

Allergy: -

A misguided rxn to foreign substances by the immune system, the body system of defense against foreign invaders, particularly pathogens.

* The allergic rxn is misguided in that these foreign substances are usually harmless.

⇒ The substances that trigger allergy is called allergens.

eg include pollens, dust mites, molds, danders and certain foods,

Medicinal - focused on drug design & chemical synthesis

Pharma -

↓
as it core, pharma is the study and development of new drugs.

It involves cures and remedies for diseases,

analytical techniques, pharmacokinetics, metabolism, quality assurance and drug chem.

Pharmacology → the scientific study of drugs and their use in medicine

intolerance
Side effects

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Intolerance :-

a food intolerance, or a food sensitivity occurs when a person has difficulty digesting a particular food. This can lead to symptoms such as intestinal gas, abdominal pain or diarrhea. (It involves the digestive system)

Food allergy:

- * usually comes on suddenly.
- * Small amount of food can trigger
- * Happens everytime you eat the food.
- * Can be life-threatening.

Food intolerance:

- * usually comes on gradually.
- * May only happen when you eat a lot of food.
- * May only happen if you eat the food often
- * is not life-threatening

Symptoms for both : different Symptom

- * Nausea
- * Stomach Pain
- * Diarrhea
- * Vomiting

when a food irritates your stomach or your body can't properly digest it, that's an intolerance, you may have these symptoms like Gas, Cramps, or bloating, Heartburn, Headache, irritability

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- * Rash, hives or itchy skin
- * Shortness of breath
- * Chest Pain
- * Sudden drop in BP, trouble swallowing or breathing, this is life threatening

Some Common food allergies

These triggers cause about 90% of food allergies:

- * Peanuts
- * Tree nuts (Such as walnuts, Pecan and almonds)
- * Fish
- * Shell fish
- * Milk
- * Eggs
- * Soy
- * Wheat

Common intolerance is "lactose intolerance", it happens when people can't digest lactose, a sugar found in milk & dairy.

* Another kind of intolerance is being sensitive to "Sulfites" or other food additives, Sulfites can trigger "asthma attack" in some people.

~~Go~~

Gluten allergy:

↳ while celiac disease - a long-lasting digestive condition that's triggered by eating gluten, does involve the immune system, it doesn't cause life-threatening symptoms

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gluten ⇒ a protein found in wheat, barley and rye (oats)

Over time, the immune rxn to eating gluten ~~causes~~ creates inflammation that damages the small intestine's lining, leading to medical complications, it also prevents absorption of some nutrients (malabsorption).

Gluten