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# 7 Co-Factors for Severe Food Allergic Reactions

**What is a co-factor?** Substances or conditions that can worsen or precipitate a reaction to an allergen.



## 1. Environmental Allergen Overload


Your body is inflamed and fighting a high pollen count, smog, and cigarette smoke. Now, add a food allergen; since the body is already compromised, the starting point is heightened, and your allergic reaction to food may worsen.

 Do you suffer from seasonal allergies? Identify your triggers by getting allergy tested and limit exposure by having a plan in place.

**Symptom Threshold:** amount of an allergen you can be exposed to before experiencing serious allergy symptoms. Amount of exposure impacts severity of a reaction and can vary.

## 2. Underlying Health Conditions :

such as asthma or eczema, may be more susceptible to serious food allergy reactions.

 Uncontrolled asthma is like tinder; imagine an allergen like a match. Don't delay! Start your journey to better asthma management now.




## 3. Medications:

Beta-blockers (medicines that lower blood pressure) and ACE inhibitors can increase the risk of a more serious allergic reaction.



## 4. Alcohol:

lowers your allergic threshold, making it easier to react even if you have eaten a small amount of the food you are allergic to.

 Trying a new restaurant or food? We suggest either holding off on ordering an alcoholic beverage or waiting until after you have eaten.

## 5. Sickness:

weakens your body's immune system, making it more vulnerable.



## 6. Exercise-Induced Anaphylaxis:

some people with food allergies can experience anaphylaxis if they exercise around the time of eating wheat or their food allergen.

*“About 30% to 50% of EIA is food dependent, only occurring with the combination of a specific food and exercise. In these patients exercise or food on their own do not cause anaphylaxis; only in combination do they trigger the reaction.”*

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257215/>)



## 7. Stress:

increases the risk of a severe allergic reaction.