

# FOOD ALLERGY IN CHILDREN.

## ARE YOU ALLERGY AWARE?

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## My name is Dr Uche Okorji-Obike

- I am a mother of two gorgeous girls, wife and author of Thrive Allergy Free...Journey to a Life Unlimited by Food Allergies.
- I am also the founder of Tots2Teens Allergies
- I am Scientist

## OBJECTIVES

- A look at Food Hypersensitivity
  - Food Allergy
  - Food Intolerance
- Supporting your child get the help they deserve
  - Using the C.L.E.A.R Framework to get medical help
  - Practical tips to support your child's tolerance to food





Food sensitivities (including allergies) are concerns more parents must deal with every passing year.

In fact, studies show that by 2050, incidences of allergies in children will have risen by 70%. What's going on? Why are we seeing more and more incidences of allergies in our children? Well, there have been a lot of theories trying to explain this phenomenon.

TOTS 2 Teens  
Allergies

# Types of Food Reaction

ds





# NOT ALL REACTIONS ARE FOOD ALLERGIES

There are two types of Food Allergies:

1. IgE mediated food allergy
2. Non-IgE mediated food allergy

Reactions such as eczema, nausea, coughing, trouble breathing, chest pain, itchy tongue or lips, hives, vomiting, or stomach cramps occur rapidly.



# Food Intolerance

Food Intolerance can be tricky identifying as they do not involve the immune system.

Reasons for food Intolerance:

- not having the right enzymes you need to digest a certain food





*How can one better support their child with food hypersensitivity?*





1. Support with getting the right help for your child

## Some Questions/ Comments Parents got from their GP



Parents Experiences

Are you a bit anxious?  
Are you coping ok with being a mum?

I think you are overreacting.

It's normal for babies to have eczema.

Is this your first baby?

I think you should breastfeed more if you are not happy with the reaction to formula.

Don't worry it's your first baby, you are worrying too much. It's just colic and a bit of reflux

Well babies take time to adjust between breast milk and formula. It's normal.



**"My daughter was misdiagnosed by GPs for 9 months, saying that her reactions were just viral and progressively got worse over that time! We finally went private and discovered the extent of her severe allergies, but at a big cost GP having more access would be amazing."**

**Parent of a child  
with allergies**





## The Question:

How can one speak to their GP about their child's suspected allergies?



# The Answer: The C.L.E.A.R Framework



# What is CLEAR?



Communication

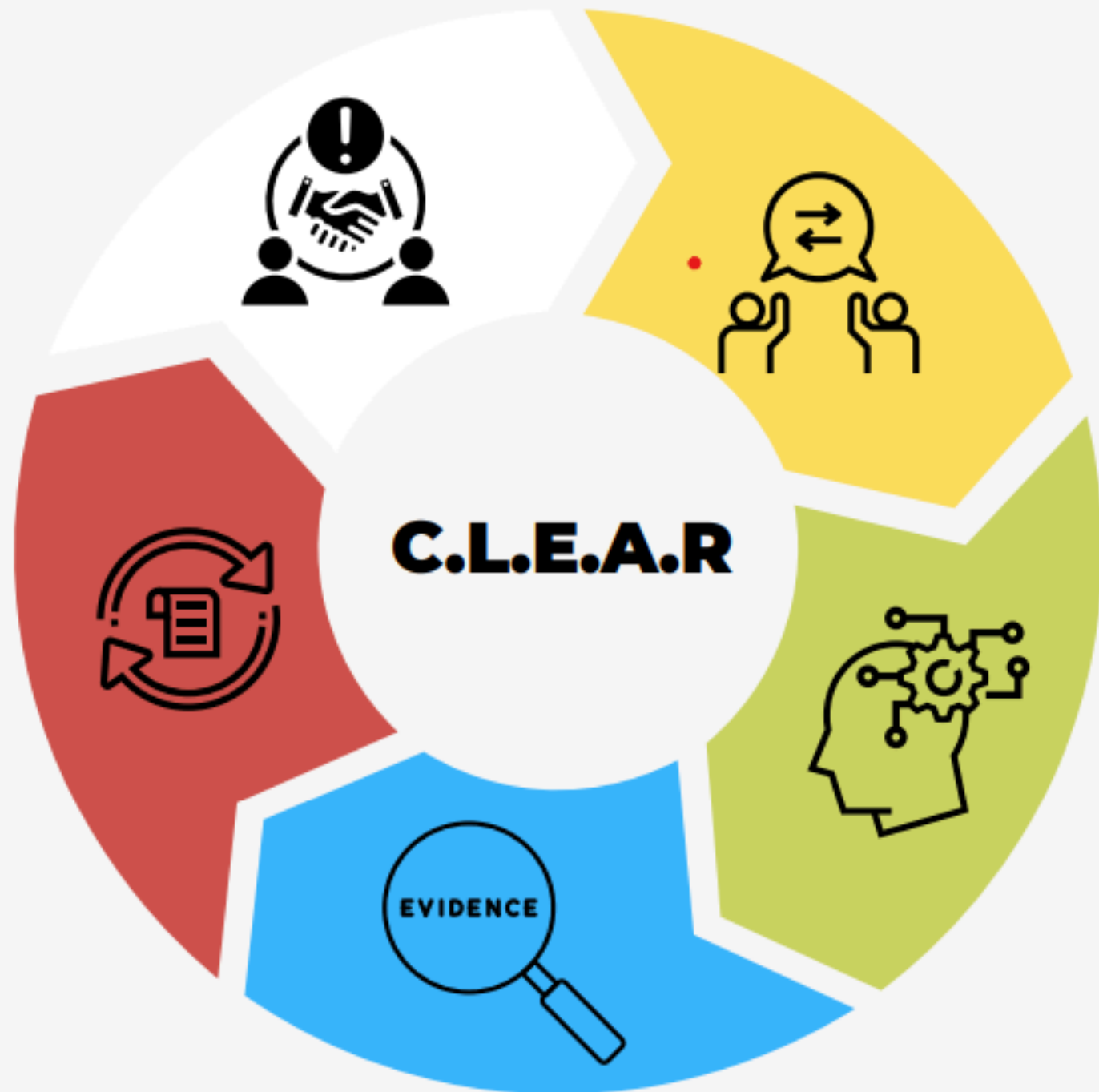
Logic

Evidence

Accountability

Resolution

# More Resources on C.L.E.A.R Framework



Access to slide deck, free workbook and resources on  
C.L.E.A.R framework available at  
<https://www.tots2teensallergies.com/clearframework>

Or using the Q-R code below.





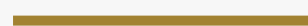


2. Support with going through the process

*'Caring for a child with an allergy can feel like a lonely journey but remember that you are not alone.'*

*- Dr Uche Okorji-Obike*

**THANK YOU**



**FOR LISTENING**