

## Food Allergy Tips for the Holidays

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DENVER — All during the year, the possibility exists for people with respiratory problems to suffer from allergy attacks. During the holiday season, more hidden dangers to health exist. Dan Atkins MD, a pediatric allergist at National Jewish Medical and Research Center, gives tips for everyone - especially those suffering from asthma, allergies and other respiratory diseases - to stay healthy during the holiday season.

- **Food preparation** is an issue for those with food allergies. During the holiday season, it's **important to know what's in the food you're eating**. "You can eat your own turkey dressing," Dr. Atkins says, "but what if you go to a party where the hostess makes hers with walnuts and you're allergic to walnuts?"
- In extreme cases, **you may have to bring your own meal**.
- Generally, it's sufficient to **let your hosts know about allergies well before the gathering**, especially if kids have food allergies. **Call ahead**. Take time to be prepared.
- And don't leave your medications at home - **bring your medications with you** so that you're ready to react in an emergency.

**National Jewish Health** is the leading respiratory hospital in the nation. Founded 123 years ago as a nonprofit hospital, National Jewish Health today is the only facility in the world dedicated exclusively to groundbreaking medical research and treatment of patients with respiratory, cardiac, immune and related disorders. Patients and families come to National Jewish Health from around the world to receive cutting-edge, comprehensive, coordinated care. To learn more, visit the media resources page.

### Media Contacts

Our team is available to arrange interviews, discuss events and story ideas.

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