ALLERGY FAQS: COMMON QUESTIONS ANSWERED

Living with allergies can raise a lot of questions. Here are answers to some of the ones our Lumara patients ask most often.

WHAT CAUSES ALLERGIES?

An allergy happens when your immune system mistakes a normally harmless substance, like pollen, a food, or a medication, for a threat and overreacts to it. This overreaction leads to symptoms ranging from mild, like sneezing or itching, to severe, like anaphylaxis.

CAN ALLERGIES DEVELOP LATER IN LIFE?

Yes. While many allergies begin in childhood, it is possible to develop new allergies as an adult, including to foods, medications, or environmental triggers you previously tolerated without issue.

CAN ALLERGIES BE CURED?

There is currently no outright cure for most allergies, but many can be managed very effectively. Some treatments, such as immunotherapy, can reduce sensitivity over time and improve quality of life significantly. Your Lumara care team can discuss which options may apply to you.

HOW ARE ALLERGIES DIAGNOSED?

Diagnosis usually starts with a detailed conversation about your symptoms and history, followed by testing such as skin prick testing, patch testing, or blood tests when appropriate. Sometimes an oral food or drug challenge is used to confirm or rule out an allergy.

ARE ALLERGIES INHERITED?

There is a genetic component to allergic conditions, meaning they can run in families. Having a parent or sibling with allergies, asthma, or eczema increases the chance, though it does not guarantee you or your child will develop the same allergies.

WHAT IS THE DIFFERENCE BETWEEN AN ALLERGY AND AN INTOLERANCE?

An allergy involves the immune system and can cause reactions like hives, swelling, or breathing difficulty, sometimes rapidly. An intolerance, such as lactose intolerance, does not involve the immune system and typically causes digestive discomfort rather than a dangerous reaction.

CAN CHILDREN OUTGROW ALLERGIES?

Some childhood allergies, particularly to milk and egg, are often outgrown over time. Others, such as peanut, tree nut, or shellfish allergies, are more likely to persist into adulthood. Regular follow-up with your care team helps track this over time.

WHEN SHOULD I SEE AN ALLERGIST?

Consider a referral if you have recurring symptoms without a clear cause, a reaction that seemed severe, difficulty managing asthma or eczema, or if you simply want clarity on your triggers so you can manage them with confidence.

> *This handout is for general education and does not replace personalized medical advice from your Lumara care team.*