

TRANSCRIPT OF SOUND BITES:

Martha Hartz, M.D.

Mayo Clinic Chair of Pediatric Allergy and Immunology

What's the danger?

“The really important part is that children with food allergies and asthma have a higher risk of a severe allergic reaction to the food allergy. So a child without asthma accidentally eats peanut, they have a less severe reaction than a child with asthma. ‘Cause the ingestion of the food allergen often triggers the asthma as well, so you get the usual conditions plus the clamping down of the airways that goes with the asthma.” (trt: 37)

Peanut Allergies are Serious

“Well, peanut allergy is the most common cause of fatal food anaphylaxis in the country. So, parents are appropriately concerned about peanut allergy.” (trt :15)

Food Allergy Prevention:

“And one of the ways we’ve recognized that actually helps prevent food allergies is introduce the food early into the child’s diet. If it’s an allergenic food that the family eats and the texture is appropriate to give to the child, then we recommend that you go head and introduce it.” (trt: 24)

Food Introduction

“You can do that at any age that your pediatrician says it’s okay to give, start giving solid foods and it’s something your family eats and it’s time to do like a soft food, you can do something like peanut butter.” (trt :23)

Allergy testing

“Testing is best when you have a history that is suggestive of a food allergy. Screen testing broadly across the population generally causes more problems than it helps . So, for example if a child is screened, a child with eczema who has a lot of this allergy antibody, they may have many false positives and then it can lead parents to be very confused about what their child can eat. And then it can lead to problems with, nutritional problems because they’re restricting, over-restricting the diet.” (trt :47)