

Symptoms are numerous and widely varied, editor tells wheezing, sneezing audience

All about ah-ah-ah-ALLERGIES!

By ANI PEDERIAN
Herald Staff Writer

If you've got arthritis, bursitis, hives, eczema, canker sores, hypoglycemia, colitis, diarrhea, constipation, indigestion, migraines, learning disabilities, fatigue, nosebleeds or problems with bed wetting or urinary frequency, and if your condition isn't responding to normal treatment, then maybe what you have is really an allergy.

Listing such common ailments, Susan Daglish of the Allergy Information Association said sufferers should be suspicious if treatments prescribed by doctors aren't working.

Even acne can be caused by allergies, the editor of the Allergy Shot newsletter told about 25 listeners at the Georgetown Public Library recently.

Mrs. Daglish cited the case of a 16-year old man whose face wasn't responding to the dermatologist's treatment. He was about to have his skin lanced as a final solution to severe acne, a step which would leave permanent scarring.

Talking with the mother, Mrs. Daglish learned that the young man had been allergic as a baby to cow's milk and had had diarrhea



Got a tickle in your nose, teary eyes? It might well be an allergy. Susan Daglish of the Allergy Information Association said you never really outgrow allergies, but you can learn to predict what will start them for you and

as a result of the milk in his diet.

MILK JUG

Further queries revealed the boy was on a regime of drinking a jug of milk a day to build muscles in a weightlifting program so he could make it on the

football team. Mrs. Daglish recommended the young man try avoiding milk and milk products for a week and see if it made any difference to his acne troubled skin. Off milk one week later, the young man's face cleared up.

avoid those foods or smells. The discomfort sufferers experience comes from mucous build-up in face and respiratory tissues, she said in a talk at the Georgetown public library recently.

"You never really outgrow allergies," Mrs. Daglish said. "As an older child, he had entirely different symptoms—but once you start those antibodies working with IGE, the potential is always there for you and you must be careful not to start the allergies again."

IGE is a special antibody that the body has working against parasites. This protein works against chocolate, ragweed pollen and other foods that it has decided are harmful to us, she said.

And that, in essence is the definition of an allergy. It's when a very harmless substance for the majority of people begins to become harmful for someone.

Once the body has pointed it out as harmful, antibodies start working. They manufacture a great deal of mucous to get rid of virus and bacteria.

The mucous builds up in the upper respiratory system causing sniffing, and tearing puffy eyes. In the lower respiratory system, the lungs fill with mucous and swell up so that there's hardly room for air. A person feels like they've got asthma and feel smothered and wheeze for breath.

SEXY PLANT

What can you be allergic to? Mrs. Daglish said people can have allergies to things they inhale.

"We've just gotten through the ragweed season. It's the sexiest

plant there is," Mrs. Daglish laughed. "It produces more pollen than any other plant. This past season three billion tons of it was dumped in North America."

There is a new ragweed serum coming on the market, she said, which reduces the number of allergy shots for allergy sufferers to only four a year. Called Pollinex-R, the prescription drug is taken between April and July and it will protect you for the season.

Allergies can also be caused by things people ingest. Although most people think only of food, vitamin pills and other drugs are also suspect.

Mrs. Daglish told the case of one little boy allergic to corn who, although his mom had carefully cut out all foods with corn in it from his diet, still suffered allergy symptoms. They finally found out there was corn in his toothpaste.

SKIN RASH

People can also be allergic to things they touch. Skin allergies are most visible as rashes.

A little detective work

determined the horseshoe-shaped rash on a boy's buttocks was from the toilet seat. The boy was

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But for sniffles, he'd be emperor

The chance for glory, wealth and power slipped between the fingers of a man living in 37 AD, and all because he had allergies.

Everytime Emperor Nero's older brother got on a horse, his eyes would run. He would wheeze and sneeze. So, although he was supposed to be emperor, he was passed over for the title and throne to the Roman empire.

Allergy Information Association spokesperson Susan Daglish said the Romans couldn't have had an emperor who was allergic to his steed and therefore couldn't lead his soldiers into battle.

The first reference to

allergies was made by the ancient Egyptians, she said. Hieroglyphics on the pyramid of a pharaoh described how Pharaoh Menes was stung by a wasp and died.

The word allergies came to be coined in 1906 and allergy shots shortly followed in 1911 when a research doctor with a terrible case of hayfever experimented on himself, she said.

In the 1920s and '30s scientists discovered how to make artificial adrenalin, and in the 1940s they discovered antihistamine. The antihistamine neutralizes the vasoconstrictor action of histamine in the body.

Mrs. Daglish called the 1950s and 1960s the dark ages of allergies. Doctors didn't know the why of allergies and decided it was psychosomatic, that is, all in the patient's head. Children suffering from allergies were taken from their parents who were blamed for the child's illness.

Break-throughs came in the 1970s and the medical field came up with new medications for allergy sufferers.

"I think we're going to have a cure for allergies in the 1980s and I'm looking forward to it," Mrs. Daglish said enthusiastically.

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