of treatment, 75% of kids who received immunotherapy were considered "desensitized" to eggs. It's important to note, however, that 15% of kids receiving the immunotherapy treatment dropped out of the trial-mostly because of allergic reactions. Before

this method could become the standard of care, doctors must further investigate what are the risks of undergoing treatment compared with just trying to live with the allergy and avoiding the offending food. Authors also can't rule out the possibility that some children were in the process of naturally outgrowing their egg allergies. This study is a major investment in moving towards a treatment; however, it could be 5-10 years before it is determined if the outcome is truly a long-term immune tolerance of allergens. In the meantime, don't try this at home. This procedure was done in a medical setting under tightly controlled conditions.

Original article by Elizabeth Landau from CNN Health. 07/18/12 (summarized by Lori Brandman)

UPCOMING FOOD SAFETY MANAGER CLASSES

English Classes in Prescott-March 4, April 1, June 3 at UA Cooperative Extension, 840 Rodeo Dr., Bldg. C

English Classes in Cottonwood-March 13, May 15 at County Annex Bldg., 10 South 6th St., 2nd Floor-Verde Room

Certified Professional Manager Schedule and registration form is available on our Web site.

Call 928-445-6590 x221 to register or download the registration form from our Web site at: cals.arizona.edu/Yavapai

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