



Understanding and Managing Your Child's Food Allergies (A Johns Hopkins Press Health Book)

Scott H. Sicherer

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For children with food allergies, eating—one of the basic functions of life—can be a nightmare. Children who suffer or become dangerously ill after eating peanuts, seafood, milk, eggs, wheat, or a host of other foods require constant vigilance from caring, concerned parents, teachers, and friends.

In this empathetic and comprehensive guide, Dr. Scott H. Sicherer, a specialist in pediatric food allergies, gives parents the information they need to manage their children's health and quality of life. He describes why children develop food allergy, the symptoms of food allergy (affecting the skin, the gastrointestinal tract, and the respiratory system), and the role of food allergy in behavioral problems and developmental disabilities. Parents will learn how to recognize emergency situations, how to get the most out of a visit with an allergist, what allergy test results mean, and how to protect their children—at home, at school, at summer camp, and in restaurants.

Informative, compassionate, and practical, this guide will be indispensable for parents, physicians, school nurses, teachers, and everyone else who cares for children with food allergies.

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