

Types of Allergens/Triggers

Overview

The discipline of allergy and immunology involves the management of all types of disorders related to the immune system. Conditions can range from very common to very rare and can span all ages and all organ systems.



What is an Allergic Reaction?

An allergic reaction occurs when the immune system overreacts to a substance that is normally harmless and is known as an allergen. The immune system's job is to protect the body from infections, viruses, and diseases, and in some people, allergens can cause the production of antibodies. Then, the antibodies will travel to cells that release chemicals, and then cause symptoms most often in the nose, lungs, throat, sinuses, ears, lining of the stomach, or on the skin, depending on the allergen.

The first time a person is exposed to an allergen, there may not be a reaction, but sensitivity will develop over time and future exposure may cause an allergic reaction.

What is Immunology?

Immunology is the study of the immune system and is definitely an important study. The immune system is supposed to protect our bodies from infection and has various forms of defense. If the immune system isn't functioning as it should, it can result in disease, like allergies. It's important to understand immunology in order to understand why your body may react a certain way to a specific type of substance, and also to understand how to manage your allergies.